

WITH FAITH IN GOD, I AM **Never Alone**

By Donna Hollenbeck

*“The Spirit
itself beareth
witness with
our spirit,
that we are
the children
of God”
(Romans 8:16).*

You are never alone when you have faith in Jesus Christ and Heavenly Father.” I have heard phrases like this many times, but I never before understood them to the depth that I do today.

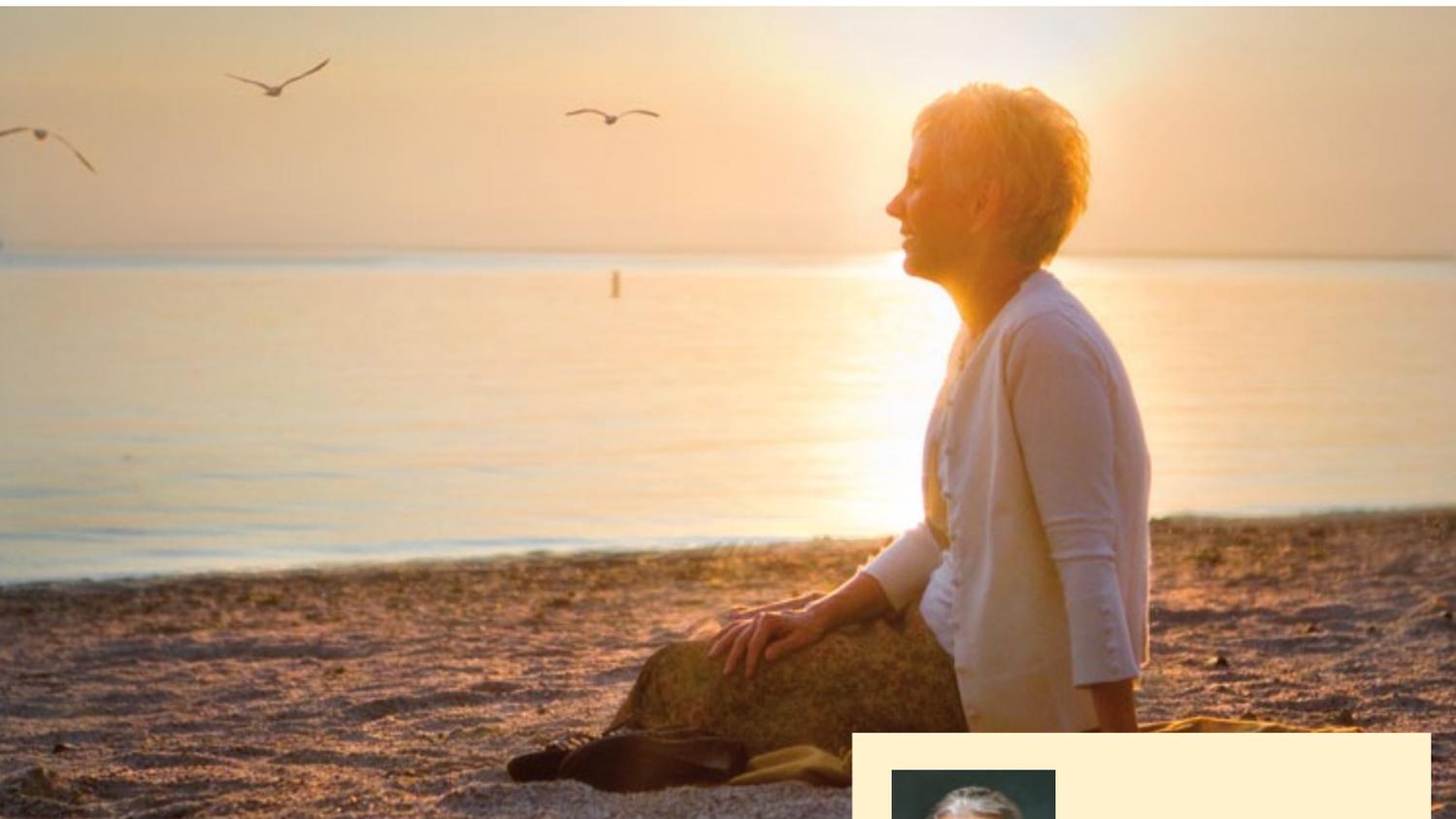
Every person eventually faces the inevitable fact that one day he or she may be alone. For me, due to a divorce, children moving out, and early retirement, this day came sooner than I had anticipated. The most excruciating obstacle I had to overcome was living with this sudden quiet and emptiness after spending years of precious time with family and friends, spouse and children, and fellow employees.

While I enjoyed the visits with my home and visiting teachers and other friends, most of the time I felt completely alone, and I didn't like it. The constant stillness eventually evoked an uncontrollable stream of tears. I had nowhere to turn for comfort except on my knees in prayer.

After I cried to Heavenly Father for what

seemed to be hours, a transition started to take place inside of me, and I felt Heavenly Father's Spirit. For a moment my tears subsided as I absorbed His love piercing my soul. I knew He understood my sadness, and that allowed me to feel comfortable enough to cry even longer, just as a child who has fallen cries when seeing his or her mother. As I buried my head in what I imagined to be Heavenly Father's lap, I knew He was willing to comfort me for as long as I needed. Occasionally, I had some fleeting thoughts of being too old to be acting this way. However, I knew that it didn't matter to Heavenly Father how old or young I was. I just knew that He understood me and would always be there for me.

Today, although I would still prefer to be married, I have come to enjoy the quiet. I listen to the ocean waves and watch the sunset. I literally stop and smell the roses. I listen and act according to the guidance of the Spirit. I am not afraid to be alone because I



am not alone as long as I believe in Heavenly Father and Jesus Christ. I see the Spirit of Heavenly Father and Jesus Christ in most everything I do.

“Through faith in Jesus Christ and Heavenly Father, you are not alone.” Those words have a new and profound meaning deep in my heart today, and I know without a doubt that I am never alone. I am His daughter, and He loves me. ■

For more information on this topic, see Joseph Smith—History 1:5–20; Robert D. Hales, “Gaining a Testimony of God the Father; His Son, Jesus Christ; and the Holy Ghost,” Liahona and Ensign, May 2008, 29; and Susan W. Tanner, “Daughters of Heavenly Father,” Liahona and Ensign, May 2007, 106.



WHY DOES HEAVENLY FATHER LOVE US?

“He loves us because He is filled with an infinite measure of holy, pure, and indescribable love. We are important to God not because of our résumé but because we are His children. He loves every one of us, even those who are flawed, rejected, awkward, sorrowful, or broken. God’s love is so great that He loves even the proud, the selfish, the arrogant, and the wicked.

“What this means is that, regardless of our current state, there is hope for us. No matter our distress, no matter our sorrow, no matter our mistakes, our infinitely compassionate Heavenly Father desires that we draw near to Him so that He can draw near to us.”

President Dieter F. Uchtdorf, Second Counselor in the First Presidency, “The Love of God,” *Liahona and Ensign*, Nov. 2009, 22–23.