

# Where is Jesus when I'm lonely or sad? By Pastor Stephen Abraham

Feeling left out. Feeling lonely. Feeling Sad.

Last year the world health organisation declared loneliness a global health concern; something that can significantly affect human health increasing the risk of everything from heart disease and stroke, to mental health disorders and early onset dementia.

Lots of things can lead to loneliness; family breakups, loss of a loved one, changes in our friendships, and medical and psychological barriers making human contact difficult.

How do I know all this? I've been going through all of these first hand the last few months, to the point where on Sunday I had to take action; I booked a tele-health consult with my psychologist (and had a long hard look at my own feelings of loneliness and what I could do about them).

So, it was an amazing "God coincidence" when on Monday morning I looked up the topic I had to talk on at Chapel this week and read the title; "Where is Jesus when I'm lonely or sad".

(My goodness - sometimes it's like God is trolling me with this kind of serendipity!)

My simple message from Chapel from my own first hand-experience was this;

if you are feeling lonely or sad,

- PRAY TO JESUS ABOUT IT -

"God cares for you, so turn all your worries over to him." 1 Peter 5.7

- REACH OUT TO AN ADULT -

a caring GS staff member,  
a counsellor or psychologist

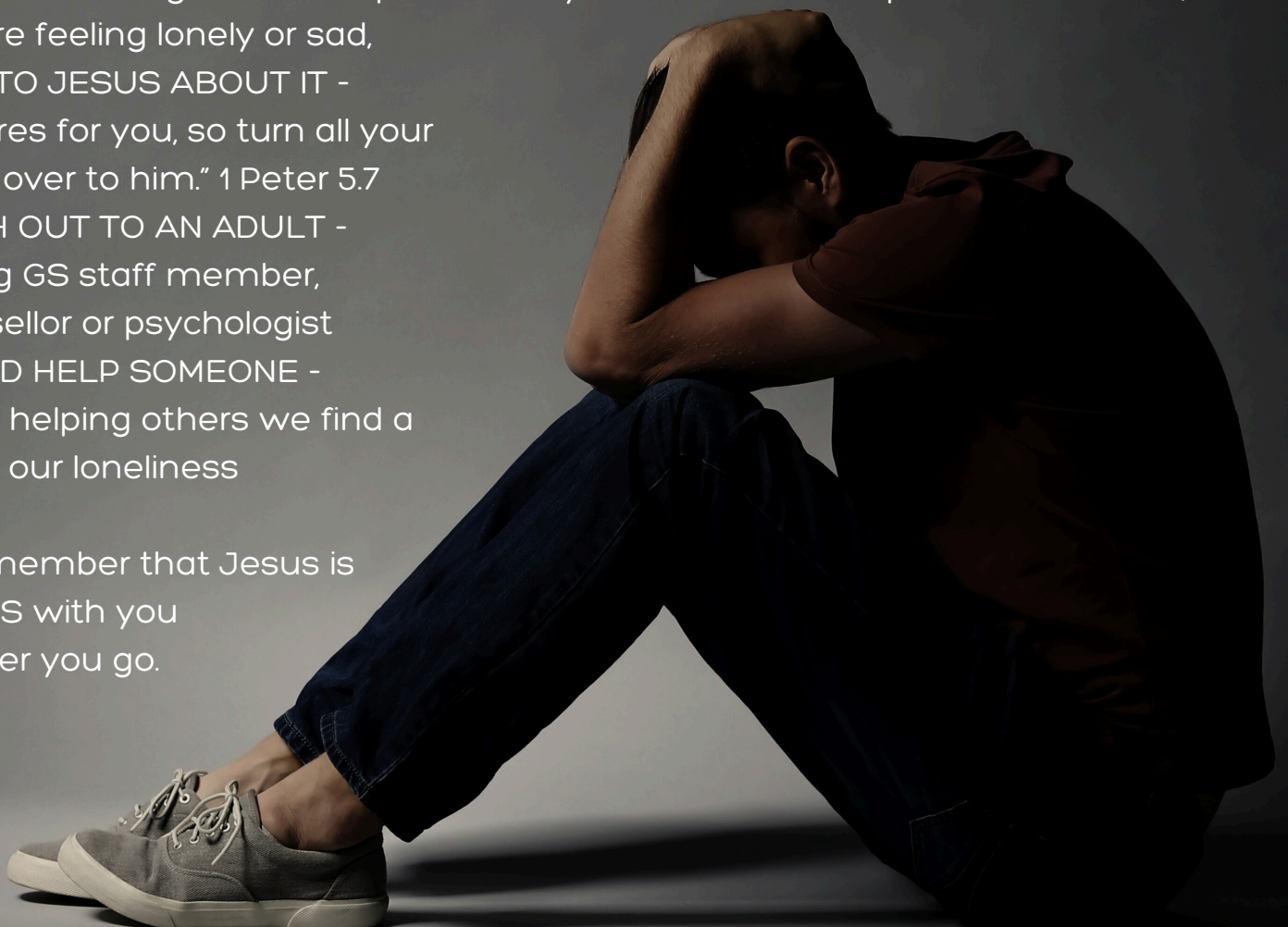
- GO AND HELP SOMEONE -

often in helping others we find a  
cure for our loneliness

And remember that Jesus is

ALWAYS with you

wherever you go.



God Bless You, and shoulder-to-shoulder let's combat loneliness in our community.