 In Christ

> Look to the Lord and his strength; seek his face always.
> — *1 Chronicles 16:11*

Book: Old Testament / 1 Chronicles
Topics: nearness, seeking, strength

Interpretation:
1 Chronicles 16:11 is an invitation to continually seek God's presence and guidance. It is a call for believers to remain in fellowship with Him and seek His strength in times of need. The term *"strength"* in this verse refers to the divine presence that can help us in times of weakness.

One question that may arise from this verse is how we can continually seek God's presence. The answer is not complicated, we simply need to maintain a constant attitude of prayer and meditation in our daily lives. *The primary goal of Christianity is to seek connection with God and His teachings*, which can be achieved through reading the Scriptures and daily prayer.

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> This is how we know that we live in him and he in us: He has given us of his Spirit.
> — *1 John 4:13*

Book: New Testament / 1 John
Topics: nearness, God, Spirit

Interpretation:
1 John 4:13 speaks to us of the relationship we have with God through the Holy Spirit. It tells us that it is through His Spirit that we know that we are in Him and He is in us. This idea is fundamental to Christianity, as it reminds us that our relationship with God is not only external, but also internal.

Throughout the Bible, the Holy Spirit is a constant presence, from Genesis to Revelation. The Spirit is mentioned several times as the means by which God communicates with His people, or as the source of power that enables prophets to speak in His name.

In fact, in the New Testament, the Holy Spirit is described as the comforter, the paraclete that Jesus promises to send to his disciples before his ascension. And it is from the day of Pentecost that the Holy Spirit becomes something tangible to believers, as He manifests as a mighty wind and tongues of fire descending upon them.

To some, the Holy Spirit may seem abstract or difficult to understand. But in reality, his presence in our lives is very concrete and can be felt in our daily lives. From the comfort we feel during difficult times to the strength he gives us to overcome obstacles, the Holy Spirit is a divine presence at work in our lives, helping us live in fellowship with God and with others.

In addition, the Holy Spirit also helps us grow in our faith and live according to God's commandments. As the apostle Paul says in *Galatians 5:22-23, But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control*. These fruits are a sign that the Spirit is at work in our lives, molding and transforming us into the image of Christ every day.

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> May the Lord our God be with us as he was with our ancestors; may he never leave us nor forsake us.
>
> *— 1 Kings 8:57*

Book: Old Testament / 1 Kings
Topics: nearness, family, reliability

Interpretation:
1 Kings 8:57 is a prayer that *Solomon* said at the dedication of the temple, asking that God would always be present in the lives of his people, as He had been with his ancestors, and that He would not abandon them.

This prayer is another example of the importance of God's constant presence in our lives, and as Christians, we should follow Solomon's example and continually ask for His presence, so that He would always guide us, and not leave us or forsake us.

God’s presence in our lives means constant communication with Him and having a spiritual connection that allows us to feel His love, guidance, and protection in our daily lives.

Moreover, it means that we should always remember His will in everything we do, follow His teachings, and be faithful to His commandments. In this way, we will always be able to feel His presence in everything we do.

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> The Lord is with you when you are with him. If you seek him, he will be found by you, but if you forsake him, he will forsake you.
> *— 2 Chronicles 15:2*

Book: Old Testament / 2 Chronicles
Topics: nearness, reliability, seeking

Interpretation:
2 Chronicles 15:2 is a call to loyalty and perseverance. *Asa*, the king of Judah, meets *Azariah*, a prophet who instructs him on how God works with his people. The premise is simple: *If we seek God, He will be with us. But if we forsake Him, He will forsake us*.

What Azariah said to Asa is true for us today. This message is a call to loyalty and commitment. God seeks a sincere relationship with us, not a calculated one.

The truth is that God never leaves us, but if we forsake Him, it is harder for us to feel His presence and hear His voice. This verse is a call to seek God, to stay close to Him, and not to leave in difficult times.

