

DEVOTIONAL

Hollywood Prayer Network

LONELINESS

Loneliness is a part of the human condition but the Lord tells us that we don't have to feel lonely if we trust in Him, seek Him, and let Him give us strength, comfort, and love. This week we look into how to embrace His promises so that we don't have to feel lonely because He is always with us!

DAY 1

I FEEL ALONE

"EVERYBODY HAS SOMETHING THAT CHEWS THEM UP AND, FOR ME, THAT THING WAS ALWAYS LONELINESS. THE CINEMA HAS THE POWER TO MAKE YOU NOT FEEL LONELY, EVEN WHEN YOU ARE."

-TOM HANKS

"ACTING IS THE GREATEST ANSWER TO MY LONELINESS THAT I HAVE FOUND."

-CLAIRE DANES

New King James Version

Psalms 102:7

I lie awake,
And am like a sparrow alone on the
housetop.

1 Corinthians 8:3

But if anyone loves God, this one is known by Him.

DAY 1

PRAY: Dear Lord, I lie awake feeling very alone, so I call out to You and ask that You put Your arms around me. I feel like a bird alone on a roof, and I want to feel secure as if in a warm nest. I love You God and I know that with You I'm not alone because I'm known by You. I need You now to comfort me and to remind me that You created me just like the birds, and that You are with me. In Jesus' name.

REFLECT: How often do you feel lonely, vulnerable, or lost like a bird alone on a roof? Scripture addresses our emotions so often, which we see when we stop to really listen to what we're reading. It's amazing that just by loving God we are intimately and eternally known by Him. And we never need to feel alone. How can you truly believe this promise so that you never need to feel lonely? Every time you see a bird, it can be a reminder.

ACT: When you lie awake in bed tonight, remember that the Lord is with you, that you love Him and that He knows you and is right there in you, next to you, and around you. Make it a habit of saying a prayer every night before going to sleep, to thank God that you are not alone because he is always with you. What a beautiful routine to end each day.

DAY 2

GOSSIP, CONFLICT, AND LONELINESS

"HOLLYWOOD IS LONELINESS BESIDE THE
SWIMMING POOL." -LIV ULLMANN

"LONELINESS IS THE UNIVERSAL PROBLEM OF
RICH PEOPLE." -JOAN COLLINS

"LONELINESS AND THE FEELING OF BEING
UNWANTED IS THE MOST TERRIBLE POVERTY." -
MOTHER TERESA

New King James Version

Proverbs 16:28

A perverse man sows strife,
And a whisperer separates the best of
friends.

Proverbs 17:9

He who covers a transgression seeks love,
But he who repeats a matter separates
friends.

DAY 2

PRAY: Lord, thank You for showing me that we can cause ourselves and the people closest to us to be lonely and alone just by stirring up conflict or by gossiping. Would You show me how to bring peace to all my relationships so that I am one who fosters love by covering over an offense? I don't ever want to separate close friends and isolate people because of responding poorly to conflict. I don't want a perverse person to push me away and I never want to be the person who brings on loneliness to another through a broken relationship.

REFLECT: Doesn't it make sense that one of the enemy's greatest tools is to separate believers and to isolate Christians so that we are weak and not effective? The way he does it is by encouraging people to stir up conflict, to gossip about others and to break relationships. If we all understood the ease of fostering love instead of separating people, the world would be a different place. And it's all a matter of how we respond. What type of person are you? Be a person who loves and fosters love, and you will never be separated from others or God.

DAY 2

ACT: Choose one person right now who you're separated from - either by their doing or yours. Ask God how to rebuild that relationship. Do you need to foster love to a difficult person? Keep asking God, for as long as it takes, until you hear His answer to bring peace to the relationship. And expect miraculous results! If they are indeed a perverse person, then your prayers for them could mend their heart and bring them back into community. As you foster love through your prayers, and maybe even through your words and actions, you could protect that person from being alone in their brokenness.

