

Read through the following verses

Isaiah 43:1-3

But now, thus says the Lord, your Creator, O Jacob, And He who formed you, O Israel, "Do not fear, for I have redeemed you; I have called you by name; you are Mine! "When you pass through the waters, I will be with you; And through the rivers, they will not overflow you. When you walk through the fire, you will not be scorched, nor will the flame burn you. For I am the Lord your God, The Holy One of Israel, your Savior;

Ask God these questions, and journal what thoughts come to mind. Underline any that really stick out to you. Remember, God's words will align with scripture and will edify, exhort, or comfort you. "There is no condemnation for those who are in Jesus Christ" (Rom 8:1)

Meditate (think over and over in your mind about) on the phrase "I have called you by name." Let that sink in deep in your heart....God has called you by your name. What does it mean that God knows your name? Write down your thoughts. How does it make you feel? Write down your feelings.

"You are mine!" How does it make you feel that the God of the universe claims you as his? That he chose you? Write down your thoughts and feelings.

God, how can I be more aware of your presence when I pass through the fire and the waters?