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> Finally, brothers and sisters, rejoice! Strive for full restoration, encourage one another, be of one mind, live in peace. And the God of love and peace will be with you.
> — *2 Corinthians 13:11*

Book: New Testament / 2 Corinthians
Topics: nearness, life, love, peace

Interpretation:
2 Corinthians 13:11 is Paul's final instruction to the church in Corinth in his second letter. In his letter to the Corinthian believers, Paul rebukes them for their sexual immorality and disorder in their worship services. After calling them to repent and reform, Paul gives them instruction and encouragement to pursue unity and harmony *in Christ* and to live joyful and perfect Christian lives.

A call to perfection in Christ

The word *"perfect"* comes from the Greek word *"katartizesthe,"* which means to fit, equip, prepare, or restore. It is used to describe the preparation of a person to accomplish a task or to correct something that is crooked or faulty. In this verse, Paul calls the Corinthian Christians to reach Christian maturity, to forsake sin, and to enter into a deeper relationship with Christ.

This call to perfection does not mean that we are to be perfect as God is perfect, for that is impossible for man, but that we are to be perfect in our love for God and others, in our obedience to God's will, and in the development of our Christian character. We are to continually seek to transform and renew our minds and hearts through prayer, study *of God's Word*, and fellowship with other believers.

A call to unity in Christ

Paul also calls the Corinthians to be *"of one mind"* so that they can live in peace. Unity is essential to the church because when believers are divided, the church loses its power and influence. We are to strive for unity and harmony in all things, always seeking to put the interests of others above our own and forgiving the offenses others have done to us.

The truth is that unity is not something we can achieve by our own efforts, but rather the fruit of *the Holy Spirit's* work in us as we submit to Him. We must ask the Holy Spirit to give us a humble heart and a renewed mind so that we can love our brothers and sisters in Christ, even when we disagree with them.

The God of peace and love will be with you

Paul’s final promise in this verse is that if the Corinthian Christians pursue perfection, unity, and peace, the God of peace and love will be with them. This promise applies to us today. As we pursue perfection, unity, and peace in our lives and relationships, God will be with us to guide and strengthen us.

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> Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.
> *— 2 Thessalonians 3:16*

Book: New Testament / 2 Thessalonians
Topics: nearness, peace

Interpretation:
2 Thessalonians 3:16 is a powerful message of peace that reaches our hearts in times of anxiety and worry. The Bible often speaks of peace as a gift from God to His children.

The verse begins with the phrase, *“Now may the Lord of peace himself give you peace at all times and in every way.”* In this passage, the *apostle Paul* prays for the Lord to give peace to the members of the Thessalonian church. He calls God *“the Lord of peace”* — the source of all peace. The word *“peace”* here does not simply mean the absence of conflict and problems, but means *“complete and utter peace,”* even when we are in the most difficult situations.

The second part of the verse says, *“The Lord be with all of you.”* This shows that God is constantly present in our lives, even in difficult times. In short, this verse reminds us that the peace we need in our lives can only come from God and that He is always with us.

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> But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.
> — *Ephesians 2:13*

Book: New Testament / Ephesians
Topics: nearness, blood, Jesus

Interpretation:
To better understand the importance of this verse, we need to know the context in which it is found. *The apostle Paul* wrote the letter to the Ephesians to teach them the truth *about Christ and the church*. In chapter 2, Paul begins by telling them about the condition of the Ephesians before they *met Jesus*: they were dead in trespasses and sins *(Ephesians 2:1)*.

But because of the love and mercy of God, they were saved through faith in Jesus *(Ephesians 2:8-9)*. Paul reminds them that they were saved not by their own works, but by grace. It is in this context that we find this verse in *Ephesians 2:13*.

Intimacy through the blood of Christ

In *Ephesians 2:13*, Paul talks about the great work that *Jesus Christ* accomplished on the cross. It was He who brought us closer to God through His blood. Before meeting Jesus, the Ephesians were far from God, alienated from Him by sin and death. But through Christ's sacrifice on the cross, the gap between God and us was closed.

