

Heart to Heart with the Living God

Psalm 139

"O LORD, you have searched me and you know me." Psalm 139: 1

Day 1: Read Psalm 139.

1. What are your first impressions of this psalm?

2. Now re-read the psalm emphasizing the personal pronouns (I, me, my). Does this give you a different second impression? If so, how is it different?

3. What are some broad ways to summarize these sections?
 - vv. 1-6

 - vv. 7-12

 - vv. 13-16

4. David says that God is "familiar with all his ways" (v. 3).
 - a. What specific examples does he give? (vv. 2-4)

 - b. What do you find interesting about his choice of examples?

Day 2: Read Psalm 139.

5. Write out verses 1-5 and take them along with you today. Rehearse these truths as you go about your routine. Record any impact this exercise has on you.

Day 3: Read Psalm 139.

6. How does the Psalmist express his reaction to God's intimate knowledge of him? (v. 6, 17-18; Ps. 8:3-5)

7. David's two questions in verse 7 make it clear that it is impossible to escape from the presence of God.
 - a. Why is it futile to run and hide from God? (vv. 7-16; Ps. 33:13-15; Heb. 4:13)

 - b. The fact that it is futile to hide from God could produce anger and frustration or bring hope and comfort. What would make the difference?

*The  symbol indicates verses for further study.

8. How does the imagery of God's hand in verses 5 and 10 bring you comfort or freedom from fear? (Isa. 41:13)
9. Recognizing God's presence everywhere, David now muses on the fact that God was even at work in his mother's womb creating him. How does he describe God's work? (vv. 13-16a)
10. In Psalm 56 we saw that God recorded David's lament and tears. What else does God record? (v. 16b)

Day 4: Read Psalm 139.

11. How does this psalm dismiss the notion that God is distant and uninterested in mankind? (Write out the verbs in verses 1-16 for a clue.)
12. In verses 19-22 David makes an abrupt shift to express his hatred for the wicked.
 - a. What are the wicked doing?
 - b. How does this help us understand why David speaks so forcefully?

Day 5: Read Psalm 139.

13. Look at David's specific requests in verses 23-24.
 - a. Why is he unafraid to have God expose what is in his heart? (📖* Ps. 103:10-12; 130:3-4)
 - b. Have you ever made the request in verses 23 and 24 your request?
 - c. What reservations did or would you have?
14. How can knowing what Jesus has done and is doing for you make this request easier to make? (Jn. 3:17; Heb. 7:25; 1 Jn. 1:9)
15. Use what you have learned in this week's lesson to courageously pray this prayer.