

## Devotion 4: Go to Jesus When Feeling Lonely

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**Audience:** For Patient and Caregiver

**Theme:** Go to Jesus and learn from him!

**Bible Passage:** *Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light* (Matthew 11:28-30).

**Devotion:** Have you ever felt all alone, forsaken and forgotten by family and friends alike? Such experiences do happen to each of us while living in this world with all its imperfections and problems. As we grow older, it often seems that the world has passed us by and no one really cares.

While our loved ones don't mean to desert us, they become wrapped up in their daily lives and time slips by with the result that we begin to feel forgotten and lonely of heart.

To whom can we turn for help and reassurance in times such as these? Once again we should go to Jesus: *I lift up my eyes to the hills . . . where does my help come from? My help comes from the Lord, the Maker of heaven and earth* (Psalm 121:1, 2). And this help is always available: *God is our refuge and strength, an ever present help in trouble* (Psalm 46:1, 2).

Sometimes we are feeling so low that it seems as though even the Lord has forgotten us. Then hear this: *Zion said, "The Lord has forgotten me."* (The Lord responds) *"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will never forget you! See, I have engraved you on the palms of my hands"* (Isaiah 49:15). Our Savior is referring to those nail print scars He still carries on His sacred hands, an eternal reminder of His sacrificial death upon the cross for us all.

Listen also to these words from Psalm 27:9a, 10: *Do not reject me or forsake me, O God my Savior. Though my father and mother forsake me (includes all members of my family) the Lord will receive me.* The Lord promises, *"Never will I leave you; never will I forsake you."* So we say with confidence *"The Lord is my helper; I will not be afraid"* (Hebrews 13:5b, 6).

Now that we have heard our Lord speak to us and have been reminded once more of His wondrous love, we have the answer to the pain of loneliness.

Dear Lord, ever remind us how much you care for your own. Amen.

**Bible Readings:** Psalm 38:21-22; John 14:15-21.