

LOVE OUT LOUD

Day Seven – Love Clears the Fog

Let me tell you about a girl and her journey. From the outside, her life looked perfect. She was excelling at her job, collecting awards, and climbing the ladder of success. But on the inside, she was crumbling. Loneliness and despair whispered the lie that no one really cared about her. That lie grew until one night it nearly claimed her life.

In a moment of desperation, she reached for pills and vodka. Mid-conversation with a friend, she passed out. But God had already positioned people around her. That friend quickly found her address and sent the police. They broke down the door, rushed her to the hospital, and quite literally saved her life.

Later, another friend from work walked in and said, “Do you know how long it took to find you? I knew something was wrong, so I started calling hospitals.” At that moment, she realized the truth: she was not invisible. She was not alone. She was deeply loved and cared for.

That girl was me. I know firsthand how dark loneliness feels, but I also know the hope that shines when people love you enough to show up. God used friends, coworkers, and even first responders to break through the fog of despair and remind me of His love.

The other day I saw a shirt that said: *“If you’re behind me, I want you to know you are loved and cared for.”* What a powerful reminder. We don’t always know what someone is carrying. Their life may look perfect on the outside, but on the inside, they may desperately need love, a hug, or someone who will simply listen.

It’s like when you get into your car on a cold morning, and the windshield is fogged over. You can’t see clearly until you turn on the defrost. People are the same way. Sometimes they just need someone to help clear the fog, to help them see clearly again.

Scripture:

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
— Galatians 6:2

Reflection:

Loving out loud means noticing the ones who look fine on the outside but are hurting within. It means offering a word of encouragement, a hug, or even sitting quietly and listening. Small acts of love can bring someone back from the edge and remind them they are not alone.

Ways to Love Out Loud Today:

- Text a friend you haven’t heard from in a while.
- Look past the smile and ask someone, “How are you really doing?”
- Offer to sit with someone going through a tough season, even if you don’t have answers.
- Pray for God to show you one person today who needs to know they are loved.

Prayer:

Lord, thank You for the people You placed in my life when I felt invisible. Help me to be that kind of friend to others — someone willing to step in, listen, and care when the fog of life feels too heavy. Open my eyes to those around me who are hurting and teach me to love out loud so they can see Your love through me. In Jesus Name We Pray, Amen.