

Day Two

Psalm 16

Do You Ever Feel Lost?



Do you ever feel lost? If you've never made peace with God, this is a normal and genuine concern. But sometimes, even people of faith can struggle with a feeling of being lost, alone, on their own. But is the feeling real?

Let's go to the Lord in prayer:

Father, I come to you this morning to confess my need for your reassurance. I know in my mind that you love us, really love us. I know that you have promised never to stop loving me, but sometimes, none-the-less, I feel unloved, abandoned, and alone. Forgive me for my frequent doubts. I know that you are not offended by my weakness and that I am welcome to bring that weakness to you and allow you to turn it into a strength. Fill my heart with the faithful assurance of your unending love. In the name and authority of your precious Son Jesus Christ, amen.

So, is the feeling real? Well yes, the *feeling* is real, but it does not represent reality. We should never deny our feelings, nor should we ignore them. But neither should we simply accept them. Often they point to something, or somewhere, in our hearts where the love of God is not a reality¹. Take your feelings into the presence of God, where the "mountains melt like wax." Do not deny them, but never put a period after them, just a comma, then speak God's promises over your feelings and situations. Take some time now and quietly meditate on Psalm 16 as use your God-given gift of imagination to bring God into every situation that is making you feel alone. Sometimes the difference between being completely lost, and only away from home, is a landmark. Ask God to help you make Him that familiar landmark in ANY situation. Pay particular attention to verse 8: *"I know the Lord is always with me. I will not be shaken, for he is right beside me."*

Psalm 16 (NLT) A psalm of David.

¹ Keep me safe, O God, for I have come to you for refuge. ² I said to the Lord, "You are my Master! Every good thing I have comes from you." ³ The godly people in the land are my true heroes! I take pleasure in them! ⁴ Troubles multiply for those who chase after other gods. I will not take part in their sacrifices of blood or even speak the names of their gods. ⁵ Lord, you alone are my inheritance, my cup of blessing. You guard all that is mine. ⁶ The land you have given me is a pleasant land. What a wonderful inheritance! ⁷ I will bless the Lord who guides me; even at night my heart instructs me. ⁸ I know the Lord is always with me. I will not be shaken, for he is right beside me. ⁹ No wonder my heart is glad, and I rejoice. My body rests in safety. ¹⁰ For you will not leave my soul among the dead or allow your holy one to rot in the grave. ¹¹ You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.



For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You're welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.

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¹ [Romans 5:5 \(NLT\)](#)