

SOURCE OF STRENGTH

9 ENERGIZING TRUTHS FROM PSALM 139

Truth # 1:
Someone Knows and
Someone Cares
Psalm 139:1-5

1. God _____ me perfectly
*O LORD, you have searched me and you know me.
You know when I sit and when I rise; you perceive my
thoughts from afar. You discern my going out and my lying
down; you are familiar with all my ways. Before a word is on
my tongue you know it completely, O LORD. Ps. 139:1-4*

What does God know about me?

- God knows all about my _____ and _____
*...you perceive my thoughts from afar. You know how
troubled I am; you have kept a record of my tears. Ps. 56:6*
 - God knows all about my _____ and _____
*...you are familiar with all my ways. For a man's ways a
full view of the Lord... Pr. 5:21*
 - God knows all about my _____
*...Before a word is on my tongue you know it complete!
LORD You have listened to my troubles and have seen the
crisis in my soul. Ps. 31:7*
 - God knows all about my _____
*The days ordained for me were written in your book be-
one of them came to be. Ps. 139:16*
2. God _____ me powerfully
You hem me in --behind and before... Ps. 139:5a
3. God _____ me personally
...you have laid your hand upon me. Ps. 139:5b

MY RESPONSE:

Daily Meditations

Based on this weekend's message

This week's memory verse: *O LORD, you have searched me
and you know me. Psalm 139:1*

Monday

Read Psalm 139:1-5. Does the idea of God's omniscience encourage or discourage you... or a little of both? Why?

Look over the outline from this past week. Which point was especially meaningful to you? Why?

What are you glad God knows about you?

*Pray these verses to God as your prayer today! Ask Him for
advice in areas of your life where you are struggling that He
already knows all about!*

Tuesday

Today read another passage in the psalms related to God's knowledge and care of you: Psalm 103:8-17. The title for this past weekend's message was "Someone Knows and Someone Cares." What do these verses tell you about God's understanding and care of you?

How has God shown you compassion?

How has God shown you grace?

Verse 14 says He knows how we are made-- that we are frail humans, just dust. How can you have the same kind of sympathy and understanding of others in your life?

*In prayer today, thank God for specific ways He has shown you
grace and compassion. Ask Him to help you show compassion
and grace to others. Be specific.*

Wednesday

Today let's read a New Testament passage about how God knows and God cares: Read Hebrews 4:12-16. What does verse 13 teach about how much God knows?

How does this make you feel?

It may intimidate you to think of God's all-knowing eye, but verses 14-16 paint a very tender picture of God's sympathy for you. What do these verses teach about God?

Some people think of God's omniscience, or all-knowing nature, as frightening. They have a mental picture of God similar to the evil all-knowing eye of Sauron in the Lord of the Rings movies. How do these verses correct that impression?

Today do as this verse instructs: Approach the throne of grace with confidence! Bring to God an honest confession of your weaknesses, fears, and struggles.

Thursday

Read Matthew 6:1-8. How does God's omniscience -- that is, his all-knowing nature -- come into play in these verses (See verses 4 and 8)?

Believing God is all-knowing is one thing; letting it impact your daily life is another. What practical applications of God's omniscience does Jesus make in these verses?

How does Matthew 6:8 relate to Psalm 139:4?

If God knows what you need before you ask, and knows each word before it is even on your tongue, why should you pray to Him? In other words, what are the benefits of prayer to your relationship with God if He already knows your heart?

Give thanks to God today for His omniscience. Pray as Jesus instructed in these verses.

Friday

Read all of Psalm 139. As we continue in our verse-by-verse study of this chapter, what new ideas or thoughts intrigue you about this psalm?

Specifically meditate on Psalm 139:6 in preparation for this weekend's message. David is in awe and wonder of God's mysterious, powerful nature. What awes you about God?

Give thanks to God today for something mysterious and powerful about His nature. Take time to pray the prayer of Psalm 139:6 and tell God how awesome and mysterious He is!

Saturday

Today polish up that memory verse. Please pray for services this weekend. Thank you!