



He sees me

May 2020 – 30

INTERNATIONAL MISSIONARY SOCIETY SEVENTH DAY ADVENTIST CHURCH Reform Movement

YOUTH DEPARTMENT OF THE GENERAL CONFERENCE

My dear youth:

I greet you in the name of the Lord Jesus Christ and ask that His blessings, love, and guidance be upon you in abundance.

God's care throughout history

I want to ask you something today: Who saw Adam and Eve naked after they sin, hiding behind a thicket trembling with fear? Who saw them when they made a dress of fig leaves to cover themselves? Who saw Moses, when he was a baby, and was in the wicker basket that floated over the waters of the Nile River? Who saw Jacob when he went to the other side of the brook Jaboc to pray full of fear because his brother Esau came to meet him to kill him? Who saw Joseph when he was in the well where his brothers threw him out of hatred and later when he went as a slave to Egypt? Who saw him in prison when Potiphar's wife accused him of being a rapist?

Who saw Mordecai and all the Jewish people of his time when Haman prepared the gallows to kill Mordecai and obtained an edict from the king to exterminate the Jews? Who saw every Israelite slave who was in Egypt working to exhaustion for Pharaoh and crying day and night for their liberation? Who saw the three young Hebrews who refused to worship the golden image that King Nebuchadnezzar had built? Who saw them present reason for their faith before the king even at the risk of their lives? Who saw them when they were thrown into the fiery furnace?

Who saw Daniel when he was in the lion's den condemned to die because of envious and wicked men? Who saw the widow of Sarepta with her little son, in their terrible situation of extreme need and about to starve? Tell me, who saw all these people?

The sorrows that eat away at the soul

Perhaps no human eye could see most of these people in the circumstances they were in, or worse, no one could understand what they were experiencing in their hearts. In life we will find ourselves in very special situations, sometimes extreme, entangled, and desperate, as the men and women I mentioned earlier saw themselves; moments in which we will feel alone, as if there were no other inhabitant on planet earth and we will experience a feeling of emptiness, of terrible disorientation and loneliness, as if we were in a desert without water, with a sun of justice that burned us, making us wander aimlessly.

Many feel alone in the midst of the people they live with and do not know what to do to get out of that well. Unfortunately, a lot of people kill themselves. 800,000 people commit suicide each year in the world, which is equivalent to one death every 40 seconds. Notwithstanding, there are unsuccessful suicide attempts. Suicide is the third leading cause of death among young people ages 15-19. It occurs worldwide, even in high-income countries. Suicide is a tragedy that affects society, the country, and especially for the family of the suicide, in which it leaves serious consequences.

And what will we say about mental disorders? There are more than 350 million people worldwide who suffer from depression, a mental disorder that imbalances the individual's life in a way that he is sometimes unable to control. Those who suffer from depression rarely recognize it or do not want to recognize it and experience a feeling of sadness for a long time, which disables them for work, school, or home activity, affecting relationships with others in a great way.

When we talk about sadness or melancholy or suffering from pain, we are also dealing with a very delicate and dangerous subject. Something as simple as being sad can become a life-threatening affair, because it can compromise the functioning of the circulatory system. We have always heard that this or that person in our environment died of sadness. Uncontrolled grief can lead to serious heart problems and also death from the pressure of psychological suffering. The American Heart Association considered the possibility of including depression in the list of risk factors when it comes to having a heart attack. Dear youth, do not let sadness or discouragement settle in your mind.

God sees all

This is the picture of our world, we live immersed in the turbulent water of problems and suffering, anguish, difficulties, and oppressions that many people ask, “does anyone see me?” Is there someone who can help me or at least understand?

The answer is yes, definitely yes, and we will have to find out if we want to get out of the dark hole of despair. Was there anyone who saw that woman with blood flow who lived in the time of Jesus, and whose illness no doctor could cure? Did anyone see the blind Bartimaeus begging on the side of the road for alms?

Who saw Lazarus die and placed in a grave leaving his sisters and friends in the greatest pain, and Peter cry when he denied his Master? What about those Christians who were thrown to wild beasts in Roman circuses? What about you and me? Is there someone who sees us? Yes, God, God sees us and He knows what we need in every moment, place, and circumstance. He knows everything and can act on our behalf and help us overcome every situation, however difficult and intricate it may be.

“The Lord looks from heaven; He sees all the sons of men. From the place of His dwelling He looks on all the inhabitants of the earth; He fashions their hearts individually; He considers all their works.” Psalm 33:13-15.

“You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways.” Psalm 139:2-3.

“In trusting in God continually there is safety; there will not be a constant fear of future evil. This borrowed care and anxiety will cease. We have a heavenly Father who careth for His children, and will and does make His grace sufficient in every time of need.” *Mind, Character, and Personality, vol. 2, pg. 469.*

Conclusion

Yes, dear young people, the Lord sees us from heaven, not only a select few, but “all the inhabitants of the earth.” He knows us by name and knows everything that distresses and overwhelms us, but the best thing is that He has the solution to every problem.

He “understands our innermost thoughts,” perhaps those who accompany us on the path of life do not realize what is overwhelming us, what worries us. Maybe a mother can abandon her child, but God will never, never abandon us. Do you believe it? If there is something in your life that oppresses the heart, remember, God sees you, He will take care of each one of you, trust in this promise. Have a happy day. Amen.

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For reflection:

1. Why do you think there are problems in the world?
2. Why is God willing to help us at all times?
3. What do you think can prevent His help?

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