The blood of Christ gives us access *to the Father*. Paul speaks of this reality in other parts of the Bible, such as *Hebrews 10:19-22*, where we are invited into the Holy of Holies, the throne of God, by the blood of Jesus. It is the blood of Christ that cleanses us from all sin and allows us to approach God with confidence.

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> Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments.

> — *Exodus 34:28*

Book: Old Testament / Exodus
Topics: nearness, bread, covenant, fasting, law, Word of God

Interpretation:
Exodus is one of the most important books of the Bible. It tells the story of the exodus of the Israelites from Egypt led *by Moses*. This verse describes the time when Moses spent 40 days and 40 nights on Mount Sinai with the Lord. During this time, Moses fasted and received the Ten Commandments from God on stone tablets.

Why did Moses fast for forty days?

Fasting is a spiritual practice. In the biblical context, fasting is associated with an act of sacrifice and devotion to God. Moses chose to fast for forty days to demonstrate his devotion to God. By abstaining from food and drink, Moses sought a deep connection with the divine.

The importance of the Ten Commandments

The Ten Commandments were given to Moses by God Himself and written on stone tablets. They represent a list of universal principles and values ??that have profoundly influenced how people understand and build their relationships with God and each other. The Ten Commandments include such precepts as loving God above all else, honoring parents, and prohibiting murder, stealing, lying, and adultery.

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> Seek the Lord while he may be found; call on him while he is near.
> — *Isaiah 55:6*

Book: Old Testament / Isaiah
Topics: nearness, seeking

Interpretation:
Isaiah is an Old Testament prophet who lived in Jerusalem in the eighth century BCE, during the reigns of kings Uzziah, Jotham, Ahaz, and Hezekiah. This was a period of great political and religious

upheaval, a constant threat from the Assyrians, and the growing influence of pagan cults. Isaiah called on the people to abandon idolatry and turn to God, who would be their only salvation and protector.

Interpretation of the verse

In *Isaiah 55:6*, the prophet calls on the people to seek God while they can still find Him and to cry out to Him while He is near. This urgent call is an invitation to conversion and to seek divine forgiveness. Although God is always available to us, it is important to fervently seek Him before it is too late and we become separated from Him.

Application to our lives

We often become immersed in our own affairs and forget the need to seek the Lord's presence in our lives. This passage calls us to recognize the need to actively and continually seek Him to maintain healthy spiritual growth.

Furthermore, we can remember that God is always near us, ready to respond to our needs and hear our prayers. This knowledge should be a great comfort to those who are going through difficult times or in need of God's guidance.

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> No one has ever seen God, but the one and only Son, who is himself God and is in closest relationship with the Father, has made him known.
> — *John 1:18*

Book: New Testament / John
Topics: nearness, Father, Jesus

Interpretation:
John 1:18 is a well-known and quoted verse in the Christian community because it speaks of the relationship between God the Father and His Son Jesus Christ. This passage allows us to understand how God reveals Himself through His Son, who is not only His offspring but also part of His divinity.

In the first part of the verse, *John* states that no one has ever seen God. While this may seem like a contradiction in the Bible, we must understand that God is a spiritual being and human limitations

prevent us from perceiving Him physically. In fact, in *Exodus 33:20, God tells Moses that no man can see His face and live*. Thus, God presents Himself as an intangible and invisible being.

However, in the second part of the verse, John says that who is himself God and is in closest relationship with the Father, has made him known. This refers to Jesus Christ, the second person of the Holy Trinity. Jesus is the incarnation of God, meaning He is God who became man. As Jesus himself explained in *John 14:9, "Whoever has seen me has seen the Father."* Thus, in Jesus we can know and experience the presence of God.

This verse teaches us that Jesus is the perfect image of God. If we want to know God and understand His character, we only need to look at Jesus. Throughout the Gospels, we can find many examples of Jesus showing us God's will for our lives. For example, through His teachings, we can understand that loving our neighbors and treating them fairly are important commands to draw closer to God.

