

### 46.3 Home Alone Too

Greetings Patriots! This is Perry Greene with GNA. Today is our Wednesday Grief Podcast. Our title is "Home Alone, Too" (T-O-O).

There is a difference between solitude and loneliness. Jesus experienced both. Sometimes He went to a "solitary place" to be alone with God (see **Mark 1:35**). Jesus also must have felt loneliness when He prayed in Gethsemane. The Master asked His disciples, "*Could you not watch with Me one hour?*" in **Matthew 26:40**. Loneliness overtook Him when God forsook Him at the cross, "*My God, My God, why have You forsaken Me?*" (**Matthew 27:46**).

Most of us have experienced the pain of loneliness. We might have felt the loneliness as teenagers if we didn't fit in with the popular crowd. Loneliness might be afflicting us in the loss of a loved one.

You might be like me. In some ways, I am all alone at this stage of my life. My wife died a few years ago. My parents have died. My daughter and her family live six hours away from me. My brothers live even further away. Sometimes I feel all alone. If it weren't for my special friend who lost her husband and several other friends, I literally would be all alone.

Bible characters felt alone in their exploits. One example is Elijah. This sole prophet of God challenged Ahab's and Jezebel's 850 prophets at Mt. Carmel. When the contest was over and the Israelites killed the pagan prophets, Jezebel threatened Elijah's life.

Despite the miracles Elijah performed, he felt threatened and alone. He retreated to Mount Horeb, the Lord's mountain, for safety. It was here that Elijah heard that "still small voice" of the LORD (see **1 Kings 19**).

Elijah explained his predicament to God. The prophet had been zealous for God and His word. In the Mount Carmel contest, Elijah proved the truth of the LORD. Yet now, Elijah felt alone and fearful for his life. Notice **1 Kings 19:14** (NKJV):

*And he said, "I have been very zealous for the LORD God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left, and they seek to take my life."*

God listened to Elijah and gave the prophet some direction for hearing Him. Notice the significance of what God tells Elijah in **1 Kings 19:18** (NKJV):

*Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him.*

Israel came into being after the death of Solomon. Solomon's son, Rehoboam, succeeded him and greatly taxed the people. The ten northern tribes rebelled at the heavy taxation. Jeroboam I established the northern kingdom leaving Judah and Benjamin in the south as "Judah."

Unlike Judah, the northern kingdom of "Israel" never had a good king. Each of the kings, especially Ahab, was rebellious toward God. Yet, even in rebellious Israel, Elijah was not alone. He had God as His Lord. He also had 7000 fellow Israelites who worshiped the living God.

We all have our times of loneliness. You may especially feel alone and vulnerable in the middle of your grief. You might have been dependent on your spouse or parent, and their passing has left you distressed. Remember Elijah. His story reminds us:

1. We all need God in our desperate times.
2. We can always return to God who is our Source of comfort.

3. We need to express our grief and fears, especially to God.
4. We can find comfort and assurance in His presence and words.
5. We don't need to see grand signs, we just need Him and His quiet voice of calm and comfort.
6. We have potential relationships with people who are in the same place as we are.

We can get out of the "grief rut" and isolation when we articulate our grief. I want to encourage you to find safe places to talk about your grief. That place could be a church class or small group. It could be a GriefShare experience. If necessary, write your story. Writing is beneficial if you don't have a place to share it or if you are unable to speak about your loss.

Whether you write or speak your story, be sure to tell how much your loved one meant to you. Speaking or writing your loved one's name is beneficial and aids in your recovery. The more you express your emotions, the better for you.

I am sure that our Founding Fathers felt isolation and fear when they returned home after declaring our independence. I read that the room was silent when the delegates signed the Declaration of Independence. These men knew they had just declared themselves traitors to the King and signed their death warrants as they added their signatures to the document.

Our Founders persevered with faith and prayer. They encouraged one another in letters and face to face when possible. They connected with like-minded people and found there were "7000 who would not bow the knee to Baal" or the King.

Through our grief and despair, we can develop our faith. We can talk to God and others who understand our situation and cheer for us. We are not alone.

Keep The Light of *Presence* Burning!