

“Search Me!”

Expressions #4 • Psalm 139

INTRODUCTION

In Psalm 139 David considers the great and self-evident truth that God knows our hearts, and when we mix faith with that truth and seriously consider it and apply it, we will be filled with comfort and compelled to live holy lives, committed to God.

Ice Breaker (Optional):

Think about the person who knows you best, do they know something about you no one else does?

Study Questions (45 MIN)

God knows me

Q1. Read Psalm 139:1-6; Genesis 4:1; John 21:17

Sometimes we take the attributes of God for granted. We believe he is omniscient; that He knows everything. But the level of knowledge He has surpasses simply acquiring a list of facts. What are the many ways that Psalm 139:1-6 tells us God knows us? The word used for this level of “knowing”, (yada `), is also used to refer to the intimacy between a husband and wife (Genesis 4:1). Consider the exchange between Peter and the risen Christ in John 21:17. Jesus didn’t have to query Peter, because he knew exactly the love Peter had for Him. How do you think this exchange helped Peter to know himself better? Have you ever thought that there are things God knows about you that even you do not know?

God is with me

Q2. Read Psalm 139:7-12; Revelation 12:10; Romans 8:1, 38-39

In this passage David considers the impossibility of escaping from God. What are some things that make you want to escape God’s presence? When we come face to face with our sins, we typically have one of two responses: conviction or condemnation. When the Holy Spirit convicts us of sin, it should draw us to the God of mercy who is willing to forgive and cleanse us when we confess our sins to Him. However, if we feel condemned, who is the source of that condemnation (Revelation 12:10) that wants to drive us far from God? How can you use Romans 8:1, 38-39 to counter Satan’s accusations?

God made me

Q3. Read Psalm 139:13-16; Isaiah 44:2; John 10:28

In Verse 13 David recognizes that it was God who made him to be the man he was. The “inmost being¹” in this verse refers to the source of our

emotions and affections. David also recognized that the number of his days was pre-determined by God with a purpose in mind. What assurances do Isaiah 44:2 and John 10:28 offer us? Have you ever been in a situation where you thought you might lose your life? If so, what were your thoughts and feelings and how did your relationship with God affect you? What would you say is one unique purpose He has for your life?

¹*kilyah*

God thinks about me

Q4. Read Psalm 139:17-18; Psalm 31:19; Jeremiah 29:11

The ones we love occupy our thoughts. What does Psalm 139:17-18 reveal about God’s thoughts of us? God’s thoughts are not just random thoughts for us. What kind of plans does God have in mind for you? (Jeremiah 29:11 and Psalm 31:19)

God searches me

Q5. Read Psalm 139:19-24; Philippians 4:6-7

In verses 19 - 22 David’s thoughts return to his enemies. Immediately after expressing his feelings towards his enemies, what does David ask of God in verse 23? What are some of the things David wanted to reveal to God in Verses 23 and 24? David knew his thoughts were anxious and suspected his ways were offensive to God, but he did not try to hide that from God. What was David’s expressed desire at the end of this psalm?

Wrap-Up

David was a man after God’s own heart (Acts 13:22). He was far from perfect, but David knew God intimately as his ever-present, loving creator; the one to whom he could reveal anything and be forgiven and accepted. David was vulnerable before God, trusting Him with his very life, both on earth and eternally. We too can confidently trust God with our lives and follow him.

Memory Verse

Search me, O God, and know my heart! Try me and know my thoughts!
Psalm 139:23 ESV

Prayer (20 MIN)

Ask your group to pray for you regarding one area where you can apply this study in your life: _____

Pray for your group members’ needs: _____

Challenge: Ask God to search you. Ask him to make you aware of things about yourself you don’t know. As he reveals them, express your feelings about them. Ask him what he wants you to do in response?

Q1

Psalm 139:1-6 ESV - 1 To the choirmaster. A Psalm of David. O LORD, you have searched me and known me! 2 You know when I sit down and when I rise up; you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways. 4 Even before a word is on my tongue, behold, O LORD, you know it altogether. 5 You hem me in, behind and before, and lay your hand upon me. 6 Such knowledge is too wonderful for me; it is high; I cannot attain it.

Genesis 4:1 ESV - 1 Now Adam knew Eve his wife, and she conceived and bore Cain, saying, "I have gotten a man with the help of the LORD."

John 21:17 ESV - 17 He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" and he said to him, "**Lord, you know everything**; you know that I love you." Jesus said to him, "Feed my sheep.

Q2

Read Psalm 139:7-12 in your Bible

Revelation 12:10 NKJV - 10 Then I heard a loud voice saying in heaven, "Now salvation, and strength, and the kingdom of our God, and the power of His Christ have come, for the accuser of our brethren, who accused them before our God day and night, has been cast down.

Romans 8:1, 38-39 ESV - 1 There is therefore now no condemnation for those who are in Christ Jesus. ... 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Q3

Psalm 139:13-16 NIV - 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.

Isaiah 44:2 ESV - 2 Thus says the LORD who made you, who formed you from the womb and will help you: Fear not, O Jacob my servant, Jeshurun whom I have chosen.

John 10:28 NIV - 28 I give them eternal life, and they shall never perish; no one will snatch them out of my hand.

Q4

Psalm 139:17-18 NIV - 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.

Jeremiah 29:11 NIV - 11 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

Psalm 31:19 NIV - 19 How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.

Q5

Read Psalm 139:19-24

Philippians 4:6-7 NIV - 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Prayers Con't: _____
