



## **A LOVELY KIND OF LONEY**

Recently, the Scripturedoodle staff (minus Robert!) spent the day at a Spa with our dear friend for her 30th birthday. It was extravagant. We talked, laughed, prayed, spent time alone, sat by the fire, swam in pools with underwater music (what?!), meditated, and had access to showers and really nice shampoo (it's the little things, right?).

My favorite moment was just after dark, when we braved the freezing temperatures and ran outside to a hot tub the size of a pool, nestled at the edge of the resort on the side of a mountain. It was quite windy, and the sky was barely spitting, so the warm water felt perfectly cozy in contrast. In those moments, I felt like God was giving me a literal hug. I felt cared for, loved, pampered, and special. I felt God. Burrowed under a gigantic sky, it was a unique form of worship.

Life is crazy, can I get an amen?! Nobody's life is more intense than Jesus', though. We can read the accounts of the thousands and thousands who followed him during the height of his ministry. The miracles, the teaching, the healings, and more were all very taxing on this human body, but he set a great example of what to do when life is on the brink of overwhelming.

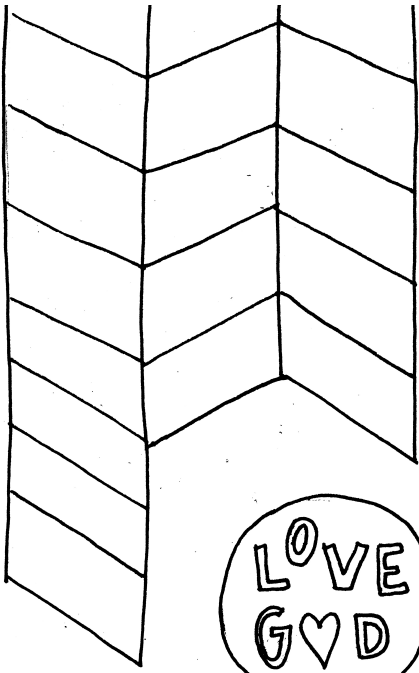
"Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. But Jesus often withdrew to lonely places and prayed." -Luke 5:15-16

When was the last time you withdrew to a lonely place to pray? And what does lonely even mean? Have you thought about Heaven lately? Do you need to re-calibrate your daily motions to include worship throughout your day? What is God saying to you?

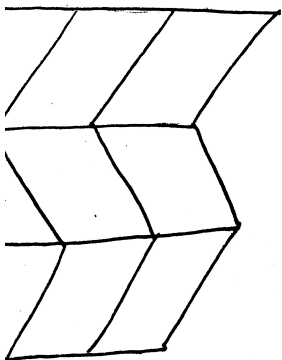
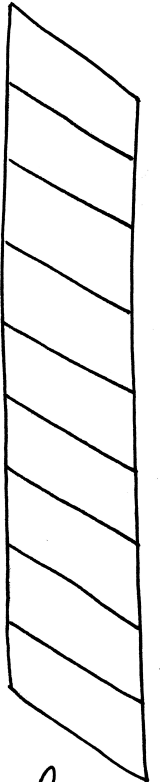
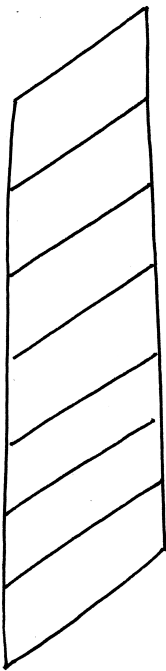
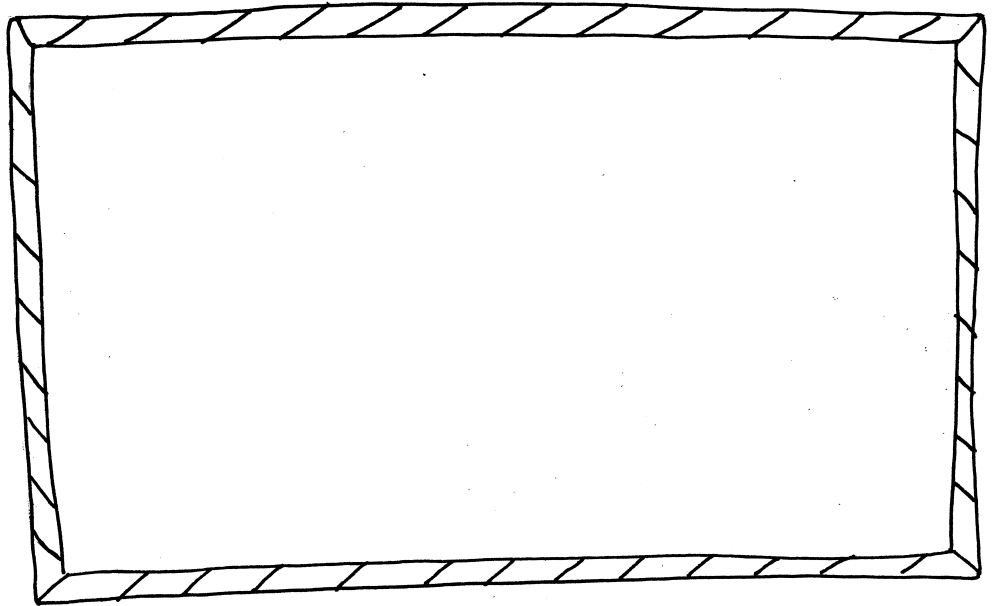
Think on these words that define lonely, and ask God to provide a time and place for you to get alone with him: deserted, uninhabited, unfrequented, desolate, solitary, unaccompanied, uninhabited, desolate, isolated, remote, out of the way, secluded, off the beaten path, in the back of beyond.

Where is that place that you can be alone with your Maker? In the back of beyond? What would you do there? For me, it is a prayer closet/office (literally--a closet with a desk in it) where even five minutes of solitude will recharge and change the focus of my day. Last week was a once-in-a-lifetime luxury kind of lonely, but God doesn't have such lofty requirements of our time away with him.

Include some Scripturedoodle in your really quiet time, and grab our free printable below!



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GVD



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