



Experience 06: Praise and Worship

Monday, January 18, 2021

Psalm 139:7-8

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

When someone says, "God is always with you," is that thought comforting or frightening? I remember hearing from adults as I was a child- don't forget God is always watching and if you make a mistake, He will see it. Anyone else? It was as if God was this cosmic police officer

and was out writing tickets for any sin I committed. When you view God this way, His Presence is frightening.

Psalm 139:1-3 says, "You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways."

His Presence isn't optional- He is everywhere all the time.

I have come to find His Presence quite comforting. Our verse today reminds me that when life is going well, God is there. When life is really hard, God is there. He is for me. God is also for you! When you find that hard to believe, and I still find it hard to believe some days, remember Jesus. Jesus is the truest picture of God we have- not the one the

adults in my early life gave me. Not the one that preacher on YouTube gives you, not even the one I give as your pastor in this season. **Jesus is the truest picture of God**- a picture we can all understand and grasp. Jesus' Presence was always comforting. Jesus is God's Presence in the flesh.

When life is going well- Praise God and thank Him for His Presence. When life is really challenging- Praise God and thank Him for His Presence.

He's not waiting for you to mess up so He can jump out around the corner and say, "Gotcha." However, if you fall, He will catch you, and quite honestly still say "Gotcha," but it's quite different than the "Gotcha" I used to wait to hear. Instead of judgment, it's a "Gotcha" full of love.

It's the Presence of God that sustains us in both our Highs and Lows.

Actions to take

- Take some time to ponder the high or lows in your life currently. Take a couple of deep breaths and just think about the Presence of God.
- Read Psalm 139.
- Wherever you listen to music find the song, "Highs and Lows" by Hillsong Young and Free, or find it here: <https://www.youtube.com/watch?v=7ESO6SHEwGk>
- As you listen to this song- let your heart and mind dwell on the lyrics and how you've experienced God's Presence in your life.

If you need to, listen again.

- Write down in your journal 5 specific ways that you have felt God's Presence in your life. Make note of which of these times were Highs and which times were Lows.

Spend the rest of your time thanking God for his comforting Presence and how He has shown that to you.