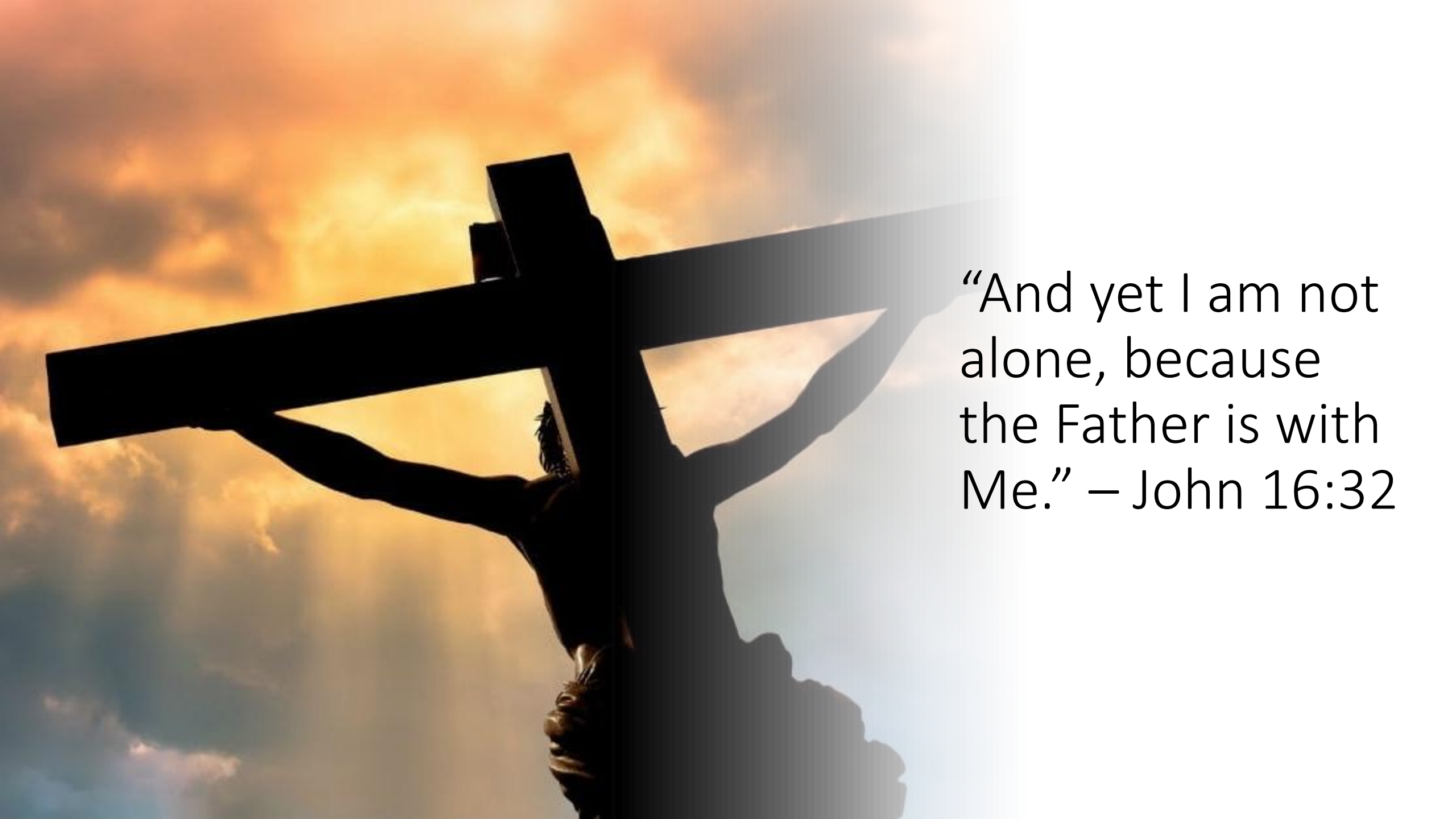
