Introduction
At some point in life, every Catholic may experience a deep sense of loneliness—whether due to the loss of a loved one, the distance of friends, betrayals, or simply feeling misunderstood in their faith. In these moments, when the world seems to turn its back on us, we must remember the words of Our Lord Jesus Christ:

> *"I am with you always, even unto the end of the world." (Matthew 28:20)*

This prayer is inspired by Catholic tradition, particularly the supplications of saints who endured dark nights of the soul, such as St. John of the Cross, St. Teresa of Avila, and the Sacred Heart of Jesus.

Prayer in Loneliness

† In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

*«My Lord Jesus Christ,
You who in the Garden of Gethsemane
felt the weight of loneliness and abandonment,
look with mercy upon my sorrowful heart.

When no one understands me,
when I feel forgotten,
when tears are my only comfort,
do not let my faith grow weak.

Most Holy Virgin, Sorrowful Mother,
who stood by Your Son on the Cross
when all others fled,
stay by my side in this hour of desolation.

Guardian Angel,
do not let me succumb to sadness,
enlighten my path

and lead me to the light of Christ.

Heavenly Father,
though I may feel alone,
I know You never abandon me.
May this loneliness draw me closer to You,
like the faithful servant who suffers for love.

In You I trust,
in You I hope,
in You I rest.
Amen.»*

Spiritual Reflection

1. **Jesus Also Felt Loneliness** – In Gethsemane, the disciples fell asleep; on the Cross, even the Father seemed to abandon Him (*"My God, why have You forsaken Me?"*). If He endured it, He teaches us that loneliness, when offered with love, has redemptive value.
2. **Loneliness is an Invitation to Intimacy with God** – Many saints, like St. Thérèse of Lisieux, experienced spiritual dryness but transformed it into an act of trust.
3. **Offer Your Pain for Souls** – Loneliness can be a great opportunity to unite yourself with Christ in His sacrifice and pray for those who suffer as you do.

Conclusion

If you are reading this prayer in a time of desolation, remember: **God never abandons you**. Loneliness is temporary, but Christ's love is eternal. Repeat this prayer with faith, light a candle before an image of the Sacred Heart or the Virgin Mary, and trust that you will soon see the light.

"Blessed be God, who comforts the afflicted and does not ignore the tears of His children."

Would you like a Latin version of this prayer? Let me know in the comments!

May God bless you, and may the Virgin Mary cover you with her mantle! †