

Week 3: What Your Body Kept Safe for You

Day 6: Where Is God When My Body Panics

Listen with Tay: Tay will record this day's reading herself.

Scripture: "Where can I go from your Spirit? Where can I flee from your presence?" (Psalm 139:7-8)

You may have asked, with tears in your throat, where is God when I am triggered? When my chest tightens in the grocery store? When I go numb at the kitchen table for no reason I can name?

Hear this clearly, love. God is not disappointed in your reactions. God is not angry at your nervous system. God is not standing at a distance waiting for you to get it together. God is present inside your body's response, not outside of it.

When Jesus healed people, He healed the body and the heart and the mind all at once. He does not heal in categories. He honors your biology because He is the one who designed it. Your nervous system's reactions are not rebellion. They are remnants of wounds He is patiently restoring, one held breath at a time.

Gentle prompt: Read Psalm 139:7-8 slowly. There is nowhere your panic can take you that He has not already arrived.

Prayer: God, You are not far from my shaking hands or my racing heart. You are in it with me. Stay close until my body believes what my spirit knows. Amen.