



My spirit is overwhelmed within me; my heart within me is desolate.”

Psalms 143:4



Are you feeling deprived, lonely and desolate? Are you overwhelmed with feelings of loneliness and isolation? If you are, then you are not alone. In the news this last week the headlines stated that an epidemic of loneliness is plaguing Americans. According to USA TODAY, the Surgeon General Vivek Murthy stated, “we must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders.” It was claimed that for decades the occurrence of loneliness has been a rising risk



for general well-being and health. It was reported by Statista Research Department that 33 percent of adults experienced feelings of loneliness worldwide. They listed that Brazil had the highest percentage of people who are experiencing loneliness.

In America, it was listed that those who live alone, unemployed, and disabled are among those who most likely have experienced conditions of loneliness. A lonely heart is a heart of isolation. The feeling of loneliness can feel like no one cares about you as a vital productive human being. Have we lost general empathy for each other? Do you listen to what others have to say? So many people are multitasking that they do not have time to just listen to their own friends or colleagues at work. At some point in time the brain can shut down to where you can only concentrate on one thing at a time. I have noticed this myself while I sit down to have a conversation with someone and that individual stops talking to me and is only texting away on their iPhone. The conversation is cutoff by someone else texting the individual that you are talking to. This is an interruption and it used to be considered rude, but now we are having to consider it a normal behavior within society.

As Christians we should not have this kind of behavior. We should be empathic with each other and sharing each other's burdens. We should also be able to bring our burdens to the Lord. If there was one person in the Bible that experienced isolation it was King David. Listen to the words he wrote in Psalms.

Turn thee unto me and have mercy upon me; for
I am desolate and afflicted."

Psalms 25:16

I am desolate and afflicted. I am lonely and suffering states David. David had to run and hide from his enemies. His enemies were those at Sauls' court, surrounding Philistines, Ammonites, and other kingdoms. David in Psalms 109 cries out for judgment against those who are persecuting him. These are those who have a lying tongue and words of hatred. These are



those whose reward is evil instead of good. These are those who are extortioners and those who are wanderers and beggars. These are reasons to become desolate within society. Sickness and disabilities are also reasons to become desolate within society. God said that it is not good that the man should be alone, therefore, he created woman to be a helpmate. We need each other's help when it comes to sickness, disabilities, and anxieties that have entered into our life. Whatever happens in our life, God is our help in times of trouble.

We must remember that in God's eyes, He sees us as precious through His son Jesus Christ. He is our help when we are lonely and anxious.

Cast thy burden upon the Lord, and he shall sustain thee; he shall never suffer the righteous to be moved."

Psalms 55:22

If you are lonely then do what King David did. Pray and ask God to have mercy upon you. Ask God to send someone to help you. "Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us," [Psalms 62:8]. We must trust the Lord at all times even if we are lonely. He knows you and is acquainted with all your ways. [see Psalms 139]. His mercy endures forever. Ask and cry out to him to intervein on your behalf. Ask him to change your feelings of loneliness to feelings of peace, joy, and love.

God is our refuge and strength, a very present help in trouble."



Psalms 46:1

We can all experience help in our troubles by casting our burdens upon the Lord. He will sustain you for He is our refuge and strength. Ask God for the comforter the Holy Spirit to comfort and help you in your walk and journey here on the earth. Put God first in your life and begin to see His blessings upon your life. "Bear ye one another's burdens, and so fulfil the law of Christ," [Galatians 6:2]. The law of Christ is the law of love. In the gospel of John in chapter 13, verse 34, Jesus said, "a new commandment I give unto you, that ye love one another; as I have loved you, that ye also love one another." "Love worketh no ill to its neighbor; therefore, love is the fulfilling of the law," [Romans 13:10]. A lack of empathy is a lack of love. Put down your iPhone and turn off push notifications. Spend less time on emails and social media to allow your body and mind to relax and regenerate yourself. Take time to read the word, and worship daily along with releasing your burdens to the Lord. A lack of compassion brings judgmental attitudes. Ask God to change your attitudes to the love of Christ. Find out the reason for your loneliness and begin to reach out to your own neighbor. Even having a pet can help you out of your loneliness. Have you ever asked God for a pet? I have, and God supplied. Yes, God helped us find a pet online. Sight unseen, we rescued a dog from Texas. Yes, God cares for you.

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you."

1 Peter 5:6-7

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