

## Quiet Moments with God

Allow these Quiet Moments to draw you into a time of rest and reflection with the Lord. Open your heart. What is He saying to you?

### You Know

[Reading: God knows.](#) (Click to open link)

[Song: You Already Know. JJ Heller](#) (Click to open link) (Lyrics on pages 2)

\*Prayer: Thank you, Lord! See me, Know me, work in my life for my good. Show me your love. Let your presence give me what I need every day. Amen.

*LORD, you have examined me and you know me.  
You know everything I do; from far away you understand all my thoughts.*

Psalm 139:1-2 GNT

*Your thoughts—how rare, how beautiful! God, I'll never comprehend them!  
I couldn't even begin to count them—  
any more than I could count the sand of the sea.*

Psalm 139:17 MSG

*So the word of God became a human being and lived among us.  
We saw his splendour (the splendour as of a father's only son),  
full of grace and truth.*

*And it was about him that John stood up and testified, exclaiming:  
"Here is the one I was speaking about when I said that although he would come after me  
he would always be in front of me;  
for he existed before I was born!"*

*Indeed, every one of us has shared in his riches—  
there is a grace in our lives because of his grace.*

*For while the Law was given by Moses,  
love and truth came through Jesus Christ.  
It is true that no one has ever seen God at any time.  
Yet the divine and only Son,  
who lives in the closest intimacy with the Father,  
has made him known.*

John 1:14-18 J.B. Phillips New Testament

# You Already Know

JJ Heller

Everything around me seems uncertain  
My weary heart can't take much more surprise  
I wish there was a point on the horizon  
Something I could see with my own eyes

I need to tell you that I'm scared  
I feel completely unprepared  
And nothing's what it was two weeks ago

But you already know  
You already know  
Everything I'm scared of  
Everything I hope  
You hold my tomorrow  
And all tomorrow holds  
You already know

I can't seem to find the easy answers  
Someday, I hope the suffering makes sense  
I just need to know that you are with me  
Even if you keep me in suspense

We talk so much these days  
Because I have so much to say  
You stay and listen to me closely even though

You already know  
You already know  
Everything I'm scared of  
Everything I hope  
You hold my tomorrow  
And all tomorrow holds  
You already know

Whatever I'm feeling  
Whatever is coming  
Whenever the ending  
You're already there  
You go before me  
You go behind me

Wherever I'm going  
You're already there

You already know  
You already know  
Everything I'm scared of  
Everything I hope  
You hold my tomorrow  
And all tomorrow holds  
You already know  
You already know

Songwriters: Leslie Jordan / David Heller / Jennifer J Heller

11 January 2023