

Harshly treated, Hagar fled to the wilderness. The Lord heard her cries and met her there. Hagar said, “You are the God who sees me” (from Genesis 16:1-13). The God to whom we pray is *El Roi*, the Strong One who sees . . .

**Everyone.** *The eyes of the Lord are everywhere, keeping watch on the wicked and the good* (Proverbs 15:3).

**Everywhere.** *If I settle on the far side of the sea, even there your hand will guide me* (Psalm 139:9).

**In the dark.** *Darkness is as light to him* (Psalm 139:12).

**Our hearts.** *The Lord sees not as man sees: man looks on the outward appearance, but the Lord looks at the heart* (1 Samuel 16:7).

When you pray to *El Roi* . . .

**Be honest.** *He perceives your thoughts from afar* (Psalm 139: 2).

**Ask Him to show you who you are.** *Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting* (Psalm 139:23-24).

**Give Him your heart.** *The eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him* (2 Chronicles 16:9).

**Praise Him.** *Praise God in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Let everything that has breath praise the Lord* (Psalm 150:1-2, 6).