



**Oh, So
Lonely...
God Where
Are You?**

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Oh, So Lonely...God Where Are You? by Emily Barrus

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Hello!

I'm so glad you decided to pick up this booklet!

Picking up this booklet means a lot!

It may mean you struggle with loneliness and you may constantly question where God is.

Ok, so you may not constantly question where God is, but chances are that if you are feeling lonely you have at least uttered that question a few times.

When we are feeling lonely, it seems like no one else is struggling with being lonely. We may throw ourselves the ultimate pity party, cake and ice cream included.

By mentioning a pity party, I'm not trying to make fun or light of the situation.

I have also dealt with loneliness and I've thrown myself way too many pity parties to count.

In the pages to follow, I hope you find something that is encouraging to you!

~ *Emily*

When loneliness hits us like a brick wall, we feel like no one cares.

This is where the pity party begins...

We feel all alone.

We don't feel loved.

We doubt God's presence.

Sound familiar?

The list goes on and on...

Where do those thoughts come from?

Surely, we don't automatically assume no one cares for us just because we may live on our own.

Those thoughts have been planted by the ultimate deceiver. He knows just when to attack us.

For those of us who may live on our own, those times may be at night, on the weekends, and those especially hard, rough days. It might look different depending on who you are. You may be a go-getter that uses nights to exercise, clean or get extra work done. More power to you!

When I first made the move over a thousand miles away, I felt like it was hard every day, especially Saturday and in the evenings.

Saturday is usually the most popular day of the week. Who doesn't look forward to the weekend?

Since I moved out on my own, I have seen the advantages and disadvantages a Saturday can bring.

For me, Saturday is the day to do laundry, cleaning, food prep for the week and relaxing with a good book or binge watching a TV show. Most other girls

my age, probably have similar Saturdays. Although, I'm also sure if those same girls have lived where they are for most of their life they probably are surrounded by childhood friends and their family.

It has been over four years, since I felt the Lord's leading to pick up what I owned and move a thousand miles away. At first, I was excited and nervous. Most people look forward to the day they get to move out. I love my parents, but I was excited about having my own place. So, my parents and I packed all of my earthly possessions and some donated household items from my childhood home (thanks, Mom and Dad) into two vehicles and began the journey to a place I had never lived before.

My parents were so generous. They stayed at my new home for a few days helping me unpack and even went with me to the bank and the DMV. I had all I needed packed away into every cabinet and closet in that first apartment. I don't think I could ever forget my first apartment. It was where I believe I grew up even more. Suddenly, having to pay my own bills, putting gas in my own car, balancing a check book, buying groceries, cooking meals, washing dishes and cleaning was all up to me. I was looking forward to growing more personally and spiritually. While, I believe I have grown some, I know I still have a long way to go.

That first apartment saw a lot of hard times. I had suddenly moved a thousand miles away to a place where I didn't know anyone. It would have been one thing if I had been a super outgoing person, but I wasn't. I also wasn't super shy, but I didn't know a single soul in the whole entire state. I don't think it matters if a person is outgoing or shy, moving from all you have ever known will have its challenges.

My first apartment also saw a lot of tears. I missed everyone back home and it was taking me awhile to get settled into my new home and to make new friends. I felt like the Lord had abandoned me. I thought I was supposed to be growing so much spiritually and I didn't feel like He was doing anything to fix my situation. All I had ever known was living with my parents and two brothers, so suddenly living on my own, I had been bit by the lonely bug. It feels like it is a disease that hasn't gone away. While I may have more friends, it is still hard at times.

Saturday is the day, when I have the whole day, besides doing household work, to reflect and think on life. The Devil loves Saturdays. That is the day he uses to get inside my head.

He lies and schemes. He makes us believe that we are all alone. He can make us believe that no one cares about us or that God has abandoned us.

When we take the time to sit and think about how lonely we are, this is when Satan loves to do his work. He has us right where he wants us.

This is not the time to dwell on those thoughts with a bowl of ice cream in hand.

No!

This is the moment we need to mute those lies!

We have given into Satan's tricks and lies for far too long. We are never perfect. We will have days where we will mess up. We may mess up to the point where we don't feel like anyone could ever forgive or care for us.

These are just more lies!

The truth is that if we have accepted Christ as our Savior, we are never alone. God is always with us. He is right beside us when we question His presence.

If God seems far away, who moved? Since He is always right beside us, we know who moved even if we may not want to admit it.

