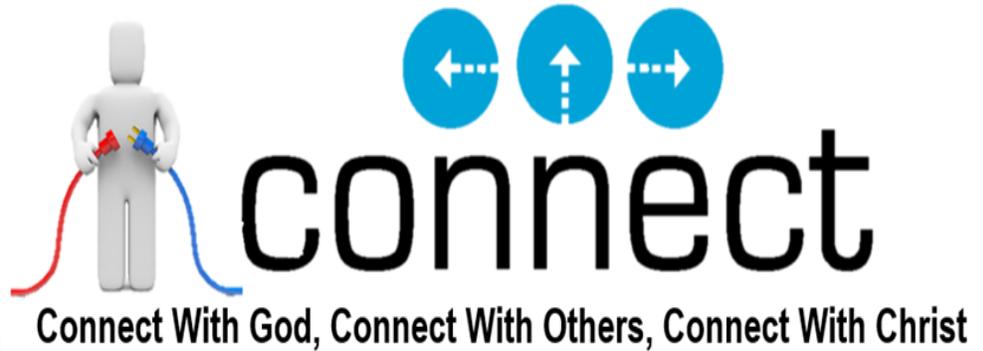


Tuesday 25th Nov 2020
based on the theme of our
previous Sunday service

**Opening Prayer****Reading****Psalm 139** New International Version (NIV)

For the director of music. Of David. A psalm.

¹ You have searched me, LORD,
and you know me.
² You know when I sit and when I rise;
you perceive my thoughts from afar.
³ You discern my going out and my lying
down;
you are familiar with all my ways.
⁴ Before a word is on my tongue
you, LORD, know it completely.
⁵ You hem me in behind and before,
and you lay your hand upon me.
⁶ Such knowledge is too wonderful for
me,
too lofty for me to attain.
⁷ Where can I go from your Spirit?
Where can I flee from your presence?
⁸ If I go up to the heavens, you are
there; if I make my bed in the depths,
you are there.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.
¹¹ If I say, “Surely the darkness will hide
me and the light become night around
me,”
¹² even the darkness will not be dark to
you; the night will shine like the day,
for darkness is as light to you.
¹³ For you created my inmost being;
you knit me together in my mother’s
womb.
¹⁴ I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.

15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the
depths of the earth.

16 Your eyes saw my unformed body;
all the days ordained for me were
written in your book
before one of them came to be.

17 How precious to me are your
thoughts, God!
How vast is the sum of them!

18 Were I to count them,
they would outnumber the grains of
sand - when I awake, I am still with
you.

19 If only you, God, would slay the
wicked!

Away from me, you who are
bloodthirsty!

20 They speak of you with evil intent;
your adversaries misuse your name.

21 Do I not hate those who hate
you, LORD,
and abhor those who are in rebellion
against you?

22 I have nothing but hatred for them;
I count them my enemies.

23 Search me, God, and know my heart;
test me and know my anxious
thoughts.

24 See if there is any offensive way in
me, and lead me in the way everlasting.

New International Version - UK (NIVUK)

Holy Bible, New International Version® Anglicized, NIV® Copyright © 1979, 1984, 2011 by Biblica, Inc.®
Used by permission. All rights reserved worldwide

Dwelling in the word

Many people struggle with the perception of themselves and their self-worth. In our lives why is it that the voices and opinions of others carry more weight on us than our own?

As we come to Psalm 139. We are reminded to many truths about how God sees us and how God feels about us. Here are three reasons from Psalm 139 about why as God's children we can rejoice in the all-seeing gaze of God:

1. God sees you in the darkness, and He will never forget you. (Psalm 139:11-12)
2. God sees you from the beginning, and He made you wonderfully. (Psalm 139:13-18)
3. God sees you when you wrong him, and He treats you graciously (Psalm 139:19-24)

1. Before we move on through the questions, take a moment to think (to yourself) about any aspects in your life where you are tempted to doubt the way God has made you?

- a. What does that struggle look like for you?
- b. Of those aspects that you struggle with, how have you seen the Lord use them to glorify Himself or draw you closer to Him?

Group Questions

2. Why does it matter that God knows us so intimately?

- a. What difference does it make to our lives?
- b. Why does David make such a big deal over it?

3. What are some advantages of God knowing everything about you?

4. Read Psalm 139:14.

14 I praise you because I am
fearfully and wonderfully made;
your works are wonderful,
I know that full well.

Like David, do you know that you are fearfully (i.e., gloriously, astonishingly, awe inspiring) and wonderfully (i.e., distinctive, set apart) made? How would your life and relationships be different if you knew, beyond a shadow of a doubt, that the holy God made people including you as a reflection of His glory?

5. Consider Psalm 139:9-10 along with Genesis 3:21, Numbers 6:24-26, and Psalm 80:3, 7, and 19.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰ even there your hand will guide me,
your right hand will hold me fast.

- a. What do you think gave the psalmist David the confidence to pray as he did in Psalm 139:23-24?
- b. What might happen if you took God at His word and dared to come out of hiding before Him? *What 'hidden' area in your life and heart might you fully lay bare before Him this week?*

For Personal reflection:

6. **What difference will the truth of Psalm 139 make in your life?** Maybe write short answers to the questions below. Be as specific as possible.

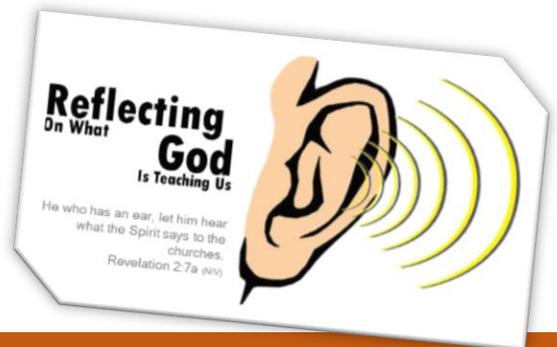
Final Questions:

7. **If time discuss How the truths given in Psalm 139 can be applied to each of the situations below.** Feelings always come from our thoughts and beliefs. If we believe and act upon the truth, our feelings will follow.

How will the truth of Psalm 139 effect you the next time:

- a) You feel unloved or insignificant?
- b) You fail at something?
- c) You sin?
- d) You are treated unkindly or unfairly?
- e) You feel lonely or abandoned?
- f) The ones you love the most seem oblivious to your deepest needs?
- g) You feel like a misfit because of your appearance or your personality or your position in life?

8. What might God be wanting to teach both you personally and the church this week?



CLOSE:

As you close take a moment to pray for one another especially remembering those you know who are suffering. Don't forget to also give thanks to God for one another.