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***Who Really Knows You?***  
***Psalm 139***

It seems like the world is watching what we do no matter who we are or where we are.... New York Times columnist ***Thomas Friedman***, who watches world trends, says that technology has made everyone a potential paparazzo.

Anyone we encounter could have a cell phone with a camera that could record our actions. If we're rude or misbehave, we could end up on the offended party's blog, tweet, Facebook, or MySpace website for the whole world to see.

"We're all public figures now," concludes Friedman.

Friedman mentions a book called "How" by Dov Seidman.

Its thesis: in this world of new and potentially revealing technology, ***how*** we live our lives and conduct our businesses has become far more significant than ***what we actually do***. "We do not live in glass houses (houses have walls); we live on glass microscope slides...visible and exposed to all," writes Seidman.

Thomas L. Friedman, "The Whole World Is Watching," New York Times (6-27-07)

***We're all public***—like it or not.

Apparently someone likes it, according to the proliferation of reality shows and candid camera type shows like 'What Would You Do?'

These reveal our desires to watch one another, and make our actions public.

More and more we're being watched from even before birth---  
ever seen those 3-D ultrasound movies of tiny unborn babies?

I cracked up at this story. Cheryl Kochman took her 5-year-old son accompanied to her ***ultrasound*** appointment when she was 11 weeks pregnant. As the technician pointed out the shape of the developing baby to her son, she kept referring to the position of the ***fetus***. After some thought her son asked, "If that's where the ***feet is***, where's the rest of the baby?"

Cheryl Kochmann, Moorhead, Minn. "Kids of the Kingdom," Christian Reader.

Of course being watched by the world is one thing....

Knowing that God is ***ever-present*** is quite another.

In Psalm 139 we hear that God *knows* and has *created* our every move,  
 We hear that God is always *with us*,  
 because God *knows us* better than we know ourselves.  
 because God *cares* for us---we are God's personal creations.  
 We see that God loves us more than we dare imagine.  
 Psalm 139 hearkens back to Genesis 1,  
 when God created the world and said, '*it is good*'

I was reading about *supercomputers* this week, the huge ones they use to simulate nuclear detonation and other highly sophisticated technology....  
 Do you know the most powerful computer in the world?  
 The *Jaguar*, which is located at the Department of Energy's Oak Ridge Leadership Computing Facility, with its record 1.75 petaflop/s performance speed. One petaflop/s refers to one quadrillion calculations per second.

No. 2 is the *Nebulae*, which is located at the newly built National Supercomputing Centre in Shenzhen, China, achieved 1.271 PFlop/s. Top500.org/lists

But here's what's even more amazing.  
 You and I are much faster. The human brain processes *10 quadrillion* operations a second—10 times faster than the Jaguar!  
 The human body cannot compare to the latest and greatest technology out there, we are far more intricate and amazing.

Too bad we don't live like we are aware of this *amazing knowledge*,  
 And we certainly don't treat one another like we are unbelievably amazing.

In fact, if you are anything like me or the people I've met,  
 you struggle with feeling *adequate* from time to time.  
 You wonder some days if you have what it takes to do your job,  
 or raise your kids, to care for your parents, or to just make it through the day.

And if you are like most people I know,  
 you reveal *different parts* of yourself to different people,  
 knowing that different people will accept different things....  
 You are probably hesitant to be your whole self to everyone.  
 And sometimes you might be afraid to be real to anyone.

But here's some Good News.....  
 we read Psalm 139 and if we choose,  
 we can take a **deep breath**, because with our God,  
 we don't have to be or do anything—God knows everything about us,  
 God made us, God loves us—everything about us,  
 we can be ourselves with God, and God says it is good.

If only we lived with this knowledge.  
 That God **knows** everything about us, and **loves** us more than we love ourselves.  
 That God made us, and said 'this is good', very good!  
 When we feel like no one is there for us---we have God for us!  
 When we feel like no one understands us---God understands everything about us!

