



## Reflections from Pastor Brooke for July 17, 2020

*O God, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. ~ Psalm 139:1-2*

Greetings Beloved,

The Psalms so often bring us comfort, and I would argue that Psalm 139 is no different. There is comfort when someone really knows you. Any time I enter a new situation — whether that is moving to a new place or starting a new job — there is a period of time in which I yearn for people to know me. Or perhaps that's just my extroverted self surfacing again. But even my introvert friends have a need to be known.

The psalmist promises us that God is the One who always knows us: when we sit down and when we rise up and even what we are thinking. Okay, I know for some people that might seem “creepy.” But there is that comfort in really being known. And the good thing about God is that not only does God know us, but even when God knows us, God will never leave us. As others get to know us, their impression might be, “She’s a little much — I know all I want to know about her.” But God’s love says that we are never “too much” or “not enough.” God accepts us as we are.

I remember the first time I heard my mentor use this phrase in a service: “God welcomes us as we are, as we wish we were not, and as we wish we were.” I happened to be listening on his church’s Facebook page and I went back and listened again. God knows the things about me that I wish I wasn’t, and still loves me? And you? The answer is a resounding **yes!**

God has searched us and known us. God knows when we sit down and when we rise up. God discerns our thoughts from far away. The rest of those verses say, “And God still loves us, because we are known by God.” Friends, that is the good news! I hope during these uncertain times, that certainty provides you some comfort.

*Blessings,*

*Pastor Brooke*