

When Light Invades Loneliness

Redeemer Church Women's Ministry Newsletter



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I like to keep myself busy all the time. As a classic enneagram 3, my default mode is to always try to accomplish things to get a sense of significance and worth. Yet this season of self-isolation and quarantine has forced me to slow down and learn how to be in the moment.

Recently I watched a Christian movie called "Tortured for Christ" on YouTube. It is about this Russian pastor, Richard Wurmbbrand, who was persecuted under the Communist regime in Romania. He spent 14 years in solitary confinement, battling with tuberculosis, because he chose not to compromise his faith. There is a scene where he spends several days in a tiny, rectangular-shaped cell where he has only enough space to stand. The cell is surrounded by nails everywhere so he cannot even move a step.

I realized that living in San Diego, I never had to worry about being persecuted, tortured or killed because of my faith in Jesus. I feared more about dying from the coronavirus or unknown plague than dying for my faith. I feared more about running out of food, masks and money than running out of my love for Jesus. Honestly I do not even know if I could keep my faith if I am in this pastor's position. He lost not only his health, but also his wife, his son, his friends, everything but Jesus.

But for some reason, I felt like he had much more than I do.

I felt broken and troubled in heart because I was facing my idols of spiritual complacency and slothfulness while keeping myself busy to please people for a sense of validation. I felt like I always tried to keep myself occupied with religious activities, but never reflected on why. I felt like I tried to make myself feel spiritual by doing church activities, but hardly ever spent intimate, vulnerable, and honest time with the Lord. The Lord met me this time by helping me face my idols and brokenness.

Although I terribly miss meeting up with my friends and families during this time of self-isolation and social distancing, I am extremely encouraged and comforted by the Holy Spirit. He never fails to meet me wherever I am. As a single female young adult, I was envious of those that were married thinking they probably do not have to struggle with loneliness as much as I do. But what I thought was a lonely time for me turned out to be a sweet, God-inspired moment of solitude where the Holy Spirit gently revealed to me my idols and helped me to be realigned to Him.

I began to experience what the Psalmist

wrote so long ago in Psalm 31:

Oh, how abundant is your goodness, which you have stored up for those who take refuge in you, in the sight of the children of mankind! ... Blessed be the Lord, for he has wondrously shown his steadfast love to me when I was in besieged city.
Psalm 31:19 & 21.

The Holy Spirit has comforted me, loved on me and convicted me to bring me back to the truth. This time of solitude has helped me remember that even when the busyness of life fades away, people come and go, Jesus has sent His Holy Spirit to show us that He has not forsaken us.

Even if I may end up losing everything I have, including my family, friends, money, and health, I would be okay as long as I have Jesus. Because Jesus already endured the perpetual loneliness by being separated from the Father on the cross, by being betrayed by those who He came to love, He alone can empathize with my loneliness. Jesus is my living hope and He is more than enough for me.



Sally Kim is one of the young adult leaders at Redeemer. She works in the biotech industry as a business development manager. In her free time, she enjoys hosting game nights, playing the piano, and watching the sunset.