



Our Father in heaven, may your name be kept holy.
May your Kingdom come soon.
May your will be done on earth, as it is in heaven.
Give us today the food we need,
And forgive us our sins,
as we have forgiven those who sin against us.
And don't let us yield to temptation,
but rescue us from the evil one. Amen.



“Psalms reminds us and gives us permission to lay out our questions, doubts, fears, rage, unfiltered thoughts, praise, celebration, and joy to God. It’s as if he knows the way toward divine union in worship is through a willingness to be human.”

-Rich Villodas

1. God's presence is reliable.

2. God's creation is good.

3. God's examination is safe.

1. God's presence is reliable.

*v.1-3, O Lord, you have searched me and known me!
You know when I sit and when I rise up; you discern
my thoughts from afar. You search out my path and
my lying down and are acquainted with all my ways.*

1. God's presence is reliable.

v. 7-8, Where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!

2. God's creation is good.

v. 13-14 You formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

3. God's examination is safe.

v. 23-24 Search me God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

“Many avoid the path of self-knowledge because they are afraid of being swallowed up in their own abysses. But Christians have confidence that Christ has lived through all the abysses of human life and that he goes with us when we dare to engage in sincere confrontation with ourselves. Because God loves us unconditionally — along with our dark sides — we don’t need to dodge ourselves. In light of this love the pain of self-knowledge can be at the same time the beginning of our healing.”

-Andreas Ebert

How do I DO this?

1. Prayer Informed by God's Word

2. A Trusted Community

“Whatever they may be, with our secrets we hide. We hide from others and we hide from ourselves. Ultimately we hide from God. In our hiding, we choose darkness over light; we embrace death instead of life; we elect to be lonely rather than to be intentionally at home with others. And the certain result of all of our hiding is that we become cut off from the Source of life, strangers to ourselves, and alienated from creation, which in the end, is pathetic and disfiguring, and an utterly tragic loss of life.”

-W. David O. Taylor

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Be kind to yourself!