

Daily Devotional, March 26, 2020 You Are Never Alone

In the movie “Castaway,” Tom Hanks was stranded on an island by himself and nearly went crazy. His only friend was a volleyball named ‘Wilson’ whom he carried on daily conversations with.

For some of us, especially those who are in self-quarantine without a partner, it may feel as if you are stranded on an island, all alone. There may be times when making a difficult decision when you think to yourself, “Wow, I have no help from anyone else, this is all on me, and me alone.” The feeling of isolation and loneliness...not really sensing anyone around to help, leaves you feeling that you must bear the burden of getting all the info and making the decision, as well as the responsibility of bearing the consequences of making a wrong decision all on yourself.

Whenever I have been in the midst of one of life’s storms, I had this overwhelming feeling of loneliness...of being alone, on an island all by myself. Yet, I have a partner to ask questions and brainstorm with, someone to encourage or comfort me. I am not in a position where I can’t see a ship or another island around providing the hope of some help. I am not in a place where I feel completely alone. Yet still, there is a sense of desolation at times, and it breaks my heart knowing that there are some who are completely *alone*—who do not have the freedom of mobility that I have, or do not have someone to just *be there*.

We have all experienced loneliness. The fact is, many people struggling with depression feel as if they are alone most of the time. They often feel that no one cares or understands ... as though even God is distant and unavailable, punishing us for not pursuing Him. How many of us as a kid often thought God was too busy with more important things in the world than *my* trivial life and frustrations?

There are many books about how to overcome loneliness that have been written through the years, but the most powerful book is the Holy Bible. When I am feeling alone, distraught for whatever reason, I look in the Bible for the truth. I search for the answers to my issues and distortions that turn me to believe the lie that God is not right there with me.

You may feel alone, but the truth is, that God is *always* with you. God promises us: I will walk with you (Leviticus 26:12). I am near you (Psalm 34:18). I hold your right hand (Isaiah 41:13). I carry you even into old age (Isaiah 46:4) And surely I am with you *always*, to the very end of the age (Matthew 28:20).

You see, the great Liar has been pounding away at you since your first breaths to trick you into believing that God is too busy for you and that you’re not good enough. Stop believing those lies!

Whatever lies you fall for when you are under stress, like believing God is not with you, you need to practice debunking that lie, because you have fallen into this trap too many times. Replace it with the truth so you can be encouraged by reading these scriptures and others like them. Write your favorites down and put them where you see them all the time. Say them out loud. Substitute your own name for the word “you”. God says, I am with (your name)...I walk with (your name)...I am near (your name). God is speaking these promises to you personally.

Remember—you are never alone. Jesus is with you. He is with you this moment. He will be with you tonight—and tomorrow. He will be with you through the good times and bad. He will never leave you. It’s your decision what you believe about God’s presence, so choose well. Replace the lies you believe, and practice replacing them with truth. There is also the body of Christ – other believers who, whether they are physically near you or not, join with you every day in praying and worshipping God. You are not alone!

Prayer: Dear God, thank you for your many promises to be with me *always*. Help me believe and trust your promises more than my feelings. I pray, Lord, for all those within our community who feel as I do, that they are alone. Help them also to overcome the lies of unworthiness that they have come to believe. Reveal your presence in a powerful way. I pray this in the name of the one who is always with me, Jesus Christ. Amen.

“You are never left alone when you are alone with God.” *Woodrow Kroll*