



## **Week 6: Psalm 139, A Song of Presence**

*O Lord, you have examined my heart  
and know everything about me.  
You know when I sit down or stand up.  
You know my thoughts even when I'm far away.  
You see me when I travel  
and when I rest at home.  
You know everything I do.  
You know what I am going to say  
even before I say it, Lord.  
You go before me and follow me.  
You place your hand of blessing on my head.  
Such knowledge is too wonderful for me,  
too great for me to understand!*

Psalm 139:1-6 (NLT)

- **God** \_\_\_\_\_.

*I can never escape from your Spirit!  
I can never get away from your presence!*

*If I go up to heaven, you are there;  
if I go down to the grave, you are there.  
If I ride the wings of the morning,  
if I dwell by the farthest oceans,  
even there your hand will guide me,  
and your strength will support me.  
I could ask the darkness to hide me  
and the light around me to become night—  
but even in darkness I cannot hide from you.  
To you the night shines as bright as day.  
Darkness and light are the same to you.*

Psalm 139:7-12 (NLT)

- **God is** \_\_\_\_\_.

*You made all the delicate, inner parts of my body  
and knit me together in my mother's womb.  
Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.  
You watched me as I was being formed in utter seclusion,  
as I was woven together in the dark of the womb.  
You saw me before I was born.  
Every day of my life was recorded in your book.  
Every moment was laid out  
before a single day had passed.*

Psalm 139:13-16 (NLT)

- **God** \_\_\_\_\_.

*How precious are your thoughts about me, O God.  
They cannot be numbered!  
I can't even count them;  
they outnumber the grains of sand!  
And when I wake up,  
you are still with me!*

Psalm 139:17-18 (NLT)

● **God** \_\_\_\_\_.

*O God, if only you would destroy the wicked!  
Get out of my life, you murderers!  
They blaspheme you;  
your enemies misuse your name.  
O Lord, shouldn't I hate those who hate you?  
Shouldn't I despise those who oppose you?  
Yes, I hate them with total hatred,  
for your enemies are my enemies.*

Psalm 139:19-22 (NLT)

● **God hates evil and** \_\_\_\_\_.

*Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
Point out anything in me that offends you,  
and lead me along the path of everlasting life.*

Psalm 139:23-24 (NLT)

**Final Thought:**

When we know God's constant presence, consistent love, and caring plans for our lives we can trust him to know us at our \_\_\_\_\_.

**Discussion Questions:**

1. How do you feel about God knowing you better than you know yourself?
2. Is there anything that deep in your heart of hearts you think God might not understand about you?
3. Even though we can't 'get away' from God, what do we do to sometimes hold him at a distance?
4. Are you willing to pray that God, who knows you, wants you, made you and has a plan for you, will 'search you and know

you'? And are you ready to be changed according to God's will for your life? What might this look like practically?

## **Resources**

*Open and Unafraid: The Psalms as a Guide to Life*, W. David O. Taylor

*Psalms: The Prayer Book of the Bible*, Dietrich Bonhoeffer

*Discovering My Niche*, Gary Chapman

*You Are Never Alone: Trust in the Miracle of God's Presence and Power*,  
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- **God KNOWS ME.**

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- **God CREATED ME.**

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- God hates evil and **SO SHOULD I.**

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