

# Being Alone

## Sermon to the Elect of God on Sunday, September 20<sup>th</sup>, 2026

Recently in my house, we came across this subject matter where some of our children kept wanting to spend time alone, that is, physically separated from others. As parents, your job is to strive to uphold your children to an appropriate and God-defined standard from scripture and understand their frames and perspectives. There was certainly a level of understanding and being empathetic about wanting that, but with the occurrence becoming more frequent and there being uncertainty about whether we were making the right decision, there is only one remedy. You must look to scripture to find the answer, especially given this particular warning:

**The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame. (Proverbs 29:15)**

From our study of scripture, and when considering our own experiences on this particular matter, we quickly learned that in fact the opposite is what our children should be wanting and the reason for that desire should determine whether it is proper. There are times when a younger person must be alone to read and tend to schoolwork, etc., but it really does depend on the situation and the reason. This study also brought about some wonderful learnings and applications for all the Lord's servants in the earth, not just children. These applications are not all encompassing, and there are many sermons already delivered to this body, related to this topic, that I will make note of along the way. What I hope to review with you all today, is three-fold. First, what the benefits and reasons are to **not** be alone as a general course in your life. Second, what does scripture teach us about the dangers of being alone as a general course in your life, including remedies and provocation. Lastly, what we can learn from our Savior in how He lived and His nature.

### **What are some benefits and reasons to not be alone, as a general course in life?**

To clarify, I'm not suggesting that a person should not ever be alone for extended periods of time in their lives. In God's providence, there are brethren that are more naturally put into that situation because of their lot. For those brethren, there is more effort required to seek out fellowship and to avoid isolating themselves, while it is a duty upon others to help watch for and provoke those brethren. For our friends that are physically restricted by God from being able to do that themselves, it is the duty of others in the church to ensure that person isn't isolated. What I am intending to focus on with this sermon is to address what scripture warns against for a person to intentionally separate or isolate themselves from others as a general course in their lives, both with their physical bodies and within their hearts (you can physically have company with others but then be isolated from them in your heart). Please be advised

that my perspective on these thoughts and the words included here come from what I've had the privilege to glean from scripture and what I've learned through my own experiences and sins in this matter.

Scripture is rich with warnings against the proneness of men to have these characteristics in their nature:

- 1) Self-righteousness: *the arrogant belief that your own actions, morals, and beliefs are completely right and superior to everyone else's.*
- 2) Self-reliance: *the quality of depending on your own judgment, abilities, and resources rather than needing help or support from others.*
- 3) Self-dependence: *relying on your own skills, resources, and efforts to meet your needs instead of depending on other people.*
- 4) Self-sufficiency: *able to supply one's own needs, take care of oneself, or produce everything required without outside help.*

Self-righteousness is always sinful, but we also have these other behaviors as a natural state in our heart and they too can be sinful if engaged in too often and held with importance, making them an idol and leading to a person wanting to isolate themselves, whatever form that takes.

The primary argument against this nature is at the very beginning of scripture during the genesis of creation:

**And the LORD God said, It is not good that the man should be alone; I will make him an help meet for him. (Genesis 2:18)**

Man was created to have others around them, helping, serving, communing, surviving, etc., and not to be an island. In the beginning, the Lord deemed it fit to provide to man a help-meet for him in the form of the opposite gender. This doesn't have to be the case and is in fact not the case for many, but we all need a helper or helpers that are physically present and meet for us. Scripture contains many examples where a person needed to have company in the lot that God had appointed for them and God provided it. Please consider these places in scripture to help teach the importance of that need:

- 1) Moses being counseled to have help in judging the people of Israel and the Lord providing Joshua to Moses as a minister:

**And when Moses' father in law saw all that he did to the people, he said, What is this thing that thou doest to the people? why sittest thou thyself alone, and all the people stand by thee from morning unto even? ... And Moses' father in law said unto him, The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone. Hearken now unto my voice, I will give thee counsel, and God shall be with thee: ... So Moses**

hearkened to the voice of his father in law, and did all that he had said. (Exodus 18:14, 17-19a, and 24)

And the LORD said unto Moses, Come up to me into the mount, and be there: and I will give thee tables of stone, and a law, and commandments which I have written; that thou mayest teach them. And Moses rose up, and his minister Joshua: and Moses went up into the mount of God. (Exodus 24:12-13)

2) Elijah being provided Elisha as a helper, exactly when he needed it:

