



soulmind

Connecting you with God's heart

God Sees

Isaiah 55:8-13

Welcome to **Soulmind**.

We live in a world where good and evil, joy and suffering are a reality for every human. You are not alone if you struggle with trusting God in the face of pain, grief, and anxiety – not even able to find the words to pray coherently.

This week's devotional helps us think about God's heart toward us, and trust Him a little bit more, even in the dark times.

Remember, with the blackest of nights come the best view of the stars.



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Be sure to check out the **SOUL PRACTICE** suggestion for this week (*see below*).

Topic Overview

Here's a question that I've wondered at times, and maybe you have too: *Does God really know and care about what's going on in my little world?* Doubt sets in pretty fast – especially when going through really hard stuff. You know, those dark sleepless hours in the middle of the night, when you feel most alone, and the fear comes up strong that really, you ARE alone; you have been left to make it through life as best you can. God, if He's out there, isn't going to bother Himself with your concerns, if He even sees them. You can't even seem to pray coherently.

Have you ever felt this way?

The book of Exodus in the Old Testament is the story of the people of Israel going through super tough times as slaves in Egypt—but, what is really interesting is watching the involvement of God in their story. The last couple of verses setting up the story in Exodus 2 says it like this:

- God *listened* (to their groanings)
- God *remembered* (his covenant with Abe, Isaac, Jacob)
- God *saw* (what was going on with Israel)
- God *understood*.

What's important about the rest of the story is that God didn't just watch. He responded. But honestly, the process He used to rescue them probably wasn't what any of them would have asked for. They were in for a very rocky road on the way to being rescued. Putting myself in their shoes, I have to wonder how I would have felt when the trial seemed to go on and on, and there was no immediate happy ending.

My young friend gave me permission to share something she posted on FB recently: *Here goes for number nine bone marrow biopsy tomorrow morning. I think that there should be a law or something against that. Seriously, I don't want to do this anymore. I'm done. Didn't they listen that I'm allergic to doctors, nurses, needles, and drills or hand cranks? I don't want to go! Don't make me...*

Her situation seems unbearably hard, as maybe yours does right now. If this were me, would I choose to trust that God cares and is listening, seeing, and understanding my pain and fear? To believe that He is working even now to bring about what is good, even though His actions may not be what I expect? To hold on to hope in His ability to bring me through this situation? To trust in His heart and goodness?

This story of Israel tells us about God's heart: that He hears, He listens, He cares and understands, and He acts on our behalf and for His good purpose.

Could it be possible that your pain, fear, doubt, and questions in the dark are actually where you might end up meeting Him? Remember, with the blackest of nights come the best view of the stars.

Daily Scriptures

MONDAY

2 Corinthians 4:8-9 (NLT)

We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.

TUESDAY

Psalms 8:3-9 (NLT)

When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them? You have made them a little lower than the angels and crowned them

THURSDAY

Hebrews 11:39-40 (MSG)

Not one of these people, even though their lives of faith were exemplary, got their hands on what was promised. God had a better plan for us: that their faith and our faith would come together to make one completed whole, their lives of faith not complete apart from ours.

FRIDAY

Psalms 37:7

Be still in the presence of the Lord and wait patiently for Him to act.

with glory and honor.

WEDNESDAY

Isaiah 55:8 (NLT)

"My thoughts are nothing like your thoughts," says the Lord. "And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."

Doing Your Part

SOUL PRACTICE

Practicing the Presence of God

Soul practices (often referred to as spiritual disciplines) are merely different ways to train the habits of your body, mind and heart to turn continually to God, to be aware of His presence with you, and to be awake to the Holy Spirit in and all around you.

This week, try setting a phone reminder alert for two times during each day, reminding you that God is present with you. It could read: *God is here* or *Jesus is with me NOW*. Pause for a moment, close your eyes, take a deep breath, and breathe in the conscious awareness of Christ's love and presence. Thank Him for his care for you and ask Him to help you trust Him with your life.

Wise Words

"To believe with certainty, one has to begin by doubting."

Sheldon Vanauken, *A Severe Mercy*

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