

God Knows You



MEMORY VERSE: “O Lord, You have examined my heart and know everything about me. You go before me and follow me. You place Your hand of blessing on my head.”
Psalm 139:1, 5

DAY 1 PSALM 139:1-6—All-Knowing God Knows Me

1. David is the author of this Psalm. The world around us judges us by what they see, how does God judge us? v. 1
2. Besides knowing our thoughts, what does God know? vv. 2-4
3. What do you think verse 5 means?
4. What are some of the things that are absolutely beyond our understanding?
5. Are there times when you wonder if anyone knows or even cares that you are here?
Do you ever wonder if anyone would ever love you if they really knew what goes on inside you?
What do these verses tell you?

DAY 2 PSALM 139:7-12—All-Present God Is with Me

6. Where can you go that God cannot? Why?

7. What comfort does a believer have in the darkness? vv. 11-12

8. What are your thoughts on the depth of God's presence in your life?

DAY 3 PSALM 139:13-18—All-Powerful God Created Me

9. What do you learn about the miracle of your birth and life? vv.13-15

10. Why is this reason to praise God?

11. What does David reveal to us in verses 16? Also read Ephesians 2:10.

12. Read verses 17-18. Compare our thoughts to God's thoughts.

DAY 4 PSALM 139:19-24—Our Response to the Greatness of God

13. What do God's enemies do? vv.19-20

14. What does David ask in verse 21? What does Romans 12:17-19 add?

15. Read verses 23-24. What about this prayer connects with you? Why would we want the Lord to do this?

DAY 5 PSALM 139—Wrap Up

16. After studying this Psalm... what are your thoughts on:
God knows you.

He is everywhere with you.

He created you.

17. How does our knowledge of the character of God and our relationship with Him determine how we view ourselves and everything else?

TAKE AWAY

Write the words *“Search me, God, and know my heart”* and place on your mirror.
When you get up, read the note and remember that God knows you and loves you!

BLESSING

God made you! He formed you and the days of your life are in His hands! Psalm 139

God Knows You

For the choir director: A psalm of David.

1 O Lord, You have examined my heart
and know everything about me.

2 You know when I sit down or stand up.
You know my thoughts even when I'm far
away.

3 You see me when I travel and when I
rest at home.

You know everything I do.

4 You know what I am going to say even
before I say it, Lord.

5 You go before me and follow me.
You place your hand of blessing on my
head.

6 Such knowledge is too wonderful for
me, too great for me to understand!

7 I can never escape from Your Spirit!
I can never get away from Your
presence!

8 If I go up to heaven, You are there; if I
go down to the grave, You are there.

9 If I ride the wings of the morning, if I
dwell by the farthest oceans,

10 even there Your hand will guide me,
and Your strength will support me.

11 I could ask the darkness to hide me
and the light around me to become
night—

12 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.

13 You made all the delicate, inner parts
of my body
and knit me together in my mother's
womb.

14 Thank You for making me so
wonderfully complex!

Your workmanship is marvelous—how
well I know it.

15 You watched me as I was being

formed in utter seclusion,
as I was woven together in the dark of
the womb.

16 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.

17 How precious are Your thoughts about
me, O God.

They cannot be numbered!

18 I can't even count them;
they outnumber the grains of sand!

And when I wake up,
You are still with me!

19 O God, if only You would destroy the
wicked!

Get out of my life, you murderers!

20 They blaspheme You; your enemies
misuse Your name.

21 O Lord, shouldn't I hate those who
hate You?

Shouldn't I despise those who oppose
You?

22 Yes, I hate them with total hatred, for
Your enemies are my enemies.

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

24 Point out anything in me that offends
You, and lead me along the path of
everlasting life.

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