

YOU ARE NOT ALONE



By Rev. Dr. Isaiah Fadzlin

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DEDICATION

This book is lovingly dedicated to every person who is struggling with depression, loneliness, or anxiety.

- To the one who feels invisible in a crowded room.
- To the one who smiles in public but cries in private.
- To the one lying awake at night wondering if anyone truly understands.

This book was written for you.

May each chapter be a gentle reminder that God sees you, loves you deeply, and has not abandoned you. Even in the silence, even in the darkest valley, He is near. You are not forgotten. You are not forsaken. You are not alone.

The stories shared in these pages come from real lives—men and women I’ve met in the course of ministry. Though names and details have been altered to protect their identity, their testimonies are true. They are stories of how the love of Jesus reached into their pain and transformed their journey.

I pray that their stories will breathe hope into yours—and that as you turn each page, you’ll hear the quiet whisper of God saying, **“I’m here. I see you. I will never leave you.”**

With all my heart,
Rev. Dr. Isaiah Fadzlin

Chapter 1: The Cry of the Heart - "Am I Alone?"

"Turn to me and be gracious to me, for I am lonely and afflicted." - Psalm 25:16 (ESV)

She sat quietly at the corner of the fellowship hall, surrounded by cheerful voices and the sounds of plates clinking. It was a church lunch, filled with warmth and familiarity—for everyone else. Yet she couldn't shake the feeling that she was invisible. Her thoughts whispered, If I left right now, would anyone even notice?

This quiet ache—of feeling alone in a room full of people—is more common than we'd like to admit. Many suffer silently with the same questions: Does anyone truly see me? Does anyone care?

Loneliness: A Wound We Often Hide

Modern life, especially in fast-paced cities like Singapore, is full of connection on the surface. We text, scroll, like, and react. But deep within, many are struggling with a different reality—feeling isolated even among crowds.

Research by the Singapore Management University revealed that roughly one-third of Singaporeans face loneliness, with young adults and seniors particularly affected. But numbers only tell part of the story. Behind each statistic is a human being—longing to be noticed, heard, and loved. A young woman once confided in me after a youth service, "Pastor, I come every week, but it feels like I'm disappearing. I smile and

serve, but no one sees what I'm carrying inside. I feel like I'm screaming underwater."

That conversation stayed with me. Not just because of her pain—but because I had felt that very same way during a difficult season in my own life. After stepping away from a role that had shaped my identity, I found myself grieving, lost, and strangely disconnected—despite being surrounded by ministry.

The God Who Sees

One of the most profound names of God in Scripture is El Ro meaning "the God who sees."

"She gave this name to the Lord who spoke to her: 'You are the God who sees me,' for she said, 'I have now seen the One who sees me.'" - Genesis 16:13 (NIV)

This name came from the lips of Hagar, a woman abandoned and left to wander in the desert. Rejected, pregnant, and utterly alone, Hagar's cry reached heaven—and God met her there. He called her by name and gave her a promise.

Hagar's story shows us something vital: even when others overlook us, God never does. In your wilderness, He is present. In your pain, He is near. He sees what no one else can.

Ministry and the Silent Ache

Loneliness doesn't spare those in leadership. In fact, it sometimes grows louder in places of spiritual responsibility.

Over kopi at a hawker centre, a fellow pastor once told me, “I preach and lead every week, but I go home carrying burdens I can’t explain. Sometimes I wonder—who can I talk to without being judged?”

His words were honest and heartbreaking. But it reminded me that even Jesus—the perfect Son of God—experienced that weight of aloneness. *“He was despised and rejected by men; a man of sorrows, and familiar with suffering...” - Isaiah 53:3 (NIV)*

In the garden of Gethsemane, He asked His closest friends to stay awake and pray. They slept. On the cross, He cried out, *“My God, my God, why have You forsaken Me?” (Matthew 27:46)*. Jesus bore our ultimate loneliness so we could be assured of His constant presence.

