

**“Not Alone”**  
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**Readings:**

**Genesis 2:8-24**

Genesis 2:8–24 is a story as old as humanity itself—not only of creation, but of companionship, longing, and God’s provision for our deepest needs. It speaks about who we are created to be.

At the heart of this passage is a simple, yet profound statement from our Creator God: “It is not good that the human should be alone.”

Even in the midst of paradise, with every tree pleasing to the eye and good for food, with rivers flowing and the Lord’s very presence, the Human person was alone.  
And God called it “not good.”

Have you ever felt truly alone? Picture a child on the first day at a new school. The bell rings, students spill into noisy hallways, yet the child stands quietly at their locker, unsure where to turn or whom to trust.

Or think of the elderly person who waits by the window, longing to hear footsteps on the porch or the ring of the telephone.

Loneliness can strike in a crowded room, at a family gathering, or even in church pews filled with faces. Studies tell us that chronic loneliness is not just emotionally painful; it's physically harmful. Researchers have found that consistent loneliness can have effects on our health equivalent to smoking fifteen cigarettes a day.

We were not made for isolation.  
If we learned any lessons from the lockdowns during COVID – it was how important our social connections are.

Like Adam – the person alone in the garden, our souls search for connection.

Let us return to Genesis 2: The Lord God, having placed a person in Eden, recognized that something essential was missing.  
“It is not good for the human to be alone,” God said, and so began the search for a suitable companion.

God brought every animal and bird before Adam to see what he would name them, but for Adam, “no suitable helper was found.”

Adam discovered that not even the beauty and wonder of creation, not even meaningful work, can satisfy the need for human companionship.

In a beautiful, mysterious act, God caused Adam to fall into a deep sleep and fashioned Eve out of his rib.

When Adam beheld her, he cried out in joy, “This is now bone of my bones and flesh of my flesh!”

Here, at last, was someone who would understand him, who would walk with him, speak with him, share in his laughter and his tears.

The first human relationship was born—not just a marriage, but the beginning of community.

God’s answer to loneliness was not simply one person for Adam, but the establishment of a pattern for all humanity.

We are designed for relationship.

Life is richer, fuller, and more beautiful when it is shared.

The joy of a celebration, the burden of a sorrow, the weight of a challenge—all are made lighter by the presence of others.

Ecclesiastes 4:9–10 says, “Two are better than one...If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”

God does not leave us alone.

Consider the tapestry of people God weaves into our lives: parents, siblings, friends, teachers, mentors, coworkers, neighbors, church family, even the smile of a stranger on a difficult day.

Remember God is Trinity.

God is in relationship- God has never been alone, and God never leaves us alone.

Each person comes to us as a gift and a reflection of God’s care, a reminder that we are seen and loved.

Picture a single parent, overwhelmed by the needs of their children, whose burden is eased when a friend offers a meal, a listening ear, or a few hours of rest.

In these moments, God's answer to "it is not good to be alone" is lived out in tangible, life-changing ways.

Jesus, too, modeled and taught the importance of community.

He called twelve disciples, sent them out two by two, and gathered people around table fellowship.

At the heart of his teaching was the command to love one another.

The church is not just a collection of individuals, but the very body of Christ, knit together in love.

When we extend friendship, offer encouragement, show up for one another, we reflect God's original design for humanity.

Friends, Genesis reminds us that even in paradise, aloneness was not God's intention.

Today, in a world where loneliness is all too common, let us remember that God still provides: through family, friends, and the community of faith.

Reach out to someone this week, and allow others to reach out to you.

For in giving and receiving companionship, we step into the fullness of God's "very good" design.

Today we come to our Lord's table remembering that we are all invited, all included, all here for strength, all part of one body, all part of one another, all are welcome and we are all blessed by the presence of the same risen and reigning Lord Jesus.

Thanks be to God.