



Truth #7: I Am Always On God's Mind Psalm 139:17,18

There are times when...

- | | | |
|----------------------|-----------------|----------------------------|
| I feel alone | I feel unloved | I feel guilty |
| I feel lost | I feel confused | I feel in need of guidance |
| I feel worried | I get anxious | I wonder if prayer wor |
| I feel unappreciated | I fool myself | I feel insignifica |
| I am in denial | I need help | I wonder if what I do m |
- I can be helped when I understand Psalm 139:17, 18!

How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you. Ps. 139:17-18 (NIV)

*How precious is it, Lord, to realize you are **thinking about me constantly!** I can't even count how many times a day your thoughts turn toward me And when I waken in the morning, you are still thinking of me!* Ps. 139:17-18 (LB)

God _____ to me!
Keep me as the apple of your eye..... Ps. 17:8

Five of the ways God pays attention to me:

- 1. God is thinking of _____**
The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. Zeph. 3:17
As a father has compassion on his children, so the LORD has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. Ps. 103:13,14

- 2. God is thinking of _____**
"I know what I'm doing. I have it all planned out--plans to take care of you, not abandon you, plans to give you the future you hope for." Jer 29:11 (The Message)

- 3. God is thinking of _____**

Jesus: "Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows." Luke 12:6,7
...the LORD says: I have heard your prayer and seen your tears. Isa. 38:5

- 4. God is thinking of _____**

...your Father, who sees what is done in secret, will reward you. Matt. 6:4
God doesn't miss anything. He knows perfectly well all the love you've shown him by helping needy Christians, and that you keep at it. Hebr 6:10 (The Message)

- 5. God is thinking of _____**

God... can't be fooled by any pretense on our part but always knows a person's thoughts... Acts 15:8

MY RESPONSE: _____ to God
God: "You have seen many things, but have paid no attention; your ears are open, but you hear nothing." Isa. 42:20

I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. Ps. 131:2

Daily Meditations

Based on this weekend's theme
This week's memory verse: *How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.* Ps. 139:17-18

Monday
Read Ps. 139. What encouraged you most from last weekend's sermon? How do verses 17 and 18 fit in with the flow of Psalm 139?

Spend a moment thinking about the fact that God is thinking about you. Write down five words that describe how that makes you feel:

Think about the last month or so of your life. How have you felt upset or unloved? Read Zeph. 3:17. How can you apply this verse to those emotions?

What does it mean to you to know that God is thinking of you with love?

Thank God today for His love for you. Thank Him for keeping you under His constant watch and care. Ask Him to build into you a growing awareness of His presence with you each step of each day.

Tuesday

Read Psalm 32:8, Isaiah 48:17 & Jeremiah 29:11. Write down what each of these verses say about God's plans for your life:

How does it encourage you to know that God is thinking of your life and has a plan designed just for you?

Why is it difficult for you to surrender your life plans to God?

How can you apply these verses to help you in your struggles?

Thank God today that He has a plan for you. Ask Him to empower you daily to walk on His path for you. Pray that you'll have discernment at the crossroads of life. Ask Him for a willing heart to follow after Him.

Wednesday

Write down the two things in your life that are causing you the most hurt right now.

Write down the two greatest needs in your life right now.

Now reread 1 Peter 5:7 but personalize it:

“_____ (your name), cast _____ (list your needs and hurts) on Me (God), because I care for you.”
How would your attitude toward hurts and needs be impacted by living out the truth of these verses?

Thank God today that He cares about every hurt and need you have. Talk to Him about the things you are struggling with right now. Ask Him to help your heart grow in trust in Him.

Thursday

Read Matthew 6:4, Galatians 6:9-10 & Hebrews 6:10. In what ways are you currently serving the Lord?

Recall a time when you felt as though you were serving God but no one seemed to notice or appreciate it. What impact did that have on your service? On your attitude?

How can these verses encourage you when you face those emotions again?

Thank God today for the opportunity to reach out. Ask Him to remind you that it is Him you serve and to find your encouragement and satisfaction in that.

Friday

Read Prov. 5:21, 21:2 & Acts 15:8. How have you tried to fool yourself into thinking something you knew was wrong was really right? How did that choice impact your life?

What do these verses tell you about God's knowledge of you and your thoughts? Does that scare you or encourage you?

Take some time to do an honest inventory of your life right now. How are you trying to fool yourself and God? Talk to God about that area(s) of your life. Be honest - he knows your thoughts anyway!

Thank God today that you can't hide even your thoughts from Him. Thank Him that He loves you through every bad thought and trick you may try. Ask Him to purify your mind and motives and to grow in your desire to be honest with God and yourself.

Saturday

Spend time today “paying attention” to God. You’ve spent a whole week studying how He pays attention to you now it's time to thank Him for that constant watch and attention and turn your eyes toward Him. Sit quietly for at least three minutes before God and focus on His tremendous love, His power, His majesty and His wisdom. Thank Him for who He is. Thank Him for the privilege of being able to know Him and approach Him.