

God Sees You

By Edith Point - LMFT

Have you ever asked yourself if God truly listens to your prayers or if He's interested in your day-to-day problems? I know I've struggled with these questions in my walk with the Lord to the point of being distracted from trusting God. The trials I've encountered have helped me realize that God wants the best for me. Have I always seen it? Unfortunately, the answer is no.

The truth is, He is interested in your life! Even when you can't see God or feel Him, He sees you. What do I mean by that? In the movie Avatar, the statement "I see you" expresses a positive feeling when meeting someone. In addition, it means understanding or comprehending someone in a spiritual sense. You see, it's not just the physical vision, but it goes deeper into the spiritual realm.

The problem is that sometimes we think God sees us the way we see ourselves: we either think too little or too much of ourselves. It's a distorted and unrealistic way. Because he is your creator, God sees you differently. Therefore, He knows everything about you. He knows every part of you. He sees the real you – the good, the bad and the ugly. There is nothing we can hide from Him. Hebrews 4:13, *"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account."*

I find this truth comforting, don't you? I don't have to pretend to be something I'm not. I can just rest in His presence and allow Him to change those yucky things inside and replace them with His goodness. God says the following to you:

I see your pain... When you hurt, I tend to your wounds.

- Psalm 147:3 – *"He heals the brokenhearted and binds up their wounds."*

I see your depression... When you lay in bed feeling lonely, I'm right next to you.

- Deuteronomy 31:6 – *"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."*

I see your hopelessness... When you raise your hands in desperation, I'm holding them up

- Isaiah 40:29-31 – *"He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."*

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I see your anxiety... When your thoughts spiral down, I'm reminding you of My promises

- Isaiah 26:3-4 – *“You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.”*

I see your fear... When you are paralyzed, I'm protecting you.

- Deuteronomy 31:8 – *“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”*

I see your addictions... When you are weak, I am strong for you.

- 2 Samuel 22:29 – *“You, Lord, are my lamp; the Lord turns my darkness into light.”*

Can you now see God? He sure sees you! My hope is that you begin trusting God during difficult times. You are never alone my friend. God knows you and understands your struggles. Accept yourself the way God sees you. Won't you allow His word to penetrate your Heart and Mind? Allow Him to see you...

Rest in His Word: Mark 9:23 - *“Everything is possible for one who believes.”* (NIV)

Heart Checkup:

- What have I been trying to hide from God?
- What behaviors have been serving as barriers in me trusting God or believing what He says about me?
- Whose lies have I been believing? Mine, family, others...
- What are the areas I struggle and what promise (find a verse in your Bible) can I begin memorizing?

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