

DEVOTIONAL SERIES  
**I KNOW YOU, LORD**  
MAJOR CAROLYN SIMPSON



The Psalms are songs, poems, and prayers. The psalmists are “tell-it-like-it-is” kind of people, and because of their example, Christians are encouraged to be truthful with God about how they feel. The Psalms encompass feelings of elation and hope while also sharing feelings of fear and despair. Such emotions are captured in the following text:

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*“I lie in the dust; revive me by your word. I told you my plans, and you answered. Now teach me your decrees. Help me understand the meaning of your commandments, and I will meditate on your wonderful deeds. I weep with sorrow; encourage me by your word. Keep me from lying to myself; give me the privilege of knowing your instructions” (Psalm 119:25-29).*

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The author of this Psalm claims they are lying in the dust. The composer of *I Know You, Lord*, writes, “Here I lie defeated in the dust.” They express feelings of defeat, but are they truly defeated? Is defeat a reality or is that just how it feels? For many, feelings of defeat lie in the messages we tell ourselves, or the thoughts we are thinking. For instance, “I will never be able to get out of this mess” or “I’m not good enough.” In Psalm 139:1, we read that the Lord has examined our hearts and knows everything about us. He knows what is true about us. He also knows the lies we tell ourselves. We are not defeated because “*God’s strength is made perfect in our weakness*” (2 Corinthians 12:9). The Holy Spirit is present with us always and “*will never leave us or forsake us*” (Deuteronomy 31:6). God gives us the victory through Christ Jesus (1 Corinthians 15:57)! God’s Word is full of gems of encouragement for difficult times and Paul writes that to find peace, we should focus on what is true, noble, lovely, and praiseworthy (Philippians 4:8). The chorus of *I Know You, Lord* reads, “For I know You, Lord, all Your goodness I have seen.” The composer finds hope and encouragement by remembering the goodness of God, what is true. She revels in God’s understanding of her and focuses on her quest to truly know God.

Psalm 119:32 goes on to say, “*I will pursue your commands, for you expand my understanding.*” While the Holy Spirit helps us to understand Scripture and to gain a greater understanding of who God is, do we really want to follow a God that we can truly understand? The character of God, His knowledge, His omnipresence and omniscience, can never be fully grasped on this side of Heaven. A lifetime can be spent trying to understand God, and with every passing day, He can be better known, but never fully understood. His plans are higher than ours, and His ways are not our ways. As frustrating as not understanding can be, this is what trusting God is all about. When facing the unknown, concentrating on what we know to be true of God and His faithfulness to us is a way to find peace. It keeps us from lying to ourselves and gives us “the privilege of knowing him better” (Psalm 119:29).

### **Prayer**

*Dear Heavenly Father, thank you for knowing Your people and loving them despite that knowledge. We pray that daily Your Holy Spirit would enable us to grow in our knowledge of You. Fill our minds with the truth about who we are in Your sight. In Jesus’ Name. Amen.*