

# LONELINESS AND LETHARGY

Psalm 27:10 When my father and my mother forsake me, then the LORD will take me up.

Have you been abandoned by your family? If so, just know that when you accept Jesus Christ into your life, you become part of a heavenly family and church community that loves you and appreciates you.

Romans 8:38-39 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Once you unite yourself with Christ, nothing can separate you from His love. No one can pluck you out of His hand.

Isaiah 40:29 He giveth power to the faint; and to them that have no might he increaseth strength.

When you are tired and depressed, the Lord promises that He will give you strength. How does He strengthen you? Through studying and applying Biblical truths to your life (Psalm 119:25). Remember that your life with Christ and His words is a life filled with power.

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Thou hast loved righteousness,  
and hated iniquity; therefore  
God, even thy God, hath  
anointed thee with the oil of  
gladness above thy fellows.

Hebrews 1:9



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# A REAL PROBLEM

It's likely you have felt "empty" at some point in your life - or perhaps you've heard someone else describe themselves in that way. But while this might be a relatively common feeling, it's often not spoken about as a symptom of mental health difficulties. Some people describe feeling empty as being "a kind of bottomless jug that can never be filled" and "a feeling of othering and separation from society" that "sucks all of the life and energy out of you". Researchers have identified mental health symptoms, including suicidal ideations, associated with emptiness. This feeling of abandonment and bareness is a real problem that the Bible does provide solutions for.

2Timothy 3:16 -17 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works.

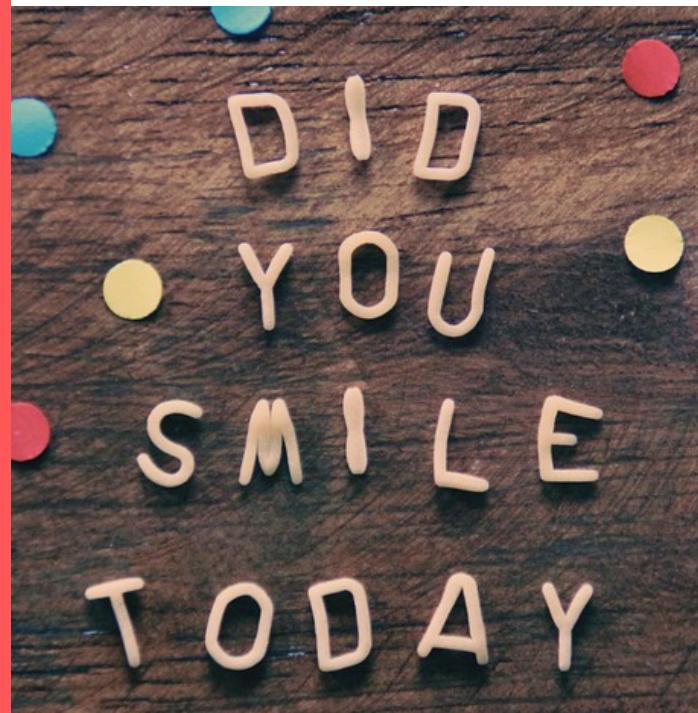
People feel empty because they lack instructions from One who offers a special experience to everyone who believes on Him. We feel empty and far less than perfect without the best Guide and His guidance.

# COMFORT FOR US

JOHN 14:18 **I WILL NOT LEAVE YOU COMFORTLESS: I WILL COME TO YOU.**

ROMANS 15:4 **FOR WHATSOEVER THINGS WERE WRITTEN AFORETIME WERE WRITTEN FOR OUR LEARNING, THAT WE THROUGH PATIENCE AND COMFORT OF THE SCRIPTURES MIGHT HAVE HOPE.**

A life without Christ is a life incapable of producing any significant impact on others and the world. We feel miserable and insignificant while detached from Jesus Christ and His inspired writings. Bible lessons and examples from the lives of faithful Bible characters inspire us with hope and comfort when we fall short of Christ's ideal. There is comfort for everyone who accepts Jesus Christ as their Lord and Saviour.



# REAL SOLUTIONS

Jesus Christ is able to fill every empty spot in your life. Read these insightful passages that give solutions for different facets of the emptiness problem.

**HOLLOWNESS:**

Matthew 5:6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

Too many people fill their lives with insignificant worldly pursuits which do not address soul hunger. The solution is to make your life's aim the pursuit of righteousness and accept Jesus Christ who is our righteousness. The promise is that you will be filled!

**MEANINGLESSNESS:**

John 17:3 And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.

People feel that life is meaningless because they don't know the meaning of life. Life is all about knowing someone, and that Someone is Jesus Christ.

**UNIMPORTANCE & WORTHLESSNESS:**

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

The Bible teaches that we are important to God. He is thinking about us all the time. As a matter of fact, we are so precious to God that He sent His Son to die for what we have all done in breaking God's law. Then His Son Jesus resurrected, and went to Heaven. Jesus Christ, is now praying for us while in Heaven.