

## Week 5: God's View of Us

*You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Psalm 23:5*

Last week we brought our honesty to God and recognized his presence with us. This week, focus on His thoughts of you as stated in his word. Sometimes having enemies and pain clouds the fact that we are first and foremost His children, beloved of Him, anointed by the one who is above all others.

- Spend a few minutes reflecting on the following passages...
  - Ephesians 1:3-14. Take notice of the following words: *blessing, chosen, predestined, adoption, redemption, marked*. When you ponder these words, what does this say about who you are to Him?
  - Psalm 34:18; Psalm 56:8. Take notice of how God feels about and takes notice of your pain. When you think of this, what does it stir up in you?
- God has a tremendous love for us and He grieves with us. Knowing that God grieves with us, what are the points in your story where you can envision God weeping with you? See John 11:33-35.
- As His beloved, how has God provided for you in the middle of pain, struggles, and dealing with hurtful people? This can be hard to see, but we encourage you to sit in it with God, asking Him to reveal how and where He has provided.
- His love extends to all of His children, even those who have caused us pain. What comes to mind when you consider that God does not withhold His love, even from your enemies? Knowing God loves all people, consider how this might inform your perspective of your pain, struggles or hurt from others.

This week we've touched on God loving you, grieving with you, and providing for you in times of pain. Ask the Lord which of these three areas you need to spend more time processing. Take time to sit with Him in prayer, being open to what the Holy Spirit may reveal.