

# When We Are Lonely

## [Hebrews 4:14-16](#)

### [Hebrews 4:14-16 \(NASB\)](#)

<sup>14</sup> “Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession.

<sup>15</sup> For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as *we are*, yet without sin.

<sup>16</sup> Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.”

Despite the fact that technology enables us to stay connected with each other, we haven't solved the problem of loneliness. Many people still feel cut off from those around them. The real solution for healing the deep ache of isolation in our heart is an intimate relationship with the heavenly Father.

As He was about to create Adam, God said, “Let Us make man in Our image, according to Our likeness” ([Genesis 1:26](#)). One point of resemblance to the Lord is our desire and ability to share intimacy with other people. Moreover, we're created to commune with the Father.

Adam and Eve had a close bond with the Lord, who spent time with them in the Garden of Eden. However, the couple's disobedience caused a rift in the relationship. And since God is holy, He can't allow anything unrighteous into His presence. Once sin entered the world through the first couple, every person born would be tainted with it and, consequently, would be separated from God. Yet because of His love, the Lord planned a way to bridge the gap between Himself and mankind.

Jesus Christ took our transgressions upon Himself when He died on the cross, wiping away the stain of sin. Whoever trusts in His sacrifice for the forgiveness of sin goes over the “bridge” formed by the cross. Each new believer is reconciled—that is, immediately restored to a right relationship with the Lord.

Reconciliation with the Father means that we are never alone ([Deuteronomy 31:6](#)). We may still feel lonely on occasion, but we have a constant companion with whom we can talk. And He will provide comfort to our heart.

### [Deuteronomy 31:6 \(NASB\)](#)

<sup>6</sup> “Be strong and courageous, do not be afraid or tremble at them, for the LORD your God is the one who goes with you. He will not fail you or forsake you.”