

## **Loneliness**

### **Ready:**

*“Search me, God, and know my heart; test me and know my concerns. See if there is any offensive way in me; lead me in the everlasting way.” – Psalms 139:23-24*

### **Set**

Loneliness has been a recurring theme in my adult years. Athletes and coaches alike have expressed feelings of loneliness even though surrounded by colleagues, teammates, friends, and family. There’s a difference between people knowing about us and genuinely knowing us, and the two can be easily confused.

People may know our team’s stats and achievements. But where can we turn when we’re hurting beyond the game? In whom can we confide about our struggles, doubts, feelings of inadequacy, and loss of value or identity? People can be in close proximity, yet below the surface, be no closer than a stranger.

Enoch walked in close fellowship with God. God spoke to Moses as one speaks to a friend and made His plans known to Him. Jesus no longer called His disciples servants but friends because He confided in them everything the Father told Him. The difference is intimate knowledge.

We were created for intimate relationships beyond the romantic. Such relationships require us to allow God and special people into our hearts and minds. To be fully known, including our flaws, and accepted by others is a gift and choice we make. We allow God and people to see and love us for who we are. It’s okay that we are not perfect, that we are sinners and do wrong. Jesus Christ died for us anyway. So, beyond the playing arena, at home, and in your heart, open the space for God and friends to know and love you for who you are.

### **Go**

1. Who is in your innermost circle?
2. What do you need to know or feel to share more of who you are with God and key friends?

### **Workout**

Genesis 5:23-24

Exodus 33:11

Psalm 103:7

## Overtime

“Father, I want You to know me as much as I desire to know You. Remove my defenses. I’m not perfect, and that’s okay because You love me as I am and shape me over time. In Jesus’s Name, Amen.”



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