

pages
You are not alone
121-124

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If this topic makes you feel uncomfortable at any time, please speak with your teacher immediately.

Have you ever felt like nobody was there?

For various reasons, sometimes you may have felt like nobody was there to support you and you felt alone. We all have 'ups and downs' on the roller-coaster of life, and, as we get older, we learn how to deal with the triggers of loneliness and to ask for help when we feel alone. We can ask people who we love and trust.



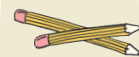
Q When do you get lonely?



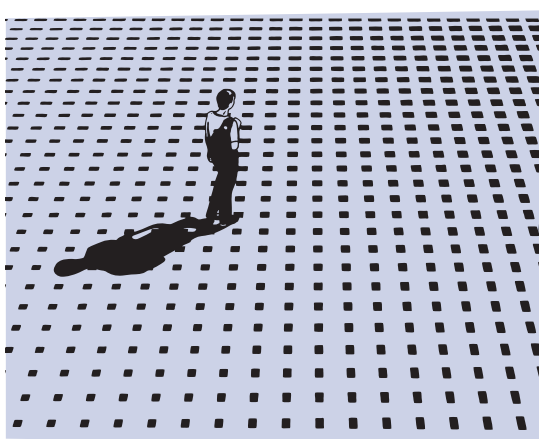
What are the causes of loneliness?

Loneliness can be caused by many different reasons:

- * isolation (not being around people physically)
- * feeling like you are not understood
- * not having any friends or family
- * living alone.



Can you think of any other causes of loneliness?



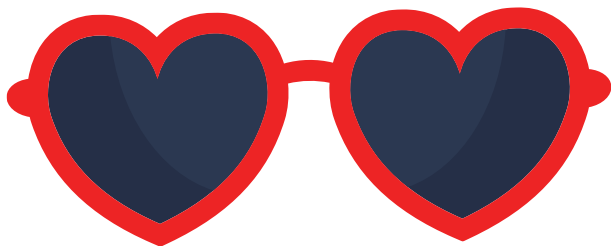
"Walking with a friend in the dark is better than walking alone in the light."
- Helen Keller

We all need a helping hand at some point in our lives.

Who can you ask for help when you are feeling alone?


We need to feel loved, and we need to ask for help from people who are reliable and trustworthy. We need to ask ourselves,

"WHERE IS THE LOVE?"




Even when we feel alone, and we can't feel the love, we need to open our eyes because it is there – we just have to put our hands up for help.

People you can ask for help when you are feeling alone are ...



- _____
- _____
- _____
- _____
- _____



The importance of integrity and loneliness

Integrity refers to your state of being a 'whole person' and choosing your thoughts and actions on principles rather than your own needs. You show integrity when you admit that you feel lonely or when you genuinely ask someone else, "R U OK?"



Jesus understands loneliness

Sometimes we can feel very alone, and Jesus understood this feeling well. He was alone in the desert for 40 days and 40 nights. Due to his human and divine nature, some people never truly fully understood him – there was nobody similar to him. Jesus experienced emotions and feelings like us, but how many people put their arms around him and said, 'Lord, R U OK?'

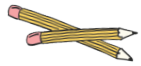


Q When was a time that you have felt very alone? Why?



You are not alone

Even though it may sometimes feel like it, we are never truly alone. When Jesus knew he was going to be crucified, he prayed. Prayer is a spiritual practice that can help you enormously. It is simply asking God for help or strength or provision. The key to developing this regular habit is to start small. Prayer says, "I need help. I need grace. Please give me wisdom and strength. To lead and guide me with this issue." Remember, a "practice" is something we do regularly. So don't wait until you're in trouble to pray. Do it every day.



Identify a time when you have experienced a "peace that passes all understanding" in your life. -----

What are some of the barriers you might be facing in welcoming the practice of regular prayer into your life? -----



The spirit of God can give us peace and comforts us when we are lonely.

"Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."

John 14:27

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Take your time to write your reflections on the importance of speaking up when you are feeling alone.

Reflect on where faith, love and trust are present in your life.