And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room... So he departed thence, and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he with the twelfth: and Elijah passed by him, and cast his mantle upon him... Then he arose, and went after Elijah, and ministered unto him. (1Kings 19:16, 19, 21b)

3) David being provided helpers when he was in hiding from Saul (here as a type of Christ):

David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him. And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men. (1 Samuel 22:1-2)

Therefore, it is not only in our natural state to not be alone, but it is also a duty and requirement to being a part of the church, the body and bride of Christ. The members of this body are supposed to be together, nourish and strengthen one another, bear up and support each other, and help keep the blood flowing. Consider these descriptions of the church and its members:

Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God; And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone; In whom all the building fitly framed together groweth unto an holy temple in the Lord: In whom ye also are builded together for an habitation of God through the Spirit. (Ephesians 2:19-22)

Put on therefore, as the elect of God, holy and beloved, bowels of mercies, kindness, humbleness of mind, meekness, longsuffering; Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. And above all these things put on charity, which is the bond of perfectness. And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. (Colossians 3:12-15)

These words describe the state of the church being one of togetherness, closeness, having the strongest bonds, etc. Not of the flesh but of the spirit, knowing one another's frames and being able to serve to the needs unique to each member. One cannot do this alone and separate from others, either within the church or without. How can you possibly know how to perform this most critical of duties in the eyes of Christ, if you are separate from the members? The Lord and His Spirit guides these matters and does this work. Our brother Charles did a sermon on the members of the church making up one body (7/8/2018). He gave a very good examination on that subject and please revisit as the Lord allows you time.

**For as we have many members in one body, and all members have not the same office: So we, being many, are one body in Christ, and every one members one of another. (Romans 12:4-5)**

For the body to have good blood flow, the members have to be connected and communicating constantly. Being physically isolated or isolating yourself in your heart cuts off that blood flow and leads to decay and could lead to spiritual death. The remedy for those that fear the Lord is to speak often one to another. Our brother Sam gave a sermon on these verses from Malachi chapter three (9/4/2022), which is also worth a revisit as you are able.

**Then they that feared the LORD spake often one to another: and the LORD hearkened, and heard it, and a book of remembrance was written before him for them that feared the LORD, and that thought upon his name. And they shall be mine, saith the LORD of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him. Then shall ye return, and discern between the righteous and the wicked, between him that serveth God and him that serveth him not. (Malachi 3:16-18)**

This togetherness and communion is one of the traits of the flock of God. It's called a flock for a reason. When you do an internet search of the traits of a flock of lambs, you will find that they have a strong following instinct (the younger follow the older and the children the mothers), they exhibit very strong social safety for protection from predators, and they are stressed when alone. We are encouraged and provoked in scripture to not forsake that assembly. Sam also gave a sermon on the subject "To Live is Christ" (5/3/2020), and as a bonus in that sermon he touched on this topic, which I highly recommend for everyone to revisit if you haven't in a while.

**And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching. (Hebrews 10:24-25)**

Here are two additional thoughts with applicable bible verses, in support of this proposition to not be alone as a general course in your life:

First, it's part of our service and how we help one another:

**Pure religion and undefiled before God and the Father is this, To visit the fatherless and widows in their affliction, and to keep himself unspotted from the world. (James 1:27)**

Second, it's part of the blessings of God and we mustn't reject them:

- **God setteth the solitary in families: he bringeth out those which are bound with chains: but the rebellious dwell in a dry land. (Psalm 68:6)**
- **Where no counsel is, the people fall: but in the multitude of counsellors there is safety. (Proverbs 11:14)**
- **A friend loveth at all times, and a brother is born for adversity. (Proverbs 17:17)**
- **A man that hath friends must shew himself friendly: and there is a friend that sticketh closer than a brother. (Proverbs 18:24)**
- **Faithful are the wounds of a friend; but the kisses of an enemy are deceitful. ... Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel. Thine own friend, and thy father's friend, forsake not; neither go into thy brother's house in the day of thy calamity: for better is a neighbour that is near than a brother far off. ... Iron sharpeneth iron; so a man sharpeneth the countenance of his friend. (Proverbs 27:6, 9-10, and 17)**
- **A Song of degrees of David. Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments; As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore. (Psalm 133:1-3)**