James 4:8a

“Draw nigh to God, and he will draw nigh to you.”

All we need to do is draw nigh to God and He will draw closer to us.

But how do we draw nigh to God?

We can draw nigh by praying. Calling out to Him. Letting Him know what burdens us and what is on the deepest part of our hearts – even though He already knows.

We can spend time with Him by reading and meditating on His Word.

We may feel so alone that if we read a Psalm and pray that that's not going to help. It may not provide you with the instant boost of whatever you may be looking for.

Growing a relationship takes time. You can't expect to find your long lost brother one day and be best friends by the end of the week.

Relationships are grown by spending time with that other person.

It may seem hard or even pointless to grow a relationship where you never see the other person in the relationship this side of Heaven.

Oh, was I just describing the relationship we may or may not have with God?

We may feel so alone because we haven't taken the time to grow closer to God.

We fill our days with things that we put before anything else. Waking up and checking social media first thing. After work, watching YouTube videos or getting caught up on Netflix.

God never meant us to be so busy that we don't make time for Him. He wants us to put Him first in our lives.

When we try to fill our lives with things that don't really matter, we feel lonely. When we put ourselves first, compare ourselves to others, and think that people need to approach us in order to become friends, we feel lonely.

When I first made the big move, I started attending different churches to see where God would have me attend.

I visited a church much larger than I was used to. I even had the courage to go upstairs where there was a young adults Sunday School class instead of just getting a back row seat in the main auditorium. Not knowing anyone I grabbed the closest open seat I could find. I sat and waited hopefully for people to introduce themselves to me.

Now, looking back I realize how selfish that sounded.

Yes, I was a visitor and yes, hopefully people would have come up and introduced themselves. A few did, but when I walked back to my car, I couldn't help but feel that the people weren't very friendly. If I had been super outgoing, things might have been different. But I'm not super outgoing, so I walked away down and defeated.

I went back to the same church to give it another try, and I'm so glad that I did. I currently still attend the church and look forward to seeing my friends and worshipping God.

So, if a similar situation has happened to you, give the church or whatever the place/event may be another try.

God may or may not want you there, but you won't know unless you try.

Picking up everything and starting in a new place was not my idea of fun, but God had other plans. He knew I needed the time to grow. Grow emotionally and spiritually.

The first few months were the hardest.

Ps. 30:5 "weeping may endure for a night, but joy cometh in the morning."

Ps. 30:5 applied to me those first few months. I would cry myself to sleep. I felt so alone.

I'm not sharing this to make you feel sorry for me. I truly want to share this in case you are reading this and you are going through this.

When I was going through that time, I thought it would never end.

Eccl 3:1 "To every thing there is a season, and a time to every purpose under the heaven:"

At the time, I probably doubted this verse. That was the hardest season of my life, so far.

It seems like when hard times come our way that they are going to last forever.

If only I had had greater faith and trusted God that the season was only for a time.

I can't say I'm fully out of that season yet, but things are much better than when I first moved four years ago.

I hope you didn't get scared when I mentioned "four years ago".

The hardest part of the season was just under a year at the most. That still may seem like a long time. It certainly felt like a long time.

We can't see or feel God's presence. When moments of loneliness come, it can be easy to doubt His presence. This is where faith comes in.

Heb. 11:1

"Now faith is the substance of things hoped for, the evidence of things not seen."

Ps. 46:1

"God is our refuge and strength, a very present help in trouble."

When we put our faith and trust in God, He will sustain us. He is our refuge. He is a very present because He is right beside us every step of the way.

Reach out to Him. Use this lonely season to grow closer to God. Whether we are lonely or not, we should never stop pursuing a relationship with Him.

If we draw nigh to Him, He will draw closer to us.

Here is a poem that I wrote in college. I had no idea at the time that it would be used in this way. The words just started flowing for this poem. Pretty sure those words started to flow on purpose.
I hope you may be encouraged by this:

You Are There

You are there when I pray
You are there when I have nothing to say,
You are there when I need you the most
You are there when I have nothing to boast.
You are there when I cry
You are there when a test is coming nigh
You are there when my patience wanes.
You are there when I complain.
You are there when I have nothing to give
You are there so that I might live
You are there to help me be faithful
You are there when I am not grateful.
You are there to comfort me, and hear my every plea.
You are there when I am not strong
You are there when my days are long.
You are there at night or during the day,
no matter when, You are there.

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