



Your spirit is always with me, wherever I go.

## SEEKING UNDERSTANDING

June 2016

*You have searched me, LORD,  
and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar.*

Psalm 139:1-2

Have you ever been totally misunderstood by a person who you thought knew you well? How discouraging when you try and tell them about something bad you experienced and then to have the significance of what it meant to you disregarded. Or—worse still—is having what happened to you considered your own fault. Sometimes we are blamed for something beyond our control. Although we try to explain, we're not listened to. Not understood.

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Just yesterday this happened to me and I was left feeling very frustrated and upset. Only this morning, in my time with God, did I find solace in my journaling and reading.

I went to the Psalms looking for the comfort I can always count on finding there. My Bible fell open to Psalm 139. What joy and encouragement to find the very first lines of King David's prayer say exactly what I needed to hear—exactly what I myself needed to say to God too:

*You, Lord, know me. You know everything about me. You know what is in my heart, though my words do not always express it well. Your spirit is always with me, no matter where I go.*

*Thank you, Lord, for always being there. Always available. Always understanding.*

Such comfort to know that the author of this Psalm, a man named David, living so very long ago, had the same feelings and the same needs we do. He has much to share with us, writing from a heart filled with love for his Lord. He presents a great example to us of what trust in God looks like. He also shares much about his battles with emotional pain, making him a brother to the many of us who also deal with such pain.

Through King David's writings we feel understood. Through David, God speaks to us and tells us that he understands.

How *God* looks on us and sees us is all that really matters.

As you go through weeks, may you feel God's love abundantly. May you feel his gentle spirit as he gathers you to himself. May you find your peace in him – a peace that passes all understanding.

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