This verse also gives us an opportunity to reflect on how we perceive God. Many of us may have an incorrect or limited view of who God is. Therefore, we must be open to learning more about Him through prayer and the study of the Word.

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> I will not leave you as orphans; I will come to you.
>
> *— John 14:18*

Book: New Testament / John
Topics: nearness, Comforter, Jesus, orphans, reliability, Spirit

Interpretation:
John 14:18 is a comforting promise for all believers in *Jesus Christ*. In this passage, Jesus assures his disciples that he will not leave them orphans and will return to them. This promise also extends to all followers of *Christ* who come after them.

Jesus never leaves us without comfort

The phrase *"I will not leave you as orphans"* refers to the loss and loneliness that comes with the death of a loved one. Jesus acknowledges that the loss of a loved one is a difficult and painful experience for anyone. However, He assures us that we will never be without comfort and support

during these difficult times.

This promise is a reminder that Jesus is always present in our lives, even in the most difficult times. He gives us his peace and his love, which comfort us in the darkest hours and help us overcome adversity.

Jesus keeps his promise to return to us

The second part of the verse says, *"I will come to you."* This promise refers to:

1. The resurrection of Christ and His return to heaven after His death on the cross.
2. The giving of the Comforter, the Holy Spirit, to us.
3. The promised Second Coming of Jesus, when He will return to earth to rule as King of kings and Lord of lords.

This promise is a reminder that although we cannot see Jesus physically now, He is always present in our lives and will one day return in a visible and tangible way.

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> Whoever eats my flesh and drinks my blood remains in me, and I in them.
> — *John 6:56*

Book: New Testament / John
Topics: nearness, blood, body, Jesus

Interpretation:
There are many passages in the Gospel of *John* that have become very significant for Christians. One of the most important and controversial verses in the Gospel is *John 6:56*. At first glance, this may seem strange and disturbing, but the meaning of this verse is deep and significant.

In this verse, *Jesus* uses a *metaphor* that refers to the *Eucharist*. For Christians, the Eucharist is the sacrament of partaking of the Body and Blood of Christ. The Eucharist can help us abide in Christ and maintain a connection with Him. By eating the Body and drinking the Blood of Christ, we receive His life into ourselves and become part of Him.

The *New Testament* writers used many images and metaphors to describe this intimate connection with Jesus and the Christian community. In this case, the image of eating His flesh and drinking His blood represents the intimate union we can have with Christ and with other Christians.

However, there is much disagreement about the true meaning of this verse and how we should interpret it. *Catholics and Orthodox* believe that the bread and wine literally become the body and blood of Christ during the Eucharist. *Protestants*, on the other hand, view the Eucharist as a symbol of Christ's presence and call it the *"Lord's Supper."*

Whatever your belief, the most important message of this verse is that we need an intimate and meaningful connection with Christ to be true Christians. We need to receive His life into ourselves and live Him out in our daily lives in a meaningful way.

If you are looking for a way to deepen your connection with Christ, it may be helpful to practice the Eucharist or a sacrament that is appropriate for your religious denomination. By celebrating the Eucharist, we can remember our connection to Christ and our Christian community, and in doing so, we can find meaning and peace in our lives.

Finally, it is important to remember that the message of this verse is *one of unity, love, and community* . No matter how we interpret the Eucharist, we can find meaning and spiritual purpose in celebrating it together as a community of united Christians.

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> Heal the sick who are there and tell them, 'The kingdom of God has come near to you.'
> *— Luke 10:9*

Book: New Testament / Luke
Topics: nearness, Evangelism, healing, Kingdom, sickness

Interpretation:
Luke 10:9 is a call to *Jesus'* disciples to heal the sick and proclaim the coming *of the Kingdom of God*.

