



Alone

Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.” – Genesis 2:18 ESV

I try to see through the “black-and-white” of the pages of the Bible. Not change what it says but see the picture they are describing. In doing that with the first verses of Genesis 2, I can see Adam walking around the garden by himself. He’s making trails by repeating the steps he took yesterday. I’m not sure the animals could talk to Adam, but I’m sure he talked to them. Imagine the scene. Swimming with the fish; small and large. Racing the cheetahs. Petting the lions and tigers. Helping to build nests perhaps. But in all of it, Adam is watching animal families taking care of each other and going home together. Worse, he was alone.

Alone. A thick door pushing others out and keeping the illusion of control in. Fear and loss (or maybe a combination of the two) keep locks on anything that would let the outside in, or maybe so we won’t lose what we strive to keep inside. We don’t trust those things we can’t understand. We feel that keeping the chaos out and silence in will make us happy. We try to convince ourselves that this is better. At a minimum we feel safer. But silence is nice for a while, but eventually it becomes a roar. A roar of loneliness.

That is not how we were created. From the moment Adam rose from the sand, God was looking for something, or more important someone, for his greatest creation. You must understand that we were made in God’s image; a representation of Him (or Them). That is why God created everything; for relationship. It’s in our core. It’s in our DNA. It’s a part of our soul.

And that, I believe, is a large reason depression is on the rise. We tend to think we’d be happier by ourselves only to find we aren’t. Then we don’t come back out because of embarrassment, fear, shame, etc. As we spiral down, we reach for temporary things that will bring a short-term peace but neglect our connectedness to the Creator and the created. All we have to do is realize we were made for relationships with others. Even if we don’t look, act, or believe the same. I’ve seen “besties” that are about as far as opposite as you can get in most ideals. But they love and honor each other even through the differences. That’s how we are wired to be at our best.

Some that are reading this need to swallow your pride and renew that friendship. Some need to give people a second chance. Many need to stop judging others by the differences and see the commonality. And all of us need to remember **WE ARE NEVER ALONE**.

So go outside. After your eyes adjust to that bright ball in the sky, say hello to your neighbors. Invite someone to dinner. Go to church and shake hands or hug. “It’s not good for man [and woman] to be alone.” So knock it off!

From My Heart,

Billy