



Saint Patrick's Episcopal Church

Mooreville, North Carolina  
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## MEDITATION AND PRAYER

*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*

When a couple falls in love, they fondly think about each other many times throughout the day. They look forward to the time when they can be together again. During the times when they are apart, they try to imagine what each other is doing; and they make note of experiences they would like to share with each other later. If the thoughts of lovers are so consumed with each other, how much more are God's thoughts focused on us — the ones he loves with eternal love! God's thoughts about you, an individual he has created, are "precious and "cannot be numbered," outnumbering the grains of sand. Take some time to ponder and marvel at the immensity of God's love for you. Thank him for caring about you.

**Prayer for the week:** *How precious are your thoughts about me, O God*

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