You Are Never Truly Alone

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” - Psalm 34:18 (NIV). God doesn’t scold you for feeling lonely. He draws near. He walks beside you in your lowest valley and whispers truth into the silence.

There’s a retired woman in my church who comes faithfully every week. Her children are overseas, and she often eats dinner alone. Yet she once said, “Every time I take Holy Communion, I feel Jesus sitting right beside me. I may be alone in my flat, but not in my heart.”

That is the beautiful truth: even when the world is silent, God speaks. Even when others walk away, God stays. Even when you feel abandoned, He sees, knows, and loves you.

Reflection Questions:

1. When was the last time you felt unseen or alone? What did that experience reveal to you?
2. Has there been a moment in your life where God made His nearness known during your loneliness?
3. Can you identify someone around you who may be battling isolation? How might you extend comfort to them?

Power Points to Remember:

- Feeling lonely doesn't make you weak—it makes you human.
- God's eyes never look away from your pain.
- Jesus knows the sting of rejection—and walks with you through it.
- Your solitude is never total. God's presence remains constant.

Chapter 2: God Sees You – The God Who Watches Over You

“The eyes of the LORD are in every place, keeping watch on the evil and the good.” - Proverbs 15:3 (ESV)

It was late at night in a quiet HDB block in Yishun. The streets were still, save for a few blinking corridor lights. In one of the flats, a young man sat on the floor of his room, head buried in his knees. His phone had stopped buzzing. The messages had gone unanswered. No one knew he was struggling with suicidal thoughts. He whispered aloud, “God... if You see me, say something.”

The silence didn’t last long. In the stillness of his heart, a verse he had learned in Sunday School surfaced: “I will never leave you nor forsake you.” (Hebrews 13:5). He felt a peace that defied logic. No angel appeared. No voice thundered. But something shifted. He stood up—not because the pain vanished, but because he knew Someone had seen him.

God’s Eyes Are Not Blind

Sometimes, life hurts in places no one else can see. Our friends may not notice. Our families may misunderstand. But there is One whose eyes never close. *“You have kept count of my tossings; put my tears in your bottle. Are they not in your book?” - Psalm 56:8 (ESV)*

This is not poetic exaggeration. This is Scripture reminding us that God not only observes our pain—He remembers it, records it, and responds to it. Every tear matters. Every sleepless night counts.

Many of us, especially in performance-driven cultures like Singapore, learn early to wear masks. We perform well at work, show up polished in church, and keep our worries behind closed doors. But God doesn't look at our filtered selfies. He sees the soul beneath the smile.

The God Who Saw the Outcast

In Luke 19, we meet Zacchaeus—a tax collector despised by his own people. Short in stature and shameful in reputation, he climbed a sycamore tree just to catch a glimpse of Jesus.

What happened next was remarkable.

“When Jesus reached the spot, He looked up and said to him, ‘Zacchaeus, come down immediately. I must stay at your house today.’”
- Luke 19:5 (NIV)

Jesus looked up. He saw the man everyone else ignored. He didn't wait for Zacchaeus to change his life. He saw him before the transformation. He called him by name and offered His presence.

That's the nature of God. He sees you before you fix your mess. He doesn't wait until your life is Instagram-worthy. He sees the version of you hidden behind the curtains, and He still chooses to come in.

A Modern-Day Zacchaeus

I once met a young GrabFood rider during a church outreach in Hougang. He had never stepped into a church, but he came to a

community event for the free food. We got talking, and he told me he used to be a Christian but stopped believing after his mother died. He said, “I tried to pray, but it felt like God wasn’t listening. So I gave up.” We listened. We didn’t preach or push. Before he left, one of our team members simply said, “I just want you to know—God still sees you.”

Months later, he returned. This time not for food, but for faith. He told us those four words haunted him in the best way. “God still sees you.” That was all it took to begin again.

