



Do you ever feel alone? Like no one cares or even notices you?

There are days I feel that way even when I am with others. My eyes and ears may tell me that I am not alone, but my heart says otherwise.

Our feelings and emotions can lead us astray but God's Word guides us into truth.

[Psalm 139:13-18](#) speaks God's truth into our hearts.

***"For you created my inmost being;
you knit me together in my mother's womb. I praise you because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be. How precious to me are your thoughts! God!
How vast is the sum of them! Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you."***

We can take comfort in these verses that remind us of certain truths no matter who we are.





Can I list them out for you?

- God created you! He knew you before you were born as you rested quietly in your mother's womb.
- He knows every day of your life; exactly how many there will be until you take your last breath.
- God sees *you* and thinks about *you*.
- Whether you are asleep or awake, God is still with you!

When you feel alone or unnoticed, don't let your heart lead you astray. Trust the ONE who will feed truth into your soul.

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