

God Thinks About You

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How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

Psalm 139:17-18 (NLT)

God thinks you are special. The writer of Psalm 139 tells us God has many precious thoughts about us—too many for us to count. Sometimes when I have trouble falling asleep, I start counting backwards from 50: 50, 49, 48, and so on. I never make it all the way to one because I always drift off to sleep. (If you have trouble sleeping, try this counting method for yourself.)

When I wake, God is still with me. I love this part of the verse because I can just imagine God watching over me while I sleep. Knowing God is with me is so comforting. Sometimes I wake up and immediately start worrying about my day, or I start thinking about things I wish to change about myself. When I awake with anxious thoughts, it helps to remember this verse. God cares about me, and He is right there with me. I need to focus on Him instead of the other thoughts.

God made you, and He knows you very well. This Psalm also says the number of nice thoughts God has about you is more than all of the grains of sand on the beach. Can you imagine how big a number that is?

Think about how many grains of sand you can hold in your hand—hundreds, maybe thousands? And for each grain of sand on the whole earth, God has a thought about you.

Each day, take a moment to think about God watching over you and thinking nice thoughts about you. Remember to thank him for loving you and thinking those special thoughts about you.



After spending over a decade in the corporate world, Allison K. Flexer quit her job to take a sabbatical. During that time, she rediscovered her passion for writing. Her articles can be seen in the Wesleyan Publishing House periodical, VISTA: Journal for Holy Living, and on Crosswalk.com. Allison was a contributing writer for Devotional Ventures © 2006, published by Regal Books. She blogs about her faith journey at: anointedwithgrace.com. When she is not writing, Allison loves to have deep conversations with friends over great sushi, spoil her two beautiful nieces, and pretend like she's a runner.