Healing and hope

In this Bible passage, *Jesus* gives His disciples a task that goes beyond simply healing the sick. He asks them to bring hope and relief to those suffering from illness and disease. Healing the body is important, but so is healing the spirit and mind, and that is what the coming of the Kingdom of God brings. Healing can be not only physical, but also emotional and spiritual.

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> Repent, for the kingdom of heaven has come near.
> — *Matthew 3:2*

Book: New Testament / Matthew
Topics: nearness, heaven, Kingdom, repentance

Interpretation:
In this Bible verse we can find a very important phrase that calls us to repent and prepare to receive the Kingdom of Heaven. But what does it really mean to repent?

Repentance is a process that involves acknowledging our sins, feeling pain for them, and changing our lifestyle. It is an act of humility that encourages us to draw closer to God and seek His forgiveness.

The Kingdom of Heaven refers to the place where God reigns and where His children will be received after their death. But it is also a state of grace that we can achieve here on earth by living according to God's commandments. It is a state of peace, love, and happiness that we can experience if we draw closer to God and follow His teachings.

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> But in your great mercy you did not put an end to them or abandon them, for you are a gracious and merciful God.
> — *Nehemiah 9:31*

Book: Old Testament / Nehemiah

Topics: nearness, Forgiveness, grace, mercy

Interpretation:
The Bible verse in *Nehemiah 9:31* is a wonderful reminder that despite our mistakes and sins, God is still merciful to us. This is a very comforting thought for those who seek hope and comfort in religion, as it makes it clear that even if we fail, God will never abandon us.

The word *“mercy”* refers to the compassion or tenderness we show to those in need or suffering. It also refers to the kindness shown to those who have made mistakes or failed in their duties. In this sense, God’s mercy is a reflection of God’s love for us, regardless of our mistakes.

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> Let your gentleness be evident to all. The Lord is near.
> *— Philippians 4:5*

Book: New Testament / Philippians
Topics: nearness, gentleness

Interpretation:
Philippians 4:5 is a verse that tells us about the importance of gentleness and closeness to God. When *Paul* wrote this letter to the Philippians, he encouraged them to be kind, gentle, and humble toward others because the Lord is near. It is an expression of the need to live in harmony with God and others, to be kind and pleasing in the eyes of the world.

Kindness is a virtue that is often ignored or underestimated. However, as Christians, we must cultivate it in our relationships with others. This virtue allows us to feel good and pleasing in the eyes of others, which can lead to deeper and more meaningful relationships with those around us. Paul says that our gentleness should be known to all men, which means that we should make it visible and not hide it behind a façade of indifference.

The closeness of God is also an important theme in this verse. We must remember that God is always present in our lives, close to us in every moment. He loves us unconditionally and wants us to be happy and prosperous. Our kindness to others is an act of service to God, as we imitate His love and kindness.

This verse encourages us to be aware of God’s presence in our lives and to act accordingly. We must be kind, compassionate, and humble to live in harmony with God. With His presence on our side, there is nothing we cannot overcome.

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> Look to the Lord and his strength; seek his face always.
> *— Psalm 105:4*

Book: Old Testament / Psalms
Topics: nearness, God, seeking

Interpretation:
Psalm 105 reminds us of God’s love and faithfulness to His people. This verse has a message that is still relevant today for those who seek to grow in their faith and relationship with God. The Psalm calls us to seek the Lord and His strength, to seek His face always. But what exactly does this mean?

First of all, seeking the Lord means continually seeking His presence, guidance, and direction in our lives. In a world full of distractions and worries, it is easy to forget the importance of setting aside time for prayer and spiritual reflection. Seeking the Lord involves total surrender to Him, submission to His will, and trust in His plan for our lives.

Moreover, this verse calls us to seek the strength of the Lord. God’s strength enables us to overcome the difficulties and obstacles that come our way. Through His strength, we can become stronger and bolder to face our fears and insecurities. It is important to remember that this strength is not something we can gain on our own; it only comes from God and by His grace.

