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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Loneliness**

**By Joyce C. Lock**

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Loneliness is everywhere around us, sometimes within us, and is often responded to with, "If you want a friend, make yourself friendly" (taken from Pr. 18:24).

We gulp, give it a try, and conclude it does not work.

Scripture always works when properly applied. Perhaps we are friendly for what we can get out of it (Ja. 4:3), or we take the meaning too lightly.

Jesus is our best model of what a friend could and should be. In all the ways He has loved us, we are to love each other (Jn. 15:12). There is not much room for loneliness when our vessel is filled with love.

All it takes is enough compassion to be the difference (Jude 22) and, in so doing, we can not out give God (Lu. 6:38). In staying the course, we may also find the desires of our heart (Ps. 37:3-4) and to have both found and become a friend like Jesus. The most beautiful part being that we would have become a best friend to Jesus, caring more about the desires of His heart than ours. And when we walk with Him, we are and are being made complete.

Not forgetting we are also human, why not give others a break and love them anyway? Then, when they don't receive, just shake the dust off your feet and try again another day. But better yet, seek those in need. It could just be that the desire of their heart is the same as yours ~ to have a friend like Jesus.

Now who could resist that?

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I HAVE BEEN A TRUE FRIEND WHEN I HAVE ...

## Loneliness

Loved as my own soul (De. 13:6). Taken time to get to know them. Been trustworthy. Both shared and ate spiritual manna (Ps. 41:9). Loved at all times (Pr. 17:17). Stuck closer than a brother (Pr. 18:24). Been faithful even when wounded (Pr. 27:6). Given hearty counsel (Pr. 27:9). Been available when trouble comes (Pr. 27:10). Sought to bring out the best in them (Pr. 27:17). Believed God (Ja. 2:23).

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No matter the problem, we will find our way when we choose to believe God.

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Joyce C. Lock is a published author, poet, and columnist. In addition, she founded and maintains the email ministries "Heavenly Inspirations" <http://groups.yahoo.com/group/HeavenlyInspirations/> and "Share a Smile" <http://groups.yahoo.com/group/smilessharing/>. Joyce's writings encourage us in our relationship with God and each other.

### **Alone But Not Lonely**

#### **By Denni Gill**

In today's fast paced society, we've become accustomed to filling the eeriness of silence with fluff. We turn to many distractions as a means of escaping feelings of idleness or boredom. But the main thing we wish to elude is loneliness. Solitude does not have to be alienating or lonesome. In fact, solitude and loneliness are distinctly separate.

The death of a loved one or the inability to find people who understand you can leave you feeling isolated. Webster's dictionary plainly describes loneliness as "being without companions." It's natural to experience an emptiness while longing for love or acceptance. Loneliness is therefore an emotive state that can be experienced whether or not one is physically alone.

It was Geoffrey F. Fisher who said, "In cities no one is quiet but many are lonely; in the country, people are quiet but few are lonely."

We tend to fill loneliness with all types of distractions. For example, some single women would rather spend a Friday night with a man they have no genuine interest in, than spend the night alone. They long for a way of killing time while they await the man they are actually seeking. Then there are young adults who are involved in cliques where they can't really relate to their companions. However, they would rather feel accepted on a superficial level than risk feeling outcast. So what is it about being alone that scares us?

## Loneliness

Do not be spooked by the unfamiliarity of silence. Silence can be an amazing thing. It teaches you how to truly listen. It teaches you to pay attention to what's going on inside of you. Only when we are alone, can we have the space and peace we need to think without being outwardly influenced. It therefore becomes easier to make important decisions as well as identify whatever feelings are culminating within.

Get in touch with yourself so that you can make conscious decisions rather than simply react to emotions. Appreciate the time you have to yourself. Let the peace and understanding you find better equip you for the commotion of today's world.

Denni Gill is an up-and-coming author who chronicles her spiritual growth:

Alone But Not Lonely  
The Fear of Feeling  
Loneliness – Why it's a Growing Problem  
The Bright Side of Loneliness  
Addiction to Thinking



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