

When You Wonder If God Sees You or Cares

If you are feeling invisible or like God couldn't possibly care or He wouldn't let you be in this tough spot, counter these feelings by filling your heart with God's Word. Remind yourself of the truth by dwelling on the passages on this page, and use the prompts on the next pages for journaling your thoughts to the Lord.

1. Fight feelings with facts

The fact is that God sees you and knows everything about you. He is with you every step of the way.

Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows. (Matthew 10:29-31 ESV)

Psalm 139 ♥ Isaiah 41:10 ♥ Ephesians 6:12

2. Pour out your heart to God

Pray, pray, pray so that you do not lose heart.

Call to me and I will answer you, and will tell you great and hidden things that you have not known. (Jeremiah 33:3 ESV)

1 Peter 5:7 ♥ Psalm 46

3. Rest in God's care

God is sovereign. Let Him handle the hardest things in your life.

The LORD bless you and keep you;
the LORD make his face to shine upon you and be gracious to you;
the LORD lift up his countenance upon you and give you peace.
(Numbers 6:24-26 ESV)

Psalm 23 ♥ Lamentations 3:21-24

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- What does it mean to you that God numbers the hairs on your head? What does it say to you that if God cares for even the sparrows, He cares so much more for you? What doubts do you have about this? Let your Savior hear your cry.

- If you are in conflict with someone, turn to Ephesians 6:12. How does it change your perspective to know that your conflict is not necessarily with the other person, but rather with spiritual forces of evil?

- Finish by reading Psalm 139 or Isaiah 41:10. Write a portion of the passage below, writing your name in place of the pronouns.

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- Notice the promise in Jeremiah 33. God says that if we call, He will answer. Take time now to call to Him. Pour out your burdens and concerns. Ask Him to show you “great and hidden things that you have not known.” Record what He brings to mind here:

- Are you anxious about anything? Read 1 Peter 5:7. Cast your anxieties on Jesus. He already knows what you are worried about, and He longs for you to cast your burdens onto Him and let Him carry them.

- Turn to Psalm 46 and claim it for yourself! Which verse or principle speaks to you today? Thank God for being your “refuge and strength, a very present help in trouble.”

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- It is time now to rest in God's care. Take in a deep breath and let it out. Ponder Psalm 23 and all the ways that Jesus guides and comforts you. What promises in this psalm do you treasure most today?

- The prophet Jeremiah wrote the book of Lamentations, and right in the middle of his lament he intentionally calls to mind—reminds himself—of the Lord's great love for him. It's your turn to do that now: Remind yourself of Jesus' great love for you. Oh, thank and praise Him!
