

PRAYER FOR WHEN YOU ARE LONELY

Father God,
Though I am surrounded by people, I feel alone in my heart.
Though I have people to work with, I feel unneeded.
Though I have friends, I feel misunderstood.

There is a part of me that feels disconnected from the world around me.
I even feel disconnected from you, Lord—I feel alone.

But even if my mother and father abandon me, I know you will take me in.^[1]
Change my perspective and let me sense your presence.

Reveal the lie I believe about myself that surrenders to loneliness.
For I know you are the God who sees me.^[2]

Make me courageous, knowing you will never leave me.^[3]
Make me victorious, knowing you are gracious in my loneliness.^[4]
Make me strong, knowing you will uphold me with your righteous right hand.^[5]

Turn my focus away from earthly things so I might draw closer to you.^[6]
Let me find my joy in knowing you rather than the world knowing me.

I know you see my broken heart, and you've promised to bind my wounds.^[7]
Remind me that you are for me, even when the world is against me.^[8]

Draw me to a spiritual family that will encourage me in my loneliness.^[9]
Help me seek the fellowship of those who reflect your light.^[10]

I know you are with me today and to the end of this age.^[11]

Amen.

[1] Psalm 27:10

[2] Genesis 16:13

[3] Deuteronomy 31:6

[4] Psalm 25:16

[5] Isaiah 41:10

[6] James 4:8; Colossians 3:1-4

[7] Psalm 147:3

[8] Romans 8:31

[9] Psalm 68:6

[10] 1 John 1:7

[11] Matthew 28:20