



Meditations & Prayers for Loneliness

Many people suffer from depression and loneliness due to isolation and lack of interaction with others in today's world. Unfortunately, there may be little we can do about physically being alone. But I believe "loneliness" is something we can conquer by considering our situation from a divine perspective, Jesus's perspective.

The following are three considerations to meditate on that may help you if you are struggling with loneliness. Each meditation is followed by a space for journaling that will allow you to write down thoughts and insights that may come to you in meditation.

**Scripture passages in this meditation are taken from the New American Bible, Revised Edition (NABRE).*

MEDITATION: JESUS ALONE IN THE GARDON

Jesus struggled and wrestled in the garden of Gethsemane with what was to come in His Passion. He was to suffer so much pain—physically, mentally and emotionally. And He was alone as He struggled, for the friends He brought with Him up the mountain had fallen asleep.

In His agony, He came face-to-face with what would happen in the coming hours. He was alone. Or was He?

Physically speaking, yes. But God the Father, in His goodness, sent an angel to comfort Him.

"And to strengthen him an angel from heaven appeared to him."

Luke 22:43

Even though Jesus felt alone, God the Father was always there, always supporting Him, always loving Him.

God loves you, too. Even now, as you may "feel" alone, perhaps even physically isolated, you have your guardian angel near you. You have the Spirit of God within you. You are being held in His love.

PRAYERFUL REFLECTION

After taking some time to reflect on the consideration above, feel free to jot down any thoughts, insights or prayers that come to your heart in the space on the next page.

Jesus, thank You for allowing me to meditate on Your time in the garden and how You were left alone by Your closest friends. Please come be with me in my loneliness now.

**PLEASE USE THE JOURNALING SPACE BELOW TO WRITE DOWN
YOUR OWN THOUGHTS, INSIGHTS AND PRAYERS**



MEDITATION: JESUS ALONE IN THE CROWD

As Jesus was taken to be judged, condemned, and given His cross to carry to Calvary, He was abandoned by His closest friends. One of them denied Him three times (Luke 22:54-62).

Now Peter was sitting outside in the courtyard. One of the maids came over to him and said, "You too were with Jesus the Galilean." But he denied it in front of everyone, saying, "I do not know what you are talking about!" As he went out to the gate, another girl saw him and said to those who were there, "This man was with Jesus the Nazorean." Again he denied it with an oath, "I do not know the man!" A little later the bystanders came over and said to Peter, "Surely you too are one of them; even your speech gives you away." At that he began to curse and to swear, "I do not know the man." And immediately a cock crowed. Then Peter remembered the word that Jesus had spoken: "Before the cock crows you will deny me three times." He went out and began to weep bitterly.
Matthew 26:69-75

Even in the midst of many people, He was alone, abandoned, rejected. The cross He carried physically may have been made of wood, but the cross He carried in His Heart was one of stone, the stone of the hardened and fearful hearts that led Him to walk the way of the cross to die for our sins. And He did this without the support of His closest friends.

But this cross He carried, He carried for you. He carried it for you for this very moment, as you feel so alone. He knew you would be feeling this loneliness, so He wanted you to know He understood you. He empathizes with the aching pain in your heart. You are not alone in your pain. He is with you. He always has been and always will be.

PRAYERFUL REFLECTION

After taking some time to reflect on the consideration above, feel free to jot down any thoughts, insights or prayers that come to your heart in the space on the next page.

Jesus, thank You for allowing me to experience how You felt during Your Passion when You were abandoned by Your closest friends. Please be with me in my loneliness now.

**PLEASE USE THE JOURNALING SPACE BELOW TO WRITE DOWN
YOUR OWN THOUGHTS, INSIGHTS AND PRAYERS**

MEDITATION: JESUS IS WITH YOU IN YOUR LONELINESS

When we are feeling depressed, lonely, and rejected, we are turning inward. We are looking at our poor selves in the mirrors of our hearts and wishing so badly that someone else would see us too. The problem is we are so busy looking at ourselves that we forget to look around and see if anyone is actually looking to help us, to console us, to reach out to us.

So as you reflect on this, stop, take a minute, close your eyes, and ask Jesus if He sees you. *"Jesus, do You see me in my pain? Jesus, do You see how lonely I am? Jesus, have You forgotten about me?"*

Do not be afraid to ask Him these questions and more! He desires that you call His name!

The name of Jesus is the most powerful word we can speak on our lips and in our heart. Angels bow down. Evil scatters.

God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Philippians 2:9-11

If we keep saying His name, our body, our heart, our very essence will be consumed with His peace.

Also, have you considered when you are feeling lonely that perhaps He is as well? For He is always with you, He is always beside you. But when you sink into your loneliness, could it signal to Him that you do not think He is there beside you? How much lonelier can one be than when a dear loved one is beside them and doesn't even notice them?

For this reason, when you are lonely you must call His name all the more. He no doubt will make Himself noticeable to you in whatever way He knows will be most meaningful to you. Whether that is through a phone call from a friend or loved one, a break in the clouds where the sun shines through, or even better, an overwhelming sense of heavenly peace, He will make His presence known to you.

He loves you, He died for you, He will stop at nothing to comfort you if you only call His name.

PRAYERFUL REFLECTION

After taking some time to reflect on the consideration above, feel free to jot down any thoughts, insights or prayers that come to your heart in the space on the next page.

Jesus, thank You for reminding me You are always present with me and that I am never truly alone. Please comfort my heart and fill me with Your everlasting peace.

**PLEASE USE THE JOURNALING SPACE BELOW TO WRITE DOWN
YOUR OWN THOUGHTS, INSIGHTS AND PRAYERS**

I pray that if you are struggling with loneliness that meditating on one of the three considerations you have read will help you become more aware of your God who loves you, who wants to comfort you, and who is with you always.

I am concluding this meditation piece with the following prayer that is for all of God's children who struggle with loneliness.

PRAYER FOR THOSE WHO STRUGGLE WITH LONELINESS

My Jesus,

I call Your name now in a state of loneliness mixed with grief and despair.

Jesus, You say You are always with me, but where are You now?

I feel empty, and hope is nowhere to be found.

So I call to You with all my heart. Jesus, come be with me now!

Comfort my soul, heal my pain, console my aching heart.

Jesus, I know all hope is found in You, all peace comes from heaven, and all love comes from Your Heart.

So, Jesus, come into my heart now, fill me with Your peace, consume me in Your love, and may Your healing mercy shower down upon me, washing away all my tears and filling me with heavenly joy!

Amen.

JESUS, COME INTO MY HEART NOW AND FILL ME WITH YOUR LOVE!

****DISCLAIMER**

I am not a medical professional or licensed therapist. I am speaking from my perspective and human experience and as someone that has struggled with anxiety and depression since childhood.

God is good and has given us the gift of medical and therapeutic treatment options when basic self-care isn't enough to help us overcome our struggles with anxiety and depression. Don't hesitate to reach out for this support when you need it. It's a gift from God that will help you to recover so you can live your life to the fullest — which is God's desire for you!