

## Lonely

*He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from Him; He was despised, and we esteemed Him not.—  
Isaiah 53:3*

Many people suffer from depression and one of the major causes of depression is loneliness. There are some people who like to be alone, but no one likes to feel rejected and isolated. Loneliness occurs when a person feels a lack of connectedness even though they may be surrounded by people.

Many eat because we feel lonely. Some people can't sleep because they are all alone; others sleep too much. Loneliness causes fatigue, anxiety, and strained relationships. All of this worsens the situation and increases the loneliness.

There were times in Jesus' life when He was rejected and left alone; times when those around him were physically present but spiritually and emotionally separated. I think of the time in the Garden when Jesus' disciples could not watch with Him one hour and where one of His own, Judas, betrayed Him with a kiss.

The ultimate loneliness occurred when Jesus was on the cross. He cried, "*My God, my God, why hast thou forsaken me?*" (Matthew 27: 46).

What can change our loneliness? Knowing that we are loved and knowing that the one that loves us will never leave nor forsake us. Jesus understands when you feel lonely but if you are His child, you are never alone. He loves you so much that He endured the worst loneliness imaginable. The excruciating loneliness when God the Father forsook the Son because of your sin. Jesus did this because He loves you and He promises "*I will never leave you nor forsake you*" (Hebrews 13:5).