Third, the Psalm calls us to seek the face of the Lord always. The face of God represents His presence, His nearness to us. This call to seek His face reminds us that God is always present and ready to listen to us. By seeking His face, we can find comfort in times of pain and fear, strength in times of weakness, and enrichment in times of joy.

It is important to note that seeking the Lord is not an easy task; it requires persistence and dedication. But the rewards of such seeking are priceless, as it allows us to draw closer to God and experience His love and power in our lives.

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> You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.
> *— Psalm 16:11*

Book: Old Testament / Psalms
Topics: nearness, joy, life

Interpretation:
Psalm 16, also known as "The Foundation of Faith," is attributed to *David*. In this psalm, David affirms his trust in God and his desire to follow His ways. This trust is evident in verse 11, when David says, *"You make known to me the path of life."*

Searching for life's path

Searching for meaning and purpose in life is a universal challenge. Many of us struggle to find the right path in life and feel lost or directionless. In this verse, David finds comfort in the thought that God will show him the path of life. This search can be a source of frustration, especially if we are unsure of what we are looking for. But this verse reminds us that if we seek God's will, He will guide us.

Fullness of joy and the presence of God

David also speaks of the fullness of joy he experiences in God's presence: *"you will fill me with joy in your presence."* God's company becomes the source of our joy. God's presence fills us with a sense of satisfaction we cannot find anywhere else.

Many of us seek happiness in temporary things that cannot provide long-term satisfaction. Instead of seeking happiness in material possessions or fleeting relationships, we should seek the presence of God. He is the source of true happiness, and only by finding Him do we experience eternal joy.

At your right hand are pleasures forever

This verse also says that pleasures are *"eternal"* at God's right hand. In ancient times, the right hand was considered a place of honor. This passage reminds us that God is a God of honor, and He places us in a position of honor when we follow His ways.

Furthermore, the use of the word "eternal" implies that we must maintain an eternal perspective. Our search for meaning and happiness must always take into account our life after death. David shows us that our actions on earth have eternal consequences.

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> Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.
> *— Psalm 23:6*

Book: Old Testament / Psalms
Topics: nearness, grace, life, mercy

Interpretation:
Psalm 23 is one of the most famous and beloved psalms in the entire Bible. Written by King *David*, this verse is a testimony of trust in God's care and provision for His children. Verse 6, in particular, is a wonderful promise that God not only accompanies us in the present but also guarantees our future in Him.

God's goodness and mercy

"Surely your goodness and love will follow me all the days of my life." This is a powerful statement of God's character and a reminder that He is a kind and loving God, always desiring to bless His children with His grace and kindness.

The Hebrew word for "goodness" implies favor and generosity—not only to the righteous but also to sinners and the needy. On the other hand, "mercy" refers to God's compassion and forgiveness—a gift He gives us generously.

The persistence of the promise

"And I will dwell in the house of the Lord forever." This conclusion of verse 6 assures us of God's promise of goodness and mercy throughout our lives. David declares his intention to remain in the house of God, which can be interpreted as a physical place, like the Temple in Jerusalem, or as an analogy for fellowship with God in this life. In any case, the promise is that God not only walks with us in the present but also cares for our eternal future.

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> One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.
>
> *— Psalm 27:4*

Book: Old Testament / Psalms
Topics: nearness, God, love

Interpretation:
Psalm 27 was written by David, who was constantly asking God for protection in the midst of the difficulties he was facing. In this particular verse, David shows us his love for the temple of the Lord and his desire to be there all the days of his life. This Bible passage reminds us of the importance of being in God's presence every day, seeking His face, and beholding His beauty.

Why was it so important for David to be in God's house all the days of his life? There are many reasons, but one of the most important is that in God's presence we find peace and comfort. We face many difficult situations in life that can cause us stress and anxiety, but God's presence provides us with a safe haven in the midst of any storm.

