

## **Befriending the Lonely**

Befriending someone means making an effort to remember that person needs to hear from you to help them feel not so alone and that they are valued by you, and loved by our Lord. This is a work for our Lord you are being our Lords hands, ears and voice.

People who live alone are not always lonely and people who seem to have lots of people around them [husband/wife children] can some times be very lonely.

People who are lonely need to be listened too, need to have a chat with someone, need to feel valued for themselves not because they are someone's mom/dad, wife/husband.

Befriending can be as simple as meeting them occasionally and having a chat over a cup of tea or on the phone.

If the person is local and is lonely because they have no relations this is not too much of a problem.

Sometimes the person is lonely because they have a negative personality and 'every thing always goes wrong for them.' Or they are depressed all the time sometimes with a reason sometime not. With or without a reason they more than lightly feeling guilty because they are depressed this will make them more depressed.

Befriending someone like this can be tiring as what ever you do or say to try and encourage them they are just as negative and depressed the next time you meet. These people really need to feel Our Lords arms are around them giving them comfort. Can you be his arms? To hear words of encouragement from our Lord to help lift there depression and guilt. Can you be his voice? To know that the Lord is interested in their doubts and fears. Can you be his ears?

You may never know the reason for their depression nor do you need to. The Lord knows and that's enough.