

Why does the feeling of emptiness occupy so much space? –James de la Vega

The Problem

Blaise Pascal, the famous French physicist, mathematician and philosopher, wrote: *“There is a **God-shaped** vacuum in the heart of every person which cannot be filled by any created thing, but only by **God** the Creator, made known through Jesus Christ.”* When this God-shaped vacuum remains empty, we may experience anything from feelings of unease that we can’t identify to severe depression and hopelessness. The emptiness even can be physically painful.

Our Solutions

Typically, we turn to one thing after another to assuage the pain we feel, whether physical or mental. In desperation, we may turn to drugs, alcohol, cutting, sex, overeating, overworking, overspending, and staying so busy that we don’t have to think about how empty we feel. It is like trying to find the right piece to complete a puzzle, all the while finding that nothing works to fix what ails us. All of this leads to a vicious cycle of depression and loneliness which are two of the leading causes of suicide.

How Did We Get to This Place?

Humans were meant to feel whole inside and to be in right relationship with the God who created them. But humans chose against God, and we keep on choosing against Him. This “away-from-God” behavior is called sin, and it naturally separates us from God and the life God intended.

“For all have sinned and come short of the glory of God.”
Romans 3:23

“If we claim to be without sin, we deceive ourselves and the truth is not in us.” 1 John 1:8

AND, sin comes with its own “compensation package.”

*“The wages of sin is death, **but the free gift of God is eternal life in Christ Jesus our Lord.”*** Romans 6:23
Like a salary earned from employment, sin earns wages that lead to death, both physical and spiritual. We are broken in our relationship with each other, with God, and even within ourselves.

God’s Solution - Jesus said:

“I came that they might have life, and might have it abundantly.” John 10:10

“I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing.” John 15:5

Without Jesus, our lives feel empty. Unless we allow Him to take up residence in that God-shaped vacuum inside us that was specifically designed for Him, we will always feel like something is missing, and we won’t enjoy the life He intended for us to have.

“Behold, I stand at the door, and knock: if any man hears my voice, and opens the door, I will come in to him, and will sup with him, and he with me.” Revelation 3:20

How Can I Open the Door of My Life to Jesus?

(Sample prayer you can pray.)

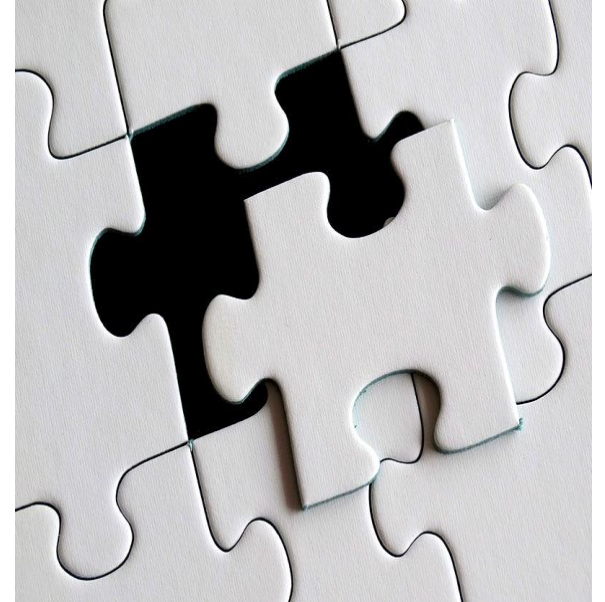
Jesus, I am sorry for all the things I have done wrong (my sins). I am opening the door to you. Please come into my life. Forgive me and lead me from now on. Thank you for taking my sin-earned death so I can have eternal life with you in heaven. Please sit on the throne of my heart each day and lead me moment by moment.

If you just prayed that prayer, you have become a new being. You will never have to be alone again. *“If any man be in Christ, he is a new creation. Old things are passed away. Behold, all things are become new.”*
2 Corinthians 5:17

What’s Next?

If you have made the life-changing decision to receive Jesus as your Savior and Lord, begin to grow in your spiritual life. Find a local church where Jesus is honored as Lord. Read God’s word, the Bible, daily so God can speak to you; and, talk with Him daily in prayer.

Are You Running On Empty?



Jesus