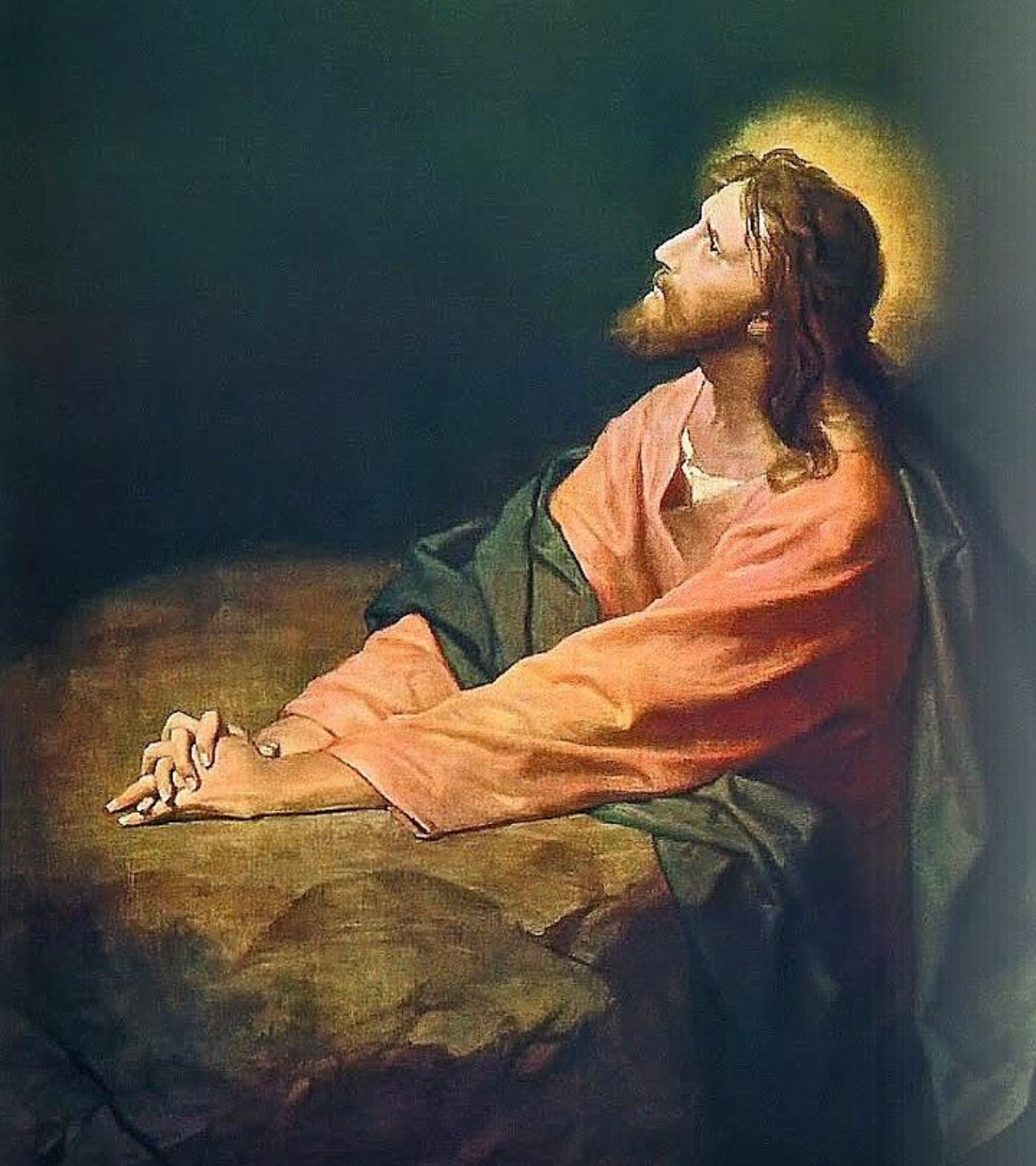




