

Loneliness

No one really understands
what loneliness is
Until he has experienced it himself.

Widows and widowers
know what it means to be lonely.

Those who have lost their dearest friends
or a constant companion
or a precious child
Know what it means
to be lonely.

An empty chair,
a quiet house,
silent meals,
and long dark nights –
All these intensify
the awesome feelings
of loneliness.

Those who have never experienced
true loneliness
May say they understand,
but they really do not.

But God understands.
God understands completely.
And God promises to go with you
through the long dark valley
of your present loneliness.

You may still often feel lonely,
but you will never be alone.