God Watches With Compassion

Some imagine God as a distant judge, observing from afar, taking notes for punishment. But the Bible presents a God who watches with love, not with condemnation.

“As a father has compassion on his children, so the LORD has compassion on those who fear Him.” - Psalm 103:13 (NIV). To be seen by God is not to be exposed—it’s to be embraced. He watches over you not to condemn but to comfort. Not to accuse but to assist. Not to shame but to save.

Reflection Questions:

1. In what areas of your life have you felt invisible or overlooked?
2. How does knowing God sees you—fully and constantly—change the way you view yourself?
3. Who around you may need a reminder today that they are seen by God?

Power Points to Remember:

- God sees beyond your performance into your pain.
- His gaze is not one of judgment, but of love.
- You may be invisible to the world, but never to the One who made you.
- Being seen by God means being fully known—and fully loved.

Chapter 3: God Walks With You – His Presence in the Valley

“Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me...” - Psalm 23:4 (ESV)

It was 2:15 a.m. when the phone rang.

I drove across the island in the silence of the night. When I arrived, the family sat in stunned silence around the hospital bed. The woman, a faithful member of the church, looked up at me and whispered, “I don’t know how to keep going.”

I had no clever words. No theological lecture. Just presence. I sat next to her. We prayed. We wept. We sat in silence. And in that valley of grief, God was there. Because the truth is—when we go through the valley, we do not go alone. The “valley of the shadow of death” in Psalm 23 isn’t just about physical death. It represents the dark, confusing, painful seasons of life.

In Singapore, many experience their valleys quietly. It might be the working mother struggling with postpartum depression. Or the university student overwhelmed by expectations. Or the elderly man sitting alone in a void deck, mourning a lost spouse.

The valley is real. But it is not final.

“For the LORD your God walks in the midst of your camp, to deliver you...” - Deuteronomy 23:14 (NKJV)

God is not only God on the mountaintop. He walks with us through the hard terrain—grief, loss, betrayal, burnout, sickness. His presence doesn't prevent the valley—but it transforms it.

The Presence That Changes Everything

A missionary couple once shared with me their story of burnout. After years of serving overseas, facing cultural barriers, financial pressure, and the heartache of slow progress, they returned to Singapore emotionally drained.

"I questioned everything," the husband said. "Did we waste years? Did we hear God wrongly? Was He even with us?" But one night, as they were praying, their young daughter walked into the room, held their hands, and said, "Jesus is still with us right?"

That simple sentence undid them. They wept together—and from that night on, something shifted. God may not always change our valley, but He always meets us in it.

Jesus, the Valley Companion

One of the most comforting truths in Scripture is that Jesus never avoids pain—He enters it. *"He Himself has said, 'I will never leave you nor forsake you.'"* - Hebrews 13:5 (NKJV)

Jesus knows what it means to weep, to be rejected, to feel abandoned. In fact, He chose to walk the most painful path so He could walk with us in ours.

When the disciples were caught in a storm on the Sea of Galilee, terrified and certain they would drown, Jesus didn't just calm the storm—

He came to them in it (Mark 6:48-50). Sometimes God doesn't remove the storm. Instead, He walks on the waves to find you in it.

God in the Singaporean Valley

One of the most touching stories I've heard came from a cleaner in a Bukit Merah food court. She shared how, after her husband died, she had no more family and thought of ending her life. But a church outreach gave her a small care pack—and in it was a handwritten note that said, "Jesus walks with you through every season."

She said that card felt like a voice from heaven. She began attending a nearby church. She found community. More importantly, she found God in her valley.

God's presence may not always come with thunder and lightning. Sometimes, it shows up in quiet kindness, a timely word, or a friend who stays when everyone else walks away.

Reflection Questions:

1. What "valleys" have you walked through recently? Where did you sense God's presence in them?
2. Have you ever experienced someone walking with you in a hard time? How did that reflect God's love?
3. Who around you might be walking through a valley right now—and how can you be present for them?