We all do want our lives **to matter**.  
 We want people to know us, and accept us for who we are.  
 I don't know how many of you Twitter—it's writing little tidbits about your life to  
 share with the world, little updates about who you are, where you are, what you are  
 thinking, all in less than 140 typed characters.

*Pastor Skye Jethani* believes that 'a lot of people think they only matter if they are  
 noticed by someone. I wonder if this desire for a witness isn't what fuels a lot of  
 blogs, Facebook, and especially Twitter. We want someone, anyone, to take notice  
 ... to care about us ... to watch us and by their attention communicate, "You  
 matter. Your life counts."

*If this is one of the hidden motivations behind Twittering, and I think it is, we're  
 really talking about a spiritual hunger—one that I don't believe can be satisfied  
 online. Perhaps the most significant reason I don't Twitter is because I already  
 have a witness for my life ....I believe in God's economy there is not a single  
 thought, feeling, or moment that is lost. There is nothing that is unseen or  
 unrecorded .... God is indeed with me and witnessing every thought and reflection.  
 My ideas are not lost, and my life really does matter—not because someone read  
 it, heard it, saw it, or Tweeted it, but because God is my witness.*

Skyl Jethani, "Why I Don't Tweet," Skylbox: The Weblog of Skyl Jethani (11-12-09)

You may not Tweet or even Facebook...but maybe you **email, make phone calls**,  
 Maybe you call those home shopping networks or TV special offers....  
 we all do something to let someone know who we are and what we are  
 thinking....and we all want to matter, to make a difference.

When was the last time you realized how much *YOU matter?*

What you say....what you do....who you are....

Hear this Good News, You matter to God.

You matter so much, to Jesus—who died for you,  
who has given new and everlasting life to you.

*C.S. Lewis* once wrote that “There are no ordinary people. You have never talked to a mere mortal”. He believed that we are always talking to someone who has the capacity to become something eternal .—C. S. Lewis, in *The Weight of Glory*

What if we *believed* that?

If we treated one another like that?

I think we get so wrapped up in the *busy-ness* of our lives,  
Doing what we think we have to be doing,  
Being the people we think we have to be,  
For everyone we think we need to please,

That we don't take enough time *to just BE*—  
Maybe it's because we don't think it's ok to just BE.  
(shouldn't we be doing something?)  
But we all need to just BE with God—  
the one who knows us better than we know ourselves.  
The one who loves us more than we could ever love ourselves.

The oft quoted *Psalm 46* has a message for us if we are to ever understand  
How much God loves us, and knows us, and accepts us.  
'Be still, and know that I am God'

BE still---we have to take time to BE, *just BE in God's presence*.  
We all need time to just BE.  
It's not always easy, let me tell you.  
When I first sit down to just be,  
my being tells me a list of all the things I could be doing.

It helps me to ***BE in a beautiful place***, or with a good book, or relaxing music, or a nice walk outdoors....maybe even during communion or worship.

And then I remember that God is with me.

And the result? Renewal, refreshment, strength for a new day.

Being in the presence of God truly nourishes the soul.

What about ***YOU***?

Will you take time to just BE in the presence of God?

I know that you'll find you can ***breathe a little easier*** if you do.....

We can also BE in the presence of God throughout an ordinary day.

Some call this ***practicing the presence*** of God.

And it doesn't mean we have to become a meditation guru—

It just means being aware all day that God is with you.

When you drive through the bank, say a prayer.

When you shop for groceries, just listen to God.

As you care for a parent, or grade papers, or plan a meeting, know that God is there. Maybe all you need to say is 'Be Still and Know that I am God'!

However, whenever, wherever you can BE in the presence of God—***do it***.

It will ***change your life***, and your soul.

It will also remind you that ***your life matters***—especially to God.

There is no one like you, but you.

God created you from before your birth, a beautiful creation

God knows you better than you know yourself.

God loves you more than you love yourself.

Your life matters—especially to God.

This is why Jesus lived, died and was raised to new life—for you.

This is our Good News—it is the heart of our gospel.

May we all know how we are ***wonderfully made***, Amen.