

Sermon Notes

2/20/11

REFLECTIONS

Feeling
Lost
And
Alone?





REFLECTIONS

As times become chaotic and seemingly out of control, we see an increasing number of people who appear lost, desperate, and without hope. They may turn to addictions to blunt the pain and sense of futility. Relationships fail and loneliness joins the suffering, adding a greater sense of hopelessness to an already hurting individual. In such times people often give up and, with everything of value in their lives gone, they find themselves on the street trying to survive in a new and hostile reality. While cases that express themselves in such drastic fashion garner most of the attention, there are many who face loneliness and a sense of feeling lost and desperate who receive no attention at all. They suffer in wounded silence without hope for a solution to their situation. Feeling hopeless and alone? There is a redeemer who is greatly touched by our circumstances. The Bible assures us that we have resources available to us as the writer of Hebrews explains... *For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. ¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.* (Hebrews 4:15-16 NKJ)

The Scripture also tells us that we are part of the same body, the body of Christ, and that He has provided gifts with which we are to minister to the needs of those in the fellowship. Too often we are oblivious to the many needs around us because, first, we have not learned to walk in close fellowship with other believers or secondly, we believe that we have nothing to offer those who are suffering because we do not know the Word or have the words to use in offering to help. There are, of course, some conditions that require treatments far beyond what we are qualified to provide, but even then we can offer to listen, to pray, and to assist where we can, even if it is in a very limited manner.

The key for all of us is to be reminded that we are not alone. Jesus is always here, His people are here for support and prayer, and when we avail ourselves to minister to the hurting we are told in the Bible that we minister to Him. *"And the King will answer and say to them, assuredly, I say to you, inasmuch as you did it to one of the least of these My*

brethren, you did it to Me.' (Matthew 25:40 NKJ) When it seems most hopeless, the Bible reminds us to...*love the LORD, all you His saints! For the LORD preserves the faithful, And fully repays the proud person. ²⁴ Be of good courage, And He shall strengthen your heart, All you who hope in the LORD.* (Psalm 31:23-24 NKJ) **and Happy is he who has the God of Jacob for his help, Whose hope is in the LORD his God,** (Psalm 146:5 NKJ) Hope in God is a recurring theme throughout the whole of Scripture. Walking by faith, in hope, looking to Jesus who is the author and finisher of our faith is the walk to which we, as His children, are called. It is too easy to become overwhelmed by the news coming to us from all over the world especially if we neglect the feeding of our souls on His Word and in prayer. When we fail to keep Jesus in our thinking, we handicap our thinking. When we are not reminded of God's watch-care over us even in times when trials and tribulations are part of our lives, we can be easily defeated by the deceptions of the enemy. Jesus, when facing the Devil's temptations in the wilderness, always responded with the Word. "It is written" ...were the words that Jesus always prefaced His retort to Satan's deceptions and with which He defeated all the temptations of His enemy.

Elijah was perhaps the most high profile of the prophets who was depressed, lost, and feeling alone after his great victory over the prophets of Baal. He was feeling that he was ready to be taken and he commented to God... *"It is enough! Now, LORD, take my life, for I am no better than my fathers!"* (1Kings 19:4 NKJ) but God ministered to him in his despair and ultimately returned him to full strength and ministry by telling him that he was not alone in his service to God. *"Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not kissed him."* (1Kings 19:18 NKJ) Paul prayed for deliverance from what he called a thorn in his flesh but God's reply was simply... *"My grace is sufficient for you, for My strength is made perfect in weakness."* (2Corinthians 12:9 NKJ) In light of these "witnesses," when we find ourselves, or others, overwhelmed with life and the trials and challenges facing us, we are reminded to help bear one another's burdens and to .. *be filled with the Spirit, speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord,* (Ephesians 5:18-19 NKJ) Feeling alone and lost? Be reminded that Jesus will never leave or forsake you and your brothers and sisters in the Lord are here to encourage and support you. **Pastor Doug**