

Never mistake aloneness for loneliness. In order to grow, you need time alone, away from the noises of the world, friends, comfort, and all distractions to find what is important and fulfilling. These alone moments build character and show the level of patience you are willing to endure to find spirit and wrestle with thoughts that tell you you aren't worth anything or you can't do anything right.

When you feel lonely, you are saying, "I don't have much meaning in my life. Someone come and make me happy. I am unwilling to give because I am feeling sorry for myself. You, world and all the people I know, are responsible for entertaining me and proving to me that I am worthwhile."

Change these moments of loneliness into ones of aloneness. Alone, and all by yourself, do as the Savior taught you to do: serve. This takes courage and sacrifice of your self-centeredness. Endure being alone to find that you are loved and have love to give. That decision made in your heart will bring a glow that will attract others to you. You won't be lonely because you will have yourself, those you give to, and the Savior guiding you through.

--Suzan Lake