24 HOURS WITH JESUS

What if, for one full day, Jesus lived in your house, woke up in your bed, got dressed in your clothes, opened your fridge, ate in your kitchen, hung out with your friends, read all your texts, rode in your car, listened to your music, went to your appointments, scrolled through your phone, binged-watched your favorite show, felt your loneliness and heartache, experienced your pain, was filled with your anger, felt your symptoms, numbness, and loss, experienced your dark thoughts—and was moved with compassion for you for every one of those 86,400 seconds?

WHAT MIGHT CHANGE?

Would your friends notice? Would your family wonder what had changed? Would you stream, scroll, and text differently? Would your words take a different tone? Would you be less defensive, less sarcastic, and more encouraging? Would you feel less lonely, less angry, and more patient? Would you be a better listener? Would you gossip less, compare less, and be more grace-filled?

Would you be kinder to yourself? Would you look at your illness and pain differently? Would you look at your life differently? Would it change the way you live?

HERE'S THE AMAZING PART!

The minute you accept Jesus, His heart is your heart, His grace is your grace, His life is your life. His Spirit lives in you, hangs out with you, falls asleep with you, and rises with you. He listens to your music, watches your favorite shows, and is part of every conversation. He hurts when you hurt. He feels your loneliness, anger, and anxiety. He feels every loss, is with you at every appointment, cares about every test, and prays for you when you cannot find the words (Romans 8:28).

You are never alone, you are not forgotten, and you are treasured. Even when you are unaware of God's presence, He is with you and He is working. God knows what time you open your eyes in the morning, and He knows every detail of your day—when you need to sit, pause, get hydrated, lie down, take your medication, ask for help, or simply be. He sees you and He knows you. Nothing can separate you from God's love.

God is with you, *always*. On your deepest, darkest days, God still sees you through the light of His Son Jesus.

THE GOD WHO KNOWS YOU: 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. Before a word is on my tongue, you, LORD, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 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. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you ...

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:1-18, 23-34)

GROWING DEEPER

God sees you, hears you, knows you, created you, is with you, delights in you, pursues you, and has a good plan and purpose for your life. Do you believe that?

1. Which Psalm 139 verse caught you by surprise?
2. How do you hold God at a distance?
3. Which verse above feels comforting? Why?
4. What is difficult to accept about yourself, to the point of questioning God as your creator?
5. Which area of your life do you wish God didn't have access to?
6. Is there darkness in your life that needs God's light?
7. How does it feel to pray, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."?
8. Are you able to thank God today for "fearfully and wonderfully" making you? Why or why not?