

Saturday, July 18, 2020

Rev. Angela Freeman-Riley, Bethesda on the Bay Lutheran Church

Psalm 139

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.

If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.

Link to the full psalm: <https://www.biblegateway.com/passage/?search=Psalm+139&version=NIV>

As of June 2020, it is recorded that current world population is 7.8 Billion...

Let that sink in.... There are nearly 8 BILLION humans on this planet! That fact alone blows me away, but then to think about the fact that God knows each and every one of us, and knows us better than we know ourselves!? It's absolutely remarkable and beyond comprehension.

You are just one of 7.8 Billion humans, but God knows you better than you know yourself.

The psalmist proclaims such things as: "Even before a word is on my tongue, behold, O Lord, you know it altogether" and "your eyes saw my unformed substance; in your book were written every one of them the days that were formed for me..."

God knows each of us better than we know ourselves and has known us since before we were even thought of by another person.... God is the creator; the one who knit us together in our mother's womb.

Dear ones, during this on-going Coronavirus season, I can only imagine that you're getting weary. I can only imagine the toll it's taken on each of you, on all of us in so many ways. I particularly feel deep concern for those among our families of faith and in our communities, who are living alone and are more physically isolated than ever before.

If this is you, please, please know that while physically distancing is key to safety during this pandemic time, social distance isn't. Know you are deeply loved; fully embraced and accompanied by our gracious Lord who knows our inner most parts better than we know ourselves.

We can be physically distant and safe while remaining, or even growing socially closer. Please let me or another clergy person know of your need as you're able. Even if you can't explain the fullness of your struggle, please send out an S.O.S.

And, now more than ever before is a time for us to be the gift of God's presence for one another. If you're able, make an extra phone call this week; drop a little 'thinking of you note' in the mail; or send a sweet text to someone to brighten their day. These little acts of Love can go a long way.

Beyond all of ways we can care for ourselves, it is my prayer that the words of this beautiful psalm 139 will rest on your heart and bring you comfort. Each one of us is as the Psalmist wrote, "fearfully and wonderfully made." We are known intimately and personally. If you're feeling down today, or any day, remember that truth. God knows you, and God loves you. Live into that connection that you have with the God of all Creation.

Yours along the Way,

Pastor Angela

Fearfully, Wonderfully Made: Ellie Holcomb:

<https://www.youtube.com/watch?v=jrwSvQx3Xqs>