

Psalm 139

There is a lot on social media these days about image! Self image, being valued for who we are. A way to be unkind is to focus on difference, to publicly dismiss a persons value because they don't fulfil the expectations of others. Many people experience insecurities because what they know about themselves doesn't match up with the outer image of what they see in others, and in their mind, or even in reality, they feel they have been judged and found wanting.

Psalm 139 is a wonderful reminder of the beauty and uniqueness every person has in God's eyes. He didn't create us to be like somebody else. Each one of us has been created and intimately loved by God for who **we** are. God desires us to be secure in our individuality and to embrace our uniqueness in his love.

Below is a meditation from the website God In All Things which I hope you will find meaningful. We don't have to find affirmation of who we are from other human beings. Let us become secure in the identity that we are created who and how we are by the creator of all things, and let us be able to relax in the overwhelming and enormous unconditional love that God has for each one of us as his precious child.

Meditation on Psalm 139 from God In All Things website

*Lord, you have examined me and you know me.
You know everything I do; from far away you understand all my thoughts.
You see me, whether I am working or resting; you know all my actions.
Even before I speak, you already know what I will say.*

How does God know me? When I look into my heart and into my daily actions and into the words I speak to others, what would God see?

*You are all around me on every side; you protect me with your power.
Your knowledge of me is too deep; it is beyond my understanding.*

God's gaze upon us is constant. It is not primarily a gaze of judgement or condemnation, but of love. How does God protect me with his watch?

*Where could I go to escape from you?
Where could I get away from your presence?
If I went up to heaven, you would be there;
if I lay down in the world of the dead, you would be there.
If I flew away beyond the east or lived in the farthest place in the west,
you would be there to lead me, you would be there to help me.
I could ask the darkness to hide me or the light around me to turn into night,
but even darkness is not dark for you, and the night is as bright as the day.
Darkness and light are the same to you.*

God is in all things, in all people, in all places. I can travel to the other side of the earth, I can be in the depths of grief, I can switch off all the lights, I can cover myself in the heaviest blanket, and God would still be with me. How often do I try to escape God's presence? How often does fear or shame cause me to avoid full transparency with God? Can I be myself before God?

*You created every part of me; you put me together in my mother's womb.
I praise you because you are to be feared;*

all you do is strange and wonderful. I know it with all my heart.

*When my bones were being formed, carefully put together in my mother's womb,
when I was growing there in secret, you knew that I was there—you saw me before I was born.
The days allotted to me had all been recorded in your book, before any of them ever began.*

I have been intimately created by God. I am unique and God knows me more intimately than I can even imagine. No one else shares my fingerprints or my unique life story. All the abilities and disabilities I have are part of who I am. All my interests, my passions, my personality, make me me. Can I sit for a moment in wonder and awe at this? Can I praise God for the wondrous human being I am?

O God, how difficult I find your thoughts; how many of them there are!

If I counted them, they would be more than the grains of sand.

When I awake, I am still with you.

God is so far beyond our comprehension! Even if I had knowledge of the entire universe, I still would not fully know God. Yet, day after day I am given intimate knowledge of God, just as God has intimate knowledge of me. Through the created world I come to know God. Through my experiences, my friendships, through prayer, and through scripture I come to know God more and more personally. God is never truly absent. I consider the times I struggle with faith and I ask God for the grace to know God's intimate presence.

PRAYER

**Dear God, intimate Creator and Friend,
long ago you breathed life into me.**

**You blessed me with DNA and fingerprints,
family and personality,
interests and personal freedom.**

I am filled with wonder and awe.

**Your Spirit calls me to be the one you intimately created,
the one uniquely blessed, the one true self I am.**

I cannot escape this call. I cannot escape you.

Your gaze, ever loving, ever yearning, is upon me.

**Be close, see me, form me,
and help me to love the me you intimately created.**

Amen.