

GOD ENCOUNTER TO CENTER OUR HEARTS

A Meditation Life Skill

Psalm 139 with 2 Chairs model

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*Los Angeles Times and Publishers Weekly
National Bestseller*

2 CHAIRS

— H A —
THE SECRET THAT CHANGES EVERYTHING

BOB BEAUDINE

"2 Chairs moments can change a life."
MAX LUCADO PASTOR AND BEST-SELLING AUTHOR



In the book, Beaudine encourages us to sit with 2 chairs facing each other and ask God these 3 questions. When we listen to God, expect that God will speak.

- 1. Does God know about everything in my situation and life?**
- 2. Is there anything going on in my situation and life that He can't handle?**
- 3. Does God have a purpose and plan for my situation and life?**

PSALM 139 (NLT)

**¹ O LORD, you have examined my heart
and know everything about me.**

**²³ Search me, O God, and know my heart;
test me and know my anxious thoughts.**

**²⁴ Point out anything in me that offends you,
and lead me along the path of everlasting life.**

PSALM 139

The Passion Translation

¹ Lord, you know everything there is to know about me.

**² You perceive every movement of my heart and soul,
and you understand my every thought before it even enters my mind.**

³⁻⁴ You are so intimately aware of me, Lord.

**You read my heart like an open book
and you know all the words I'm about to speak
before I even start a sentence!**

You know every step I will take before my journey even begins.

**⁵ You've gone into my future to prepare the way,
and in kindness you follow behind me
to spare me from the harm of my past.**

**With your hand of love upon my life,
you impart a blessing to me.**

**⁶ This is just too wonderful, deep, and incomprehensible!
Your understanding of me brings me wonder and strength.**



**Does God know
my situation?**

**⁷ Where could I go from your Spirit?
Where could I run and hide from your face?**

⁸ If I go up to heaven, you're there!

If I go down to the realm of the dead, you're there too!

⁹ If I fly with wings into the shining dawn, you're there!

If I fly into the radiant sunset, you're there waiting!

**¹⁰ Wherever I go, your hand will guide me;
your strength will empower me.**

**¹¹ It's impossible to disappear from you
or to ask the darkness to hide me,
for your presence is everywhere, bringing light into my night.**

**¹² There is no such thing as darkness with you.
The night, to you, is as bright as the day;
there's no difference between the two.**

**Is it too hard for
Him to handle?**

**13 You formed my innermost being, shaping my delicate inside
and my intricate outside,
and wove them all together in my mother's womb.**

**14 I thank you, God, for making me so mysteriously complex!
Everything you do is marvelously breathtaking.**

It simply amazes me to think about it!

How thoroughly you know me, Lord!

**15 You even formed every bone in my body
when you created me in the secret place,
carefully, skillfully shaping me from nothing to something.**

**16 You saw who you created me to be before I became me!
Before I'd ever seen the light of day,
the number of days you planned for me
were already recorded in your book.**

**17-18 Every single moment you are thinking of me!
How precious and wonderful to consider
that you cherish me constantly in your every thought!**

**O God, your desires toward me are more
than the grains of sand on every shore!
When I awake each morning, you're still with me.**



**Does He have a
good plan for me?**

19 O God, come and slay these bloodthirsty, murderous men!

For I cry out, “Depart from me, you wicked ones!”

**20 See how they blaspheme your sacred name
and lift up themselves against you, but all in vain!**

21 Lord, can’t you see how I despise those who despise you?

For I grieve when I see them rise up against you.

22 I have nothing but complete hatred and disgust for them.

Your enemies shall be my enemies!

23 God, I invite your searching gaze into my heart.

Examine me through and through;

find out everything that may be hidden within me.

Put me to the test and sift through all my anxious cares.

**24 See if there is any path of pain I’m walking on,
and lead me back to your glorious, everlasting ways—**

the path that brings me back to you.



**Will I trust God
with my heart?**

- 1. Does God know about everything in my situation and life?**
- 2. Is there anything going on in my situation and life that He can't handle?**
- 3. Does God have a purpose and plan for my situation and life?**
- 4. Will I trust God with my heart?**

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