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> The righteous cry out, and the Lord hears them; he delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit.
>
> *— Psalm 34:17-18*

Book: Old Testament / Psalms
Topics: nearness, Redeemer, sadness, Salvation

Interpretation:
Prayer is a powerful tool in the lives of believers in God. Through it, we can communicate with our Lord, express our concerns, ask for forgiveness for sins, and intercede for others. The Bible tells us that the prayer of a righteous person is powerful, and in *Psalm 34:17-18*, we find God's promise to those who cry out to Him.

These Bible verses tell us how the Lord draws close to those who are sad and feel abandoned, and how He saves those who sincerely repent and seek His help. In other words, these verses reveal God's love and closeness to those going through difficult times, offering them comfort and protection.

Who are the righteous?

Before analyzing the verses under consideration, it is important to clarify who the righteous are. The Bible teaches us that righteousness is achieved not by our own works or merits, *but by faith in Jesus Christ*. *Romans 3:22* states that *"the righteousness of God through faith in Jesus Christ is for all who believe."* Therefore, the righteous are those who have accepted *Jesus Christ* as their *Savior* and strive to live according to His teachings.

God's promise

In *Psalm 34:17-18*, we find a wonderful promise from God to the righteous. These verses read, *"The righteous cry out, and the Lord hears them; he delivers them from all their troubles."* This means that when the righteous pray to God, He hears them and delivers them from all their troubles. It's important to note that the promise is not that we will not have problems or difficulties in life, but that God will give us the strength and comfort to overcome them.

Contrite in heart and contrite in spirit

According to the Bible, the heart is the seat of our emotions and feelings, so when verses speak of those who are contrite in heart, they are referring to those who are depressed or saddened by some situation or circumstance in their lives. Similarly, when they speak of those who are contrite in spirit, they are referring to those who, repenting of their sins, seek God's help and forgiveness.

It is important to note that these verses are not only a promise of comfort and help for those suffering, but also a call to reflection and repentance. In other words, God tells us that, no matter our situation, He will always be there to help us if our hearts are sincere and repentant.

Furthermore, these verses call us to recognize the importance of humility and honesty in our relationship with God. Acknowledging our weaknesses and sins allows us to humbly turn to God, asking for His help and mercy. Moreover, contrition means being willing to admit our mistakes, repent, and change our attitude, which will allow us to experience God's peace and forgiveness in our lives.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> My soul thirsts for God, for the living God. When can I go and meet with God?
> *— Psalm 42:2*

Book: Old Testament / Psalms
Topics: nearness, seeking, soul

Interpretation:
Psalm 42:2 is one of the most profound expressions of spiritual longing, a cry from the heart that resonates within each of us. This verse speaks of the spiritual thirst we all experience, a thirst for something greater than ourselves, a thirst for the One who fills us with life and meaning. This thirst can only be quenched by the presence of God.

Spiritual thirst

In ancient times, thirst was a very common problem, as water was not as readily available as it is today. In this verse, the psalmist compares physical thirst with spiritual thirst, understanding that the need for God is even more important than the need for water. As believers, we know that God is our food, our spiritual food, giving us life and hope.

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> Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.
> *— Psalm 84:10*

Book: Old Testament / Psalms
Topics: nearness, sin

Interpretation:

Before delving into the meaning of *Psalm 84:10*, it's important to understand its context. This psalm was written by the sons of Korah, Levites who served in the Jerusalem temple. It expresses a longing for the presence of God and the joy experienced in worshiping Him in His temple.

Interpretation of the verse

Psalm 84:10 expresses the authors' intense longing for God's presence. The phrase, *"Better is one day in your courts than a thousand elsewhere,"* expresses that closeness to God is more precious than anything else in this world. For them, one day in God's temple would be far better than a thousand days elsewhere. The reason for this statement is clear: *God's presence is the greatest treasure*.

This statement also contains an element of contrast. The Levites who wrote this psalm were responsible for serving in the temple, meaning they were familiar with life outside it. They experienced both the temporary satisfactions and the hardships of life in places where evil reigned. Yet they discovered that nothing compares to life in the presence of God.

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