

# Feeling Lonely?



Sometimes it's hard not to feel lonely. For example...

- ❖ You're not invited to a classmate's birthday party.
- ❖ You're left out of a game at school or in the neighbourhood.
- ❖ You don't have a best friend, or hardly any friends.
- ❖ You're just different – maybe you speak a different language, or look very different.



When we are feeling lonely, we can get depressed. We may think we're not worth much, or that what we say isn't very important.

We may feel awkward talking to others, so we stay quiet and keep to ourselves. And that makes us feel even more lonely!



There's a difference between being alone and being lonely. We may choose to be alone to have some

time to ourselves and think, or pray to God. The Bible tells us that Jesus Christ often went to places where He could be alone (read Luke 5:16). He did that when He needed to talk to God – to pray, and to rest.

If Jesus is your Friend, you never have to be lonely. He is always there to speak with, and to share your problems. Jesus understands our heart when we're feeling lonely. Many people with lots of friends don't know Jesus, and so, even though they know many people, they don't have the most important Friend – the Lord Himself.

Pray to the Lord when you're feeling lonely. Then do something you enjoy. When you're busy, you'll find you're not so lonely anymore.



Read a book

Make a craft

Write a story

Paint a picture

Do something nice for someone

Loneliness often disappears when we do things for other people.

While you're doing these things, God will be working.

He will be preparing a time & place for you to meet others.

You don't have to do it all yourself.

There are many other nice people who want a friend like you.

Ask God to show them to you – then relax and look forward to His answer.

"God sets the  
lonely in families..."  
– Psalm 68:6