

Hello, my name is Emily and today we are going to spend some time meditating on my favorite verses in scripture -- Psalm 18.

As you enter prayer now, take a moment to settle your mind. Put aside your concerns and what needs to get done today, or what didn't get done today. Take a slow, deep breath. Center yourself in His Presence. He is the Alpha and Omega. The Beginning and End. You are found in Him. Let go of the rest in this moment.

Pause and Pray.

Jesus, I am here because I want to experience You. As I meditate on this passage, draw to mind those things that You would have me become more aware of. Center my heart and mind on Yourself. Use your Word to draw my heart to You. Amen.

Take a deep breath and listen to these verses from the Message:

Vs. 3-6

3 I sing to God, the Praise-Lofty,

and find myself safe and saved.

4-5 The hangman's noose was tight at my throat;

devil waters rushed over me.

Hell's ropes cinched me tight;

death traps barred every exit.

6A hostile world! I call to God,

I cry to God to help me.

**From his palace he hears my call;
my cry brings me right into his presence—**

PAUSE

I cry to God to help me; he hears my call.

REFLECT.

What stands out for you in this verse?

He sees us and knows us. We can trust that His compassion for us means He is always listening. His ear is always bent to His children.

Reflect on a moment in life when you felt desperate. God was with you in that darkest memory. God sees you if that moment is today, even right now. Cry out to Him and know that you are welcomed into His presence.

PAUSE

Vs. 16-17

But me he caught—reached all the way from sky to sea; he pulled me out Of that ocean of hate, that enemy chaos, the void in which I was drowning.

But me he caught --- **Pause**
Reaching all the way from sky to sea -- **Pause**
He pulled me out of that OCEAN OF HATE -- **Pause**
That CHAOS -- **Pause**
That VOID -- **Pause**

In which I was drowning. -- **Pause**

REFLECT

We cannot live on this side of Heaven without feeling the unbearable weight of hatred, chaos and even a void that often fills our own hearts. Loved ones abandon us, promises are broken, jobs fall through and sickness comes.

But you were not abandoned to this ocean of hate. To the sea of chaos. To the void that threatens to swallow you up in dark thoughts and lonely places.

Where do you need God to come to your rescue at this moment?

PAUSE

Ask him for that rescue now.

PAUSE.

Hold tight to this image, of Jesus reaching into the depths of raging waters to pull you into his rest. This is our witness in a world bent on chaos, thriving on hatred. We have not been abandoned to this wide open ocean of desolation. He came to catch us. He came to save the drowning. Thank you, Jesus.

Lord, today I ask that You would use my life to bless someone else.

PAUSE.

Lord, today I ask that You would use my life to be a blessing to You.

PAUSE.

Lord, today I ask that You would use my life to bring a blessing to this world. **PAUSE.**

Amen