

A Personal Lament by Lynn Adams

Father I know You are a God of relationships and you created in me a deep longing that can only be quenched by having a personal relationship with You, but I feel so alone, so lonely, so unlovable. It sometimes feels unbearable. I know that's not what You want for me but I also can't feel You helping me do anything about it.

Why can I feel so alive in You one minute and the next feel totally abandoned and in a dark place? Why is our connection so fleeting, so easily broken? I approach You daily, but so often I feel like I'm going through the motions rather than just being with You, feeling Your presence and Your love. There are times I even dread trying to come to You in the quiet because I don't think You're going to be there. I don't think I'm worthy.

You gave your Son to save mankind, there can be no greater proof of Your love. But do You love ME? I can look back at so many times that I have felt Your love in my life and I do believe that You are there and that You love me, so it must be something on my end.

Help me to let go of whatever obstacles I have created that are getting in the way of loving You. Help me to be willing to stop trying so hard to do something to earn time with You instead of just being open to how You reveal Yourself to me. Help me to stop grasping for You and just let go and fall into You, trusting that You love me just as I am. Help me to love myself enough to believe that I am lovable and loved by You.

I want to know you more. I believe that when I am at my best it's because I am aware of being Yours. We love because You first loved us! I believe.