Power Points to Remember:

- The valley is not a sign of God's absence—it is often the place of His deepest work.
- You are never alone in your pain. God walks with you.
- Jesus is not only your Saviour—He is your Companion in suffering.
- Sometimes God's presence is felt most clearly in our darkest hour.

Chapter 4: The Body of Christ – You Belong in Community

“Now you are the body of Christ, and each one of you is a part of it.” - 1 Corinthians 12:27 (NIV)

It was just after service at a church in Toa Payoh. The worship had ended, the sermon had been preached, and people were starting to stream out. As I made my way to the door, I noticed a young man still sitting in the pew. He looked lost in thought, so I sat beside him.

He shared that he had just moved to Singapore from Malaysia for work and didn't know anyone. “I'm trying to find a place where I belong,” he said quietly.

That sentence stayed with me. Because beneath our jobs, roles, and responsibilities, every one of us carries this deep question: Do I belong somewhere? The answer from Scripture is clear: yes, you do. You belong in the body of Christ.

God Never Meant for You to Do Life Alone

From the beginning, God designed people for connection. When He created Adam, the first observation wasn't about sin—it was about solitude.

“It is not good for the man to be alone...” - Genesis 2:18 (NIV)

This wasn't just about romantic companionship—it was about human community. Even in a perfect garden, in direct relationship with God, Adam needed human connection. Fast forward to the New Testament: we are described not as isolated individuals, but as a body—a living, breathing, interconnected community where each part matters.

“If one part suffers, every part suffers with it; if one part is honoured, every part rejoices with it.” - 1 Corinthians 12:26 (NIV). The local church is not a weekly event. It is a spiritual family. And in that family, there is a place for you.

The Gift of Being Known

There's something powerful about being truly known—not just for what you do, but for who you are. A middle-aged woman in my church once told me, “I came here because someone invited me. But I stayed because someone remembered my name.” That simple gesture—recognising her by name—became her anchor. It told her, You matter here.

Sometimes people don't leave the church because of theology—they leave because no one noticed them. Church isn't just about pulpit ministry or polished programs. It's about people.

In nature, predators often attack isolated prey. The enemy of your soul works the same way. When you're disconnected, vulnerable, and alone, you're more prone to discouragement, temptation, and spiritual fatigue.

“Two are better than one... If either of them falls down, one can help the other up.” - Ecclesiastes 4:9-10 (NIV)

A young man I mentored once told me, “The hardest part about my depression wasn’t the sadness—it was feeling like I had to fake a smile at church.” I told him, “You don’t have to pretend here. The church isn’t a stage—it’s a family.”

We are called to carry each other’s burdens—not to compete, compare, or perform. Real church happens in coffee shops, WhatsApp chats, late-night prayer calls, and unfiltered conversations over dinner.

You Are Needed, Not Just Welcomed

Too often we think of the church as something we attend. But in God’s eyes, you are part of it. You bring something irreplaceable to the table. Your testimony, your faith, your presence, your prayer—it matters.

A retired uncle in our church started helping with ushering. He told me, “I thought I was too old to be useful. But greeting people each Sunday gave me purpose again.” The church is not just where we find comfort. It’s also where we find calling. You are not just tolerated—you are needed.

Reflection Questions:

1. Have you ever felt like you didn’t belong in a church setting? What helped shift that feeling?
2. What’s one step you can take today to connect more deeply with your church community?
3. Is there someone in your church or small group who might be feeling isolated? How can you reach out?

Power Points to Remember:

- You were created for connection, not isolation.
- The Church is a body—you are not just welcome, you are needed.
- Healing often begins when we are truly known and loved.
- Community is God's answer to loneliness—and you are part of that answer to someone else.

Chapter 5: The Voice of Hope – Stories I’ve Carried in My Heart

“Come and hear, all you who fear God, and I will tell what He has done for my soul.” - Psalm 66:16 (ESV)

Over the years of ministry, I’ve had the honour of sitting with people in their highest joys and lowest valleys. I’ve learned something sacred: hope doesn’t always shout—it often whispers through broken people who encountered a faithful God.

The local church is not a museum of perfect Christians. It’s a hospital for the broken—and every scar carries a story of God's mercy.

I want to share with you a few encounters that have left deep imprints on my soul—not as statistics or projects—but as people I met, cried with, prayed for, and saw God redeem.

Jonathan at the Hawker Stall

One afternoon, after a meeting nearby, I stopped by a small hawker centre in the East. I found myself at a stall run by an elderly man named Jonathan. His smile was polite, but there was a heaviness about him you couldn’t miss.

We struck up a conversation, and he shared—hesitantly at first—that COVID had devastated his business. He barely made enough each day to cover the rent of his stall. At night, he sat alone behind the counter, wondering if God had forgotten him.

I offered to pray for him right there amidst the clatter of trays and the buzz of the lunch crowd. Tears welled up in his eyes. He whispered, "Thank you, Pastor. No one has prayed for me in a long time."

Weeks later, when I returned, Jonathan smiled differently. "God sent you that day," he said. "Since then, even if business is small, I know I'm not fighting alone anymore."

Melissa's Journey from Addiction to Adoption

At a community outreach I was invited to minister, I met Melissa—a young woman who hovered quietly at the edge of the crowd. After the event, she approached me and confessed, "Pastor, I used to be addicted... I destroyed a lot of my life. I don't think God could still want someone like me."

We talked for a long time that night. I told her, with every conviction in my heart, "Grace is not for the deserving. It's for the desperate. And yes, God still wants you."

Over months, Melissa plugged herself into a discipleship group. She battled temptations, she stumbled at times, but she never gave up. Today, she's clean, serving actively in her church, and she recently adopted a little girl who had no family.

She told me at a gathering, "Pastor, once I was abandoned. Now I get to be a family for someone else. Grace really does redeem."

Kelvin and Amanda: A Marriage Brought Back to Life

One evening, after a family service in Sengkang, a couple stayed back to talk. They introduced themselves as Kelvin and Amanda. Their smiles were courteous, but their body language spoke volumes—they were miles apart emotionally.

They shared about the strains on their marriage—financial pressure, misunderstandings, years of things left unsaid. “We’re thinking of separating,” Kelvin admitted, his voice cracking. I simply invited them to attend a marriage course we were running. They hesitated but agreed.

Over the weeks, I watched miracles unfold—not in grand dramatic moments, but in small breakthroughs. A shared prayer. A tearful apology. A hand reaching for the other across the table.

Today, not only are Kelvin and Amanda still married, but they also lead a marriage enrichment group together. Their scars have become signposts of hope for others.

Hope Isn't Found in Perfect Stories

None of these stories are perfect. They’re messy. They’re slow. But in every story, I saw the fingerprints of God.

“They overcame him by the blood of the Lamb and by the word of their testimony...” - Revelation 12:11 (NIV)

Testimonies aren’t polished fairy tales. They are bloodied banners waving the reality that God is still rescuing, still redeeming, still restoring today.

And maybe as you read these, you feel a small flicker inside. That flicker is hope. And hope, when tended, can grow into a fire. You may feel like your story is still stuck in the middle chapters—but the Author is not finished. He is still writing.

Reflection Questions:

1. What story in your life has God's fingerprints all over it?
2. Are you willing to share your story, even if it feels unfinished?
3. Who around you needs to hear a word of hope from your journey?

Power Points to Remember:

- Testimonies are not about perfection; they're about redemption.
- Your scars tell a greater story of God's healing hand.
- Every story of rescue reminds us: hope is real, hope is alive, and hope has a name—Jesus.
- You don't need a dramatic testimony—only a willing heart to tell what God has done.

Chapter 6: You Are Not Alone - Even When You Feel You Are

“Behold, I am with you always, to the end of the age.” - Matthew 28:20 (ESV)

There are moments in life when silence feels louder than words. Moments when your heart aches not because of something dramatic, but simply because you feel alone.

I’ve had such moments myself—seasons where I poured out in ministry on the weekend, then sat in silence on Monday wondering, Does anyone really see what I’m going through?

I recall one evening, after ministering in back-to-back services, I returned home physically drained and emotionally flat. Everyone had gone to bed. I stood at the kitchen sink, washing up quietly, when an overwhelming wave of tiredness swept over me—not just in body, but in soul.

I whispered aloud, “Lord... I know You’re here, but I really wish I could feel it right now.” No thunder. No lightning. Just stillness. But somehow, in that stillness, I felt held.

The Feeling of Being Alone Is Real—But It’s Not the Whole Story

Even great men and women of God wrestled with loneliness.

David wrote: *“How long, Lord? Will you forget me forever? How long will you hide your face from me?” - Psalm 13:1 (NIV)*

Elijah hid in a cave, exhausted from doing God's will, crying, *"I am the only one left..." (1 Kings 19:10)* And even Jesus, on the cross, cried out: *"My God, my God, why have You forsaken me?" - Matthew 27:46 (ESV)*

Loneliness is not a sign of weak faith. It is a common part of walking through a fallen world. But here is what I've learned: God's silence is not His absence.

God Often Whispers in the Valley

There's a young man I met during a hospital visitation. He had survived a suicide attempt and was recovering slowly. When I sat by his bed, he said softly, "I prayed right before I did it... I told God, 'If You're real, stop me.' But I didn't hear anything."

But then he paused, took a shaky breath, and added, "But now that I look back, maybe the fact that I'm still here is my answer." We spoke for a long time that day. I didn't try to give him answers. I just stayed, listened, and reminded him, "You are not alone."

Sometimes God speaks—not before the storm, but in the aftermath. Sometimes He doesn't shout. He whispers. And the whisper is enough.

Your Cave Doesn't Disqualify You—It Qualifies You

I once met an elderly woman who lost her husband after 40 years of marriage. She told me that for the first few months, she couldn't bring herself to leave the house. Loneliness became her shadow.

But then she made a decision: to attend church again, even if she cried every time she stepped into the sanctuary. She joined a small group. She didn't talk much at first. But slowly, healing came.

Today, she visits others who've lost loved ones. She brings soup, scripture, and a silent presence that says, "You're not walking this alone."

Her cave became her calling.

"The LORD is close to the brokenhearted and saves those who are crushed in spirit." - Psalm 34:18 (NIV)

The Truth Beneath the Feeling

- You may feel alone. But you are not abandoned.
- You may feel unseen. But you are fully known.
- You may feel disconnected. But the God of heaven is with you, even when no one else is.

"Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me." - Psalm 23:4 (ESV)

In every empty room, Jesus is near. In every silent car ride, He is present. In every moment where you've cried into your pillow at night, He was there.

When You Don't Know What to Say, Just Stay

One of the greatest gifts you can give someone who feels alone is presence.

I've sat in hospital waiting rooms with families in shock. I've stood by gravesides with mothers who've lost children. And in those moments, words failed me. But presence—quiet, tear-stained, prayerful presence—spoke volumes. Because that's what Jesus offers: not always an explanation, but an embrace.

Reflection Questions:

1. What was a moment you felt alone—but later realised God was with you?
2. How has your personal pain given you compassion for others?
3. Who around you right now may need a reminder that they are not alone?

Power Points to Remember:

- You may feel lonely, but God is closer than your breath.
- Jesus understands loneliness—He endured it so He could comfort you in it.
- Your valley is not the end of your story.
- Even in silence, God speaks. Even in the cave, God meets.