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## The Difference between Being Alone and Lonely: The Reality of an Ever-Present God



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It is not uncommon to awaken to an early morning news program which features the story of a celebrity who has broken the law and is now going to jail. Some professional journalists, and ordinary people watching these stories throughout the nation, have argued that the wealth and fame of these celebrities has somehow insulated them from spending the maximum amount of time in jail. Nevertheless, the law demands (even if public opinion does not) that these celebrities pay for their crimes on some level.

Since these individuals, whose names have become household words in some instances, are adored by thousands if not millions of fans, one may assume that they are always happy, productive, well-balanced, confident and/or deeply religious people. However, when fans are privileged to hear their side of the story which caused them to spend time in jail or a rehabilitation facility, these popular indi-

viduals often admit that they felt depressed, alienated, spiritually-disconnected, confused and/or insecure at that period of time in their lives. Ironically, thousands if not millions of people were simultaneously fixed on their careers, yet in their candid stories of self-disclosure they stated that they felt often felt very lonely and disconnected from family, friends and even God when they committed their crime; therefore, it was relatively easy for them to engage in an illegal act which resulted in shame for themselves, their families and their profession (e.g., sports, acting or stand-up comedy). For those who inclined to believe in God, their journey back to spiritual health may have started with Step Two of a Twelve Step Program: they admitted that God or a Higher Power could restore them to sanity. For those had a background in the church, they discovered that their feelings of loneliness were ulti-

mately rooted in feeling disconnected from God, and that their success was found in remembering to thank God for blessing them with talent, a loyal fan base, and an unprecedented career which brought laughter and hope to people throughout the nation.

It is possible to be around thousands and feel lonely, and it is possible for a person to be by himself or herself and not feel alone. From a spiritual perspective, loneliness concerns feeling disconnected from God or not feeling God's presence; however, being alone concerns reflecting on God's word and feeling God's presence when no one is around. The bible reminds us that God is omnipresent, which means that God everywhere (Psalms 139:7-12). If we are ever feeling lonely, we must remember that God is with us even unto the end of the world (Matthew 28:20). If we are unable to find our bibles, we can be assured that God is just a prayer away. Amen.