

# LONELINESS

Loneliness is an unpleasant emotional response to isolation or lack of companionship. It may include feeling anxious about a lack of connectedness to community or others. Loneliness is a universal yet complex human emotion. Even in a room full of people we can feel a lack of connection to others, leading to a feeling of being alone or loneliness. At any given time, approximately 20% of the population is experiencing loneliness.

This state of being lonely can be transient or temporary in nature. Transient loneliness is usually caused by circumstances such as being sick and therefore isolated from others. When the illness is over, social contact resumes thus ending the loneliness.

If you feel lonely whether you are with family or friends or alone, you are experiencing chronic loneliness. No matter what is going on in the surrounding environment, the experience of loneliness is always there. This chronic state, over a period of time, may have a negative impact on both mental and physical health.

## SCRIPTURE RESOURCES

I will not leave you as orphans; I will come to you. John 14:18

And surely I am with you always, to the very end of the age. Matthew 28:20

So don't fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

## SUGGESTED READING

- *Daring Greatly* by Brene Brown
- *God Loves Ugly: & Love Makes Beautiful* by Christa Black

