

A group of diverse young people, including men and women of various ethnicities, are shown from the chest up. They are all looking upwards with expressions of awe and devotion, and their hands are raised in prayer. The background is a bright, sunny sky with soft, white clouds. The overall mood is one of spiritual joy and collective worship.

# The God Who Knows Me

(And yet still loves me)

Psalm 139



# The God Who Knows Me ~ (And yet still loves me) ~ Psalm 139

1 O LORD, You have searched me and known me. 2 You know my sitting down and my rising up; You understand my thought afar off. 3 You comprehend my path and my lying down, And are acquainted with all my ways. 4 For there is not a word on my tongue, But behold, O LORD, You know it altogether. 5 You have hedged me behind and before, And laid Your hand upon me. 6 Such knowledge is too wonderful for me; It is high, I cannot attain it. (Psalm 139:1-6)

**God is OMNISCIENT: He knows everything about you, including your past & future 🧠**

## QUESTIONS:

1. What are your thoughts, knowing God knows you better than yourself?
2. If God knows everything about you, why is prayer and confession still important?



# The God Who Knows Me ~ (And yet still loves me) ~ Psalm 139

7 Where can I go from Your Spirit? Or where can I flee from Your presence? 8 If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. 9 If I take the wings of the morning, And dwell in the uttermost parts of the sea, 10 Even there Your hand shall lead me, And Your right hand shall hold me. 11 If I say, "Surely the darkness shall fall on me," Even the night shall be light about me; 12 Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light are both alike to You. (Psalm 139:7-12)

**God is OMNIPRESENT: He is everywhere, all at the same time 🤔**

## QUESTIONS:

1. Have you ever tried hiding from God? What happened?
2. How can knowing that God's always with you change your view of fear or loneliness?



# The God Who Knows Me ~ (And yet still loves me) ~ Psalm 139

13 For You formed my inward parts; You covered me in my mother's womb. 14 I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. 15 My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. 16 Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them. (Psalm 139:13-16)

**God is CREATOR: He created every person and every thing 😊**

## **QUESTIONS:**

- 1. What does it mean to you that God personally formed you with purpose and care?**
- 2. How does believing that each person is God's creation affect how we treat others?**



# The God Who Knows Me ~ (And yet still loves me) ~ Psalm 139

17 How precious also are Your thoughts to me, O God! How great is the sum of them! 18 If I should count them, they would be more in number than the sand; When I awake, I am still with You. 19 Oh, that You would slay the wicked, O God! Depart from me, therefore, you bloodthirsty men. 20 For they speak against You wickedly; Your enemies take Your name in vain. 21 Do I not hate them, O LORD, who hate You? And do I not loathe those who rise up against You? 22 I hate them with perfect hatred; I count them my enemies. (Psalm 139:17-22)

**God is LOVING: He loves you and has abundant loving thoughts of you 🥰**

## QUESTIONