

We Are Not Alone! God is with Us!

BUT I FEEL SOOOOO ALONE!



TEN SPIRITUAL DISCIPLINES THAT CAN HELP WHEN GOD FEELS DISTANT

1. **Confession.** Own how you feel and tell God – not with shame or guilt, but in simple honesty. God loves you and desires to hear from you. Ask for God’s help.
2. **Share.** Share what you are feeling with a person you trust, and ask them to pray for and with you.
3. **Biblical Affirmations.** Select and keep readily available one or two scriptures that can help you stand in hope and affirm your faith. Post them on your refrigerator, bathroom mirror, desk, or some place you can see them frequently. When you feel alone or hopeless, say the scriptures out loud.
4. **Lectio Divina.** Spend some time meditating/reflecting on scripture. Pick a few helpful verses (suggestions: Psalm 23; Psalm 91; John 3:16-18) and let them sink deep into your heart and mind through mindful reading, prayer, and meditation. (More info: https://www.contemplativeoutreach.org/sites/default/files/documents/lectio_divina.pdf)
5. **Music.** Select one or two hymns, songs, or other pieces of music that are uplifting to you. Download them on your phone or have them available to play around the house. When you feel alone or hopeless, listen to them and sing or hum along. Consider including your favorite song from your twenties or forties or teen years that made you have to just get up and dance - and then dance like nobodies watching just because you can!
6. **Gratitude Journal.** Scripture talks about offering the sacrifice of praise (Psalm 49:14). Sometimes expressing gratitude is hard when we are feeling like we have lost so much. Write down one new thing each day for which you are grateful. It can be just a word, a sentence, or a paragraph.
7. **Look Out. Do one thing for someone else each day.** Suggestions: Make a thank you card for healthcare and other front line workers; write a note to someone just telling them you are thinking about them; call one person just to tell them you are thinking about them; take 15 minutes to pray for others.
8. **Look In. Do one nice thing for yourself each day.** Suggestions: Take a walk or bike ride; sit on the porch and listen to the birds, feel the breeze, look at the flowers; fix yourself a nice meal – something that tastes good and is healthy; take time to listen to uplifting music; read a good book; play a musical instrument, paint, write, work in the garden or indulge whatever your creative outlet is; take a nap; move your body.
9. **Limit Negative Input. Watch what you are putting in your mind and your body** - from TV, the internet and elsewhere. Limit your intake of sugar and alcohol.
10. **Examen. At the end of the day, release the day in forgiveness to God.** Forgive yourself for not being perfect; forgive those who have frustrated or hurt you; forgive God for not showing up the way you thought God should; and then release the day to God. Ask God to help you rest in peace by holding whatever you are concerned about for you while you sleep. Create a ritual that helps you do that.
(Link for more info: <https://www.ignatianspirituality.com/examen-prayer-card/>)

If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you are having suicidal thoughts, call 1-800-273-TALK (8255) (National Suicide Prevention Lifeline) or [Live Online Chat](#) to talk to a skilled, trained counselor at any time.