DAY 3

FEAR OF LONELINESS

"AS MUCH AS WE COMPLAIN ABOUT IT, THOUGH, THERE'S PART OF US THAT IS DRAWN TO A HURRIED LIFE. IT MAKES US FEEL IMPORTANT. IT KEEPS THE ADRENALINE PUMPING. IT MEANS I DON'T HAVE TO LOOK TOO CLOSELY AT MY HEART OR LIFE. IT KEEPS US FROM FEELING OUR LONELINESS."

-JOHN ORTBERG

"SOLITUDE WELL PRACTICED WILL BREAK THE POWER OF BUSYNESS, HASTE, ISOLATION, & LONELINESS."

-DALLAS WILLARD

Isaiah 41:10

New King James Version

Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.'

DAY 3

PRAY: Father in Heaven, thank You that when I get fearful, or dismayed over life's issues that I don't have to deal with them alone. You promise me that You are with me through everything and that You will give me strength and help me. Thank you for walking me through all of the tough times in life so that I never have to go through anything alone. Amen and Amen.

REFLECT: What does God mean when He says He's holding us up with His righteous right hand? Think of all that it could mean: that because He is righteous, He holds us up, that He is filling us with His righteousness, and that regardless of what we're going through, because of His righteousness we never need to be afraid. We are never alone, and we have all the strength we need, all the time. That is a profound and comforting thought. Whatever is happening in your life, never forget that you are never alone and God has given you everything you need to move forward.

ACT: Right now think about one thing that you are most afraid of. Now think about God giving you everything you need to deal with that fear. Picture Him with you right now giving you strength, handling your fear and walking alongside you every step of the way. Doesn't it make the fear less powerful, less overwhelming, or maybe no longer a fear at all?

DAY 4

ALONE WITHOUT GOD

"WHILE THE RESURRECTION PROMISES US A NEW AND PERFECT LIFE IN THE FUTURE, GOD LOVES US TOO MUCH TO LEAVE US ALONE TO CONTEND WITH THE PAIN, GUILT AND LONELINESS OF OUR PRESENT LIFE."

-JOSH MCDOWELL

New King James Version

Job 21:14

Yet they say to God, 'Depart from us,
For we do not desire the knowledge of Your
ways.

Romans 14:7

For none of us lives to himself, and no one
dies to himself.

DAY 4

PRAY: Lord, I pray for the people all over the world, especially in the entertainment industry, who have chosen not to embrace You, who want to live life on their own. It's such a lonely way to live! Would you put Your arms around them and let them know that they do not live for themselves alone, and they don't have to die for themselves alone? Thank You for loving every single person You've created. Amen.

REFLECT: How many people do you know in Hollywood who are running away from Jesus, who are living for themselves, have no desire to know God, and are even proud of it? Have you even considered how lonely they must be? Wouldn't it be powerful, instead of judging them or talking about them, that you pray for them, asking the Lord to do a miracle in their lives and to fill up their loneliness with His Holy Spirit, so that their lives can be full to overflowing?. Do you know that when you pray for someone, their life changes?

ACT: Hollywood is a very lonely place. And creative people overwhelmingly struggle with loneliness. Choose two people in Hollywood whom you happen to know don't believe in God, and commit to pray for them. Ask the Lord to help them fall in love with Jesus, to have God melt their hearts and humble them, so that they they can turn to Him and love Him and never experience that deep loneliness again. You'll be making an eternal difference by your faithful prayers.

DAY 5

YOU ARE NOT ALONE

"LONELINESS IS MY LEAST FAVORITE THING ABOUT LIFE. THE THING THAT I'M MOST WORRIED ABOUT IS JUST BEING ALONE WITHOUT ANYBODY TO CARE FOR OR SOMEONE WHO WILL CARE FOR ME."
-ANNE HATHAWAY

"LONELINESS IS A WILDERNESS, BUT THROUGH RECEIVING IT AS A GIFT, ACCEPTING IT FROM THE HAND OF GOD, AND OFFERING IT BACK TO HIM WITH THANKSGIVING, IT MAY BECOME A PATHWAY TO HOLINESS, TO GLORY AND TO GOD HIMSELF"
-ELISABETH ELLIOT

New King James Version

Deuteronomy 31:6

Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.

DAY 5

PRAY: Oh God, I love it that You are empowering me all through the scriptures to be strong, bold, fearless, and never alone. I want to fully embrace your commands in this verse so that I stand up tall and strong in every situation, every conversation and even when alone in the dark. I praise You for never, ever leaving me or forsaking me. Amen

REFLECT: How humbling to realize that we are never fully living out the promises of God, even though we love Him, study His word, and follow Him. What will it take for you to truly be strong and courageous, never afraid and never alone? What can you do to believe from the bottom of your heart and soul that God NEVER leaves you or forsakes you? Can you feel His presence right now?

ACT: Commit this verse to memory. Write it on an index card and carry it around with you, reading it, memorizing it, and pondering it. Make it a part of you so that you slowly realize that you are stronger, you are actually more courageous, and you are never lonely. Keep saying this verse out loud and also quietly in your mind and heart until you are instinctively living it out in all circumstances.

DAY 6

THE GOOD SHEPHERD IS WITH YOU

"THE GLORIOUS, ETERNAL, ALL-SUFFICIENT OMNIPOTENT CREATOR OF THE UNIVERSE WHOSE GREATNESS SURPASSES ANYTHING WE COULD EVER IMAGINE. UNLIMITED IN RESOURCES, JUST AS HE IS UNLIMITED IN LOVE, HE IS THE GOOD SHEPHERD WHO GENEROUSLY PROVIDES FOR OUR EVERY NEED."

-DALLAS WILLARD

New King James Version

Psalms 23:4

Yea, though I walk through the valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they comfort me.

DAY 6

PRAY: Jesus, I don't want to go through dark valleys. That's when I feel the most alone, afraid, and insecure. It's scary to not see what's ahead and being powerless to do anything about it. But You are telling me here that You ARE with me, You ARE guiding me and comforting me, and because of that, I am never alone. Thank you Jesus for this amazing and loving verse. I pray this in Your name. Amen

REFLECT: God created us to be in relationship with Him and with others, so it must be the enemy who is lying to us, saying that we are alone in a dark valley, that evil is going to devour us, and that no one understands, or cares, or is there for us. Why is it that we believe the enemy much more often than we believe God and His Word? Here is one verse that can change our life if we truly believe it and live it.

ACT: Are you currently walking through a dark valley? Are you fearful or do you need comfort? Then talk to God right now about the areas of your life that are driven by the lies of the enemy and ask Him to reveal His rod to guide you, His staff to comfort you, and His presence to take away your fear. Let this be the moment when you look at your life circumstances in a new light - with the promises of God in your heart.

DAY 7

NOTHING CAN SEPARATE YOU FROM GOD'S LOVE

"LOOK FOR YOURSELF, AND YOU WILL FIND IN THE LONG RUN ONLY HATRED, LONELINESS, DESPAIR, RAGE, RUIN, AND DECAY. BUT LOOK FOR CHRIST, AND YOU WILL FIND HIM, AND WITH HIM EVERYTHING ELSE THROWN IN."

-C. S. LEWIS

New King James Version

Romans 8:39

nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

DAY 7

PRAY: I praise You God that NOTHING can separate me from Your love! I can't hide from You, I can't get too far from You and nothing can get in the way of Your love for me through Christ Jesus. Thank You that whether alone on a mountain top or deep below the sea, You are there. And right now as I sit alone and talk to You, we are sitting alone, together. Praises to You!

REFLECT: Think about how frustrating it is when we're having an intense conversation on our cell phones and then suddenly the signal cuts off and the connection is dropped. We get the "failed call" message and we have to wait until we get to an area with reception in order to try again. Can you imagine if that happened while we were talking to God? If we could only talk to Him in areas of good reception - like in a church we assume, and not on a mountaintop or while scuba diving. Then He would only be available to us sporadically and inconsistently. But the truth is that NOTHING will be able to separate us from the Lord. That's awesome.

ACT: Each time you lose connection with someone on your cell phone, take a moment and thank God for always being with you, for never losing connection with Him, and for His faithfulness to stay with you, regardless of your distance from Him, physically, emotionally, and spiritually. Thank Him for never leaving you or forsaking you. Then you can call your friend back...