



HE WATCHES OVER YOU

December 2017

*I lift up my eyes to the mountains—
where does my help come from?
My help comes from the LORD,
the Maker of heaven and earth.*

*He will not let your foot slip—
he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.*

*The LORD watches over you—
the LORD is your shade at your right hand.*

Psalm 121:1-5

I doubt that I would have embraced my faith with the enthusiasm I did if I didn't have huge battles with mental illness. How I needed God! During one of my many crises I knew I could no longer do life on my own. I wondered if all I had heard about God was true. At the library I looked for books about him, hungry to learn. I longed for peace to remove my inner turmoil. I needed strength to survive my daily struggles. Mostly I think I longed for God's LOVE.

And I did find the love—love I needed so very badly. Is there anything as great, as deep, as steadfast as God's love? Is there anything that will fill the heart with such warmth?

I've suffered much, times when I didn't think I could go on. Despite that, I didn't doubt his love for me. Was it because of friendships through whom God's love shone? I suspect so. Godly friends helped me believe that God was real. They helped me see his love revealed. Through them I found the security I needed. I came to trust that God was always watching over me.

Don't you think that for many of us our greatest need is to know we're secure, held close by someone who cares about us? This is the kind of security most often offered by our parents when we were young. And when we hunger for that love, as I did, could it be that it had been lacking in our childhood? I believe for many that's the case. It's not uncommon to grow up in a home where such love doesn't exist—at least, not to the degree it should.

So then, it's comforting to find assurances of God's love in our Bibles. God is with us, watching over us night and day. No matter how we hurt, no matter our troubles, he's there.

When we ask him to fill our hearts with his love, he will. And he brings all the warmth and security we need.

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