

Coach House Church

BEACONS

L O N E L I N E S S

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We live in a world at the moment where we are told to stay at home and isolate if you want to live and also to protect others . In recent weeks on the news we are shown emotional moments where families are reunited ; grandparents were able to form a bubble with their children and grandchildren. Staying away from the people we love is not easy. As people, generally, we don't like to be alone. Long periods of isolation are not good for physical and mental health.

This is what google came up with when I typed in The Effects of loneliness and isolation - "research has linked isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure , heart disease , obesity , a weakened immune system, anxiety, depression , cognitive decline , Alzheimer disease and even death"

When we don't interact with others , we forget that we are loved and valued by friends and family members .Relationships need constant reinforcement .

This is also true when we look at children and the way they develop. A child who is ignored and not loved fails to develop normally and as a result will develop mental health problems and also their self esteem will suffer. More likely than not that will lead to poor achievements in school and overall they would fail to reach their full potential in their career and as a person.

The same principal applies when we are not in communion with our Creator and Father.As I mentioned in a previous beacon , God created man and woman to be His friends. They were loved even after disobeying God. God already had a plan for that instance as well. He sent his only son to redeem mankind from sin. He loved Adam and Eve then and He loves us now.

This is what the Lord said through the prophet Isaiah in chapter 43 v1,2 " fear not, for I have redeemed you ; I have summoned you by name , you are mine . " And verse 4 said this " .. you are precious and honoured in my sight.. I love you"

We are not an accident no matter what the world says about it today; we were made out of love and we are perfectly known by our creator and God . When we are not aware of this relationship or choose to ignore it , we don't reach our full potential . We fail to grow spiritually or mature in knowledge and faith. We fall behind.

As human relationships need reinforcement in the form of holidays together , cups of tea, coffee and chats, getting things off one's chest even arguments, so does our relationship with the Lord need time and investment . He wants us to seek him and talk to him , but not only that , he wants us to listen to Him when he says things to us . Communion with God is not a one way street. He has things to say to us; He wants to be involved in our lives.

When someone knows that they are loved and precious to someone else, they are more confident and secure in themselves and their self esteem and self worth is healthy.

Well, be encouraged by and know this: you are loved and cherished by the creator of the universe . He knows you by name, he knows your opinions your likes and dislikes ; he knows where you like to go on holiday, what you like to eat , who you love. He know your most intricate characteristics that makes you an individual. Because He created you. The magnitude of all this is mind blowing.

Psalm 139 is my favourite psalm in the bible . It brings me immense comfort as it tells me that I'm NEVER alone. This knowledge , makes loneliness scatter. In closing I would like to read it to you praying that it will bless you too.

"You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely.

You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the

dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.

If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you. If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! They speak of you with evil intent; your adversaries misuse your name. Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you? I have nothing but hatred for them; I count them my enemies.

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Psalms 139:1-24 NIV



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