**What does scripture teach us about the dangers of being alone, as a general course in life?**

One of the many blessed benefits of the simplicity of Christ, is that you can find the answer to every problem you have within scripture, if the Lord gives you eyes to see, ears to hear, and a heart to believe. King Solomon was the second wisest man to ever live, next to Jesus Christ. Our brother Fred reviewed the Wisdom of Solomon in his last sermon (9/6/2026). Solomon covered this very subject matter in the book of Ecclesiastes chapter four:

**Then I returned, and I saw vanity under the sun. There is one alone, and there is not a second; yea, he hath neither child nor brother: yet is there no end of all his labour; neither is his eye satisfied with riches; neither saith he, For whom do I labour, and bereave my soul of good? This is also vanity, yea, it is a sore travail. Two are better than one; because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up. Again, if two lie**

**together, then they have heat: but how can one be warm alone? And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken. (Ecclesiastes 4:7-12)**

What Solomon appears to be inspecting in these words is a situation where a person has closed themselves off from others and in following the wisdom of their flesh, they glory in that isolation. They see they have no companion and they wouldn't have it any other way. This person labors for themselves and they can never have enough. Nor do they ask what is all this labor for and why have they withheld so much good from themselves. For the Lord's servants, that good is all the benefits of the service to our King with our fellow laborers. This person's life is fruitless and all the things they have gotten by their own hand are nothing but vain and sore travail, or wicked work.

Solomon then lays out the remedy to this great evil. Having friends and companions in this life and not separating ourselves provide us with a good reward for all our labor. You have others to enjoy that labor with and endure through our many trials and difficulties we experience in the labor of our lives. If you fall or fail alone, you have no one to help you. Whether that is physically or spiritually, just think of the desperate state you'd find yourself in when you have fallen into ruin and there is no one around. It's like finding yourself alone in the middle of the desert, without water or food, or stranded in the middle of the ocean. Solomon says woe to that person that is alone when they fall. So often does this happen to us, but then we are upheld by our God through the means of those sent to minister to us. Thank God for such blessings.

You also have practical help when you are not alone, with someone to keep you warm. That can be someone helping you build or fortify your home, helping you through difficult situations, times of affliction or great change, helping provide for you all the necessities of life when needed. Consider your frail state during these past times in your life and how hopeless of a situation you would have been in without the help of a fellow traveler. Thank God for such blessings.

Lastly, Solomon gives the example of when we are in physical or spiritual assault. Can you imagine having the fiery darts of the wicked hurled at you when you are alone in body or heart? The Lord provides us with helpers when we are under assault or in the midst of great spiritual battle, and in many cases that help from our brethren is the way the Lord deems fit to deliver us from it. Expositor Matthew Henry, in his exposition of these verses from Ecclesiastes 4, said "that sociableness is the cure for this evil". We bear one another's burdens, and we cannot do that if we are alone or if you leave someone alone. Thank God for such blessings.

**Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted. Bear ye one another's burdens, and so fulfil the law of Christ. (Galatians 6:1-2)**

We learn from these verses in Ecclesiastes that there is much physical and spiritual danger with being alone, as a general course in life. You can be more susceptible to the attacks of Satan when you are isolated in your heart or person. Think about a sheep that has wandered from the flock – that's who the wolves are going to target. Please review our Brother Ben's sermon on this topic and our defenses in Christ (8/9/2026).

Keeping the words of Solomon in mind, let us consider what this might look like for those of us here today. These examples come from things that I've either done or experienced myself, and since there is nothing new under the sun, my hope is that some or all of these will resonate with my brethren here. For all these situations, please consider that being around the brethren comes naturally when you are engaged in public and private ministry. Our brother Brent did a wonderful job covering this specifically in his sermon series on a Spiritual Audit (3/8/2026, 7/12/2026, 8/30/2026).

Here are just some of the behaviors and situations where you find yourself alone that I believe are not good for the spirit and to be avoided whenever possible, along with some practical provocations grounded in the Scripture we just reviewed:

1. Physically separating yourself when you are at public gatherings.
  - a. Remedy: go be next to someone, even if at first you don't engage much with them. At the very least, you will find safety there.
2. Staying secluded in your home or regularly going places by yourself.
  - a. Remedy: get out of your home and actively look for ways to include others in your going out's and going in's. This is hard to do especially when you are tired, sick, or the weather isn't great, but I tell you that it is just so much better for you to be out of your home than in, especially when engaging in ways to minister to the Lord and His people. There is a balance of withdrawing your foot from your neighbor's home (**Proverbs 25:17**), but it's a wonderful exercise to find that balance and for faithful brethren those instances of not being welcome are very few and far between.
3. Being around others but staying silent or closed off (a book, your phone, headphones, not conversing, etc.).
  - a. Remedy: put the physical barrier away and talk to your brethren about something on your heart, about the Lord, inquire into their good or simply get to know that person or people better. See how you can serve them and be served yourself. Keep doing this every day.
4. Others attempt to engage or provide help with something but you turn them away (whether politely or not).
  - a. Remedy: invite their engagement with your arms wide-open. If someone asks if they can help you, work to **not** let your instinct be to how you can decline their

help, but work to see **what** they can help with. Both of these are hard to do and it is a good exercise to practice this every day.

- i. Additional thought: we have to avoid being overly self-sufficient but that is not an excuse to not take care of your business and grow in your capacity to what you can handle and bear. There are things that are good for us to learn and engage in and we can't handicap ourselves by not seizing those opportunities to be able to learn something that you can help teach or minister to others with. Especially as a younger person or a younger parent who has the strength and much learning to do.
5. You only spend time with your family and don't engage outside of that circle – not a single person being alone but as a unit.
  - a. Remedy: look outside of your own homes and strive to put the needs and cares of others in the body before your own. It's easier and more practical to engage strictly with your family and in-laws, especially when your children are so young, but I encourage you to look for creative ways to do that and include your family if it's helpful and practical.
6. Aloneness in your heart: when you have a spiritual affliction or are struggling with something in your heart and you avoid or reduce your effort to engage. I've done this lots of times when struggling with a heart matter, where you do the bare minimum conversing with others, or you may engage, but are careful with what you say to hide or prevent others from detecting your isolated heart and spirit.
  - a. Remedy: first go to the Lord in your own closet and continue to do that every day. In addition, seek help and counsel from others and invite them into those struggles. The signs of someone doing this can also manifest themselves and use your discernment to identify those signs in someone and when you do, don't avoid it, go to help that person.

There are situations or lots that God puts a person into where they can end up being alone frequently. There is nothing sinful or wrong about any of these states, but they can leave you open to the dangers of being alone if you don't intentionally engage with others or vice versa. Here are just a few such examples:

1. You live alone.
  - a. Suggestion: spend as little time alone as possible. Tend to the practical needs you have in your home and don't let things fall apart, but if you don't need to be home, get out and seek others. Fill up your time doing things for others.
2. You are parent that must tend to little ones while the other parent is away or a mother with a newborn or little babies.
  - a. Suggestion: this is a temporary state, as the Lord tarries. Engage with others, especially those in a similar situation to you. There are many ways to serve and

engage, and please take advantage of those while your children nap or sleep. As you're able, try to get your little ones out of the home and be around the brethren because it provides opportunity for them to learn from others and you the fellowship you need. Invite and welcome others to you and those that are able seek these young mothers out and visit them. Being around babies all day is very enjoyable but can be ultimately very lonely and isolating.

3. You lack some or all familial ties in the body, so are often not included in certain things or even forgotten about (whether intentionally or not).
  - a. Suggestion: the brethren in the church are our true family in Christ (**Matthew 12:48-50**). From a practical perspective, we tend to spend more time with our earthly families. However, for those that have confessed Christ, we have to look outside of that and see our brethren in our spirits and in our flesh as our true brothers, sisters, fathers, and mothers. For those that don't have these familial ties in the church, this can again be very lonely and isolating. For those in this state, look for others to replace those ties and have bonds with. For those not in this state, look for ways to help those brethren and create ties and bonds with them in Christ.
4. You have a physical affliction that God has appointed or are of older age and have limited mobility
  - a. Suggestion: for those in that state, use what resources you have to engage with others while you have them. This is another example that is very isolating and lonely. Don't be afraid to ask for help and for others to visit. Those not in that condition, strive to be empathetic to the state of the person and need and don't be afraid or hesitant to bring your help. The duty of the church is to visit our brethren in affliction, that is our true religion (**James 1:27**).
5. You provide care to brethren in need (physical or spiritual) and their needs require your steady engagement and attention.
  - a. Suggestion: thank God for this wonderful service. This truly can be all encompassing, requiring all of our focus and capacity. The remedy would be in likewise to that of the one in the affliction. The brethren should also be looking at ways to minister to you and please welcome it. We are to be servants to the servants of Christ and of God.
6. You have a spiritual burden that few or no others share, and you must spend time grappling with it and going to the Lord in prayer or meditating in your heart.
  - a. Suggestion: if you have an office or a duty in the church that not all have (as not all members of the body are the same), lean on those that are in a similar state to you and work together to enrich that bond. These are our friends that stick closer than a brother. If you are grappling with a crook in your lot or a thorn in the flesh, continue to hasten to the Lord in prayer and have that meditation and

communion in your heart with Him. I experience this often when I awake in the night with a matter on my heart. Share those burdens with others, in whatever form your help meet takes. God has appointed that help particularly for you. Where and when appropriate, share with other brethren, using your discernment to know who is equipped to help you with that burden.

If your lot is one of a solitary nature, in whatever way the Lord has appointed for you, it might come easier or more comfortable to desire to be separate from others. This can come in many forms, not limited to what we just reviewed. In like manner, you can be alone or isolated from others in your heart, whether that is due to a sin you are hiding or grappling with, sorrow in your heart from an affliction or your sins, or due to envy, contention, strife; something that separates you from being able to have that communion. These different scenarios can be extremely dangerous, but the *reason* is the driver. We have to inspect our own hearts to determine honestly and sincerely what the reason is for your isolation; then with that same honesty and sincerity, seek a way out of it. If you find yourself in that situation for the wrong reason, I encourage you to seek fellowship and counsel. If you find someone else in that situation, bring fellowship to them. If none of these examples apply to you, and that may at times be the case, be the one looking to help others. Friendship, fellowship, and counsel are the scriptural remedies to these situations. It goes without saying, that is must be godly friendship, godly fellowship, and godly counsel and not to be with those of the world, in which we are unequally yoked.

**Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God. (James 4:4)**

**Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? (2 Corinthians 6:14)**

There are many instances where a person is not necessarily desiring isolation but struggling with engagement and fellowship as a member of the body in general. Here are a few examples: you've reached out to someone via text or phone call but you don't hear back for a day or more, you attempt to start a conversation in a public setting (pickets, church gatherings, work crews, passing by, etc.) but you struggle to get past a surface level interaction or it's not comfortable, or perhaps you feel like you come across as being unentreatable or unapproachable and that no one seeks you out. These are very real struggles and for those that diligently try to make an effort to engage, please don't be discouraged. Keep trying and ask the Lord to help you. These things are contrary to our flesh, so it can be hard to find a comfort level and we'll never do it perfectly. Repetition and doing it in faith will help make this easier. In like manner to struggling with entry points to engagement, your nature might be more of one of what the world calls an "introvert". You might enjoy doing things alone because you think you can accomplish something better or easier alone, or you need to process something and can do

it better alone, or you are quiet and struggle to do a lot of talking, or just maybe people tend to bother you and being alone makes you happy. Whatever the case may be, the onus is on you individually to seek the Lord and work past these characteristics that you lean more towards. A lot of that is driven by some sin or a nature of the old man, and we have to daily repent and put away that old man. The ultimate remedy is make everything you do about Christ (what you think, what you say, what you do). Christ and the fear of God is the tie that binds us together. We'll talk about some of Christ's nature in a bit, but His nature was to make everything about His Father and make only His Father the focus, not Himself. What a perfectly simple example for us to follow.

Lastly on this heading, remember that sin can more easily form in your heart when you are alone – walking by the light of your own sparks (**Isaiah 50:11**). This can take many forms, due to the depths of the depraved evil heart in man (**The heart is deceitful above all things, and desperately wicked: who can know it? Jeremiah 17:9**). Grudges and strife can creep in, contentions and backbitings drive our thoughts and conversations, roots of bitterness form, anger festers, pride takes over, covetousness becomes our idol, and discontentment drives us to more sin. If you purposefully separate yourself from others, you risk these thoughts and sins entering your heart about yourself or others, it damages the unity of the spirit, you can risk quenching the spirit, and you miss opportunities to redeem the time in service to Christ's people. The remedy is to run to Christ and follow the examples He left us, which is to join yourself to spiritual communion or help others be joined.

### **What can we learn from how our Savior lived and His nature?**

Our Savior left us so many examples to follow for how we are to live and serve Him, through His own manner of life or conversation. Our brother Charles has been doing a series of sermons on having our conversation in Christ, which includes our subject matter today. There were several instances that were left for us when Christ was alone, all of which were good and appropriate examples.

Firstly, Satan tempted Christ when He was alone and Christ showed us the remedy in how to handle those temptations and trials: **"It is written..."** Christ turned to His Father and used the Word to defend and revive Himself. Then when the temptation was over, His Father sent to Him companions to minister to Him.

**Then the devil leaveth him, and, behold, angels came and ministered unto him. (Matthew 4:11)**

During Christ's ministry, He had brethren (His apostles and disciples) with him constantly. He spent hours teaching and communing with them. Then when He sent his apostles away from His presence so that they could preach the kingdom of heaven and heal and cast out devils, Christ sent them by two so that they could have help. Christ taught his Apostles to minister and

serve each other through His commandments to them and His example for them. This carried through into the New Testament church dispensation.

**So after he had washed their feet, and had taken his garments, and was set down again, he said unto them, Know ye what I have done to you? Ye call me Master and Lord: and ye say well; for so I am. If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. For I have given you an example, that ye should do as I have done to you. Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. If ye know these things, happy are ye if ye do them. (John 13:12-17)**

There were times when Christ showed us the appropriate and important instances when we should physically separate ourselves from others, and in each of those examples He was praying. I said at the beginning of this sermon that the *reason* for your separation from others in your course of life is what's important – which you must inspect.

**As in water face answereth to face, so the heart of man to man. (Proverbs 27:19)**

Here are some of the examples, when Christ purposefully separated himself from His brethren:

1. After feeding the five thousand, He desired to be alone so he could pray: **And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone. (Matthew 14:22-23)**
2. It appears that Christ went to commune with His Father before making the decision to begin travelling to other cities and preach elsewhere: **And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. And Simon and they that were with him followed after him. And when they had found him, they said unto him, All men seek for thee. And he said unto them, Let us go into the next towns, that I may preach there also: for therefore came I forth. (Mark 1:35-38)**
3. Mark's account of feeding the five thousand, and after praying, walking on the sea to join His brethren: **And when he had sent them away, he departed into a mountain to pray. And when even was come, the ship was in the midst of the sea, and he alone on the land. (Mark 6:46-47)**
4. Christ continued all night in communion with His Father before choosing His Apostles: **And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God. (Luke 6:12)**
5. He prayed alone in the Garden of Gethsemane, before His arrest and crucifixion: **And when he was at the place, he said unto them, Pray that ye enter not into temptation. And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, Saying, Father, if thou be willing, remove this cup from me: nevertheless not**

**my will, but thine, be done. And there appeared an angel unto him from heaven, strengthening him. And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground. (Luke 22:40-44)**

Lastly, regarding the nature of Christ, it is very important to note that He is not alone. He is always with the Father and the Holy Spirit, as the triune God (the Trinity). That is part of His very being and can never change. When in the earth, His Father was always with Him and so are we always with Christ and the Father (another helpful review could be of Ben's sermons on Christ's farewell discourse and Union with Christ):

**Ye judge after the flesh; I judge no man. And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me. It is also written in your law, that the testimony of two men is true. (John 18:15-17)**

**And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him. (John 8:29)**

**Behold, the hour cometh, yea, is now come, that ye shall be scattered, every man to his own, and shall leave me alone: and yet I am not alone, because the Father is with me. (John 16:32)**

We have need of help and it's a great blessing from the Lord to be given companions as we walk this pilgrimage. Our duty to ourselves and to one another is to strive against those impulses to desire being alone and separate from our brethren, and to seek out fellowship and communion from our brethren. It is health and nourishment for our souls. Beware friends, seeking help and fellowship from other sources is worse and more deadly than being alone, so be diligent to constantly avoid those dangers. Our flesh is weak, but our spirits are willing, therefore our flesh needs daily provocation.

If this is a sin that easily besets you or a thing you have to work daily at to overcome, by the Grace of God some days this will be easier than others. We often and will often fail, and that is okay. Christ has given us His spirit to help us and for us to help one another. We can't do any of these things ourselves, so have faith that the Lord will grant you your petitions.

**And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. (Matthew 21:22)**

Our service to one another in this fellowship and communion is a foundational element to that occupying and to our service to Christ in His Kingdom. It's preparing us for that service in His Kingdom. I hope that at least some of this was helpful and edifying to you. I love you all dearly. The grace of our Lord Jesus Christ be with you all. Amen.