“And yet I am not alone, because the Father is with Me.” – John 16:32



I am not Alone

6th Sunday of Pentecost

There are times to be alone

- **In times of Prayer**
- “But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place.” (Matt. 6:6)
- **Where we meet God**
- “*Silence is the mystery of the age to come, but words are the instruments of this world.*” (St. Isaac the Syrian)
- **Times to Meditation and Praise**
- “Bless the Lord, all you sun and moon...stars of heaven...rain and dew...clouds and wind...nights and day, etc.” (Ps. 148)



There are times to be alone

- **Times for Self-Examination**
- “Examine yourselves as to whether you are in the faith. Test yourselves.” (2 Cor. 13:5)
- **Times to Fight Temptation**
- EX: The Lord’s temptation on the Mount
- “*Retire into yourself, for the battle is within you.*” (St. Macarius of Egypt)
- **Times of Rest**
- And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat. (Mk. 6:31)



There are times we feel alone

- Facing certain challenges alone
- EX: Job - “My relatives have failed, and my close friends have forgotten me.” (Job 19:14)
- Stressful events that I bear alone
- My failures
- My sins
- Grieving the loss of a loved one



When can we say
we are not alone?



When we invite him in

- “Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come into him and dine with him, and he with Me.” (Rev. 3:20)
- EX: Zacchaeus
- EX: The Woman in Simon the Pharisee’s house
- “Your faith has saved you. Go in peace.” (Lk. 7:50)
- Inviting the Lord may demand or cause others to leave

When we suffer or endure hardship in Him

- EX: The Three Holy Youth
- EX: Job
- “Look, I go forward, but He is not there, And backward, but I cannot perceive Him; 9 When He works on the left hand, I cannot behold Him; When He turns to the right hand, I cannot see Him.” (Job 23:8-9)
- EX: St. Stephen
- When they heard these things they were cut to the heart, and they gnashed at him with their teeth. 55 But he, being full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God, 56 and said, “Look! I see the heavens opened and the Son of Man standing at the right hand of God!” (Acts 7:54-56)
- EX: Man Born Blind



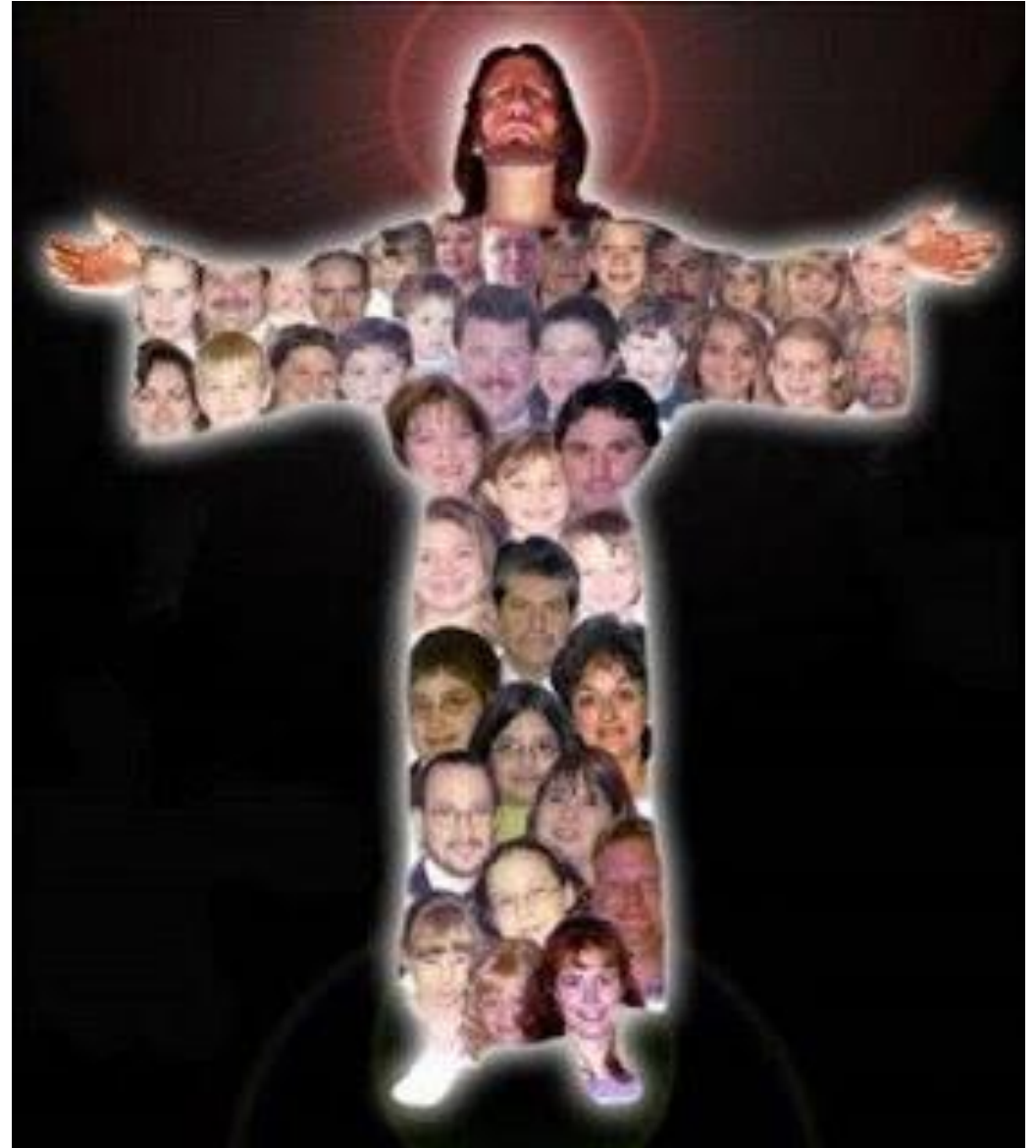
When we serve others

“Inasmuch as you did it to one of the least of these My brethren, you did it to Me.”
(Matthew 25:40)

“Our life and our death is with our neighbor.” (St. Anthony the Great)

When we are participants in His Body

- “Go make disciples of all nations...”and lo, I am with you always, even to the end of the age.” (Matt. 28:19,20)



Conclusion

- There are times to be alone
 - In times of prayer
 - Times to Meditation and Praise
 - Times for Self-Examination
- There are times we feel alone
 - Facing certain challenges alone
 - Stressful events that I bear alone
 - My failures
 - My sins
 - Grieving the loss of a loved one
- When can we say we are not alone?
 - When we invite him in
 - When we suffer or endure hardship for his namesake
 - When we serve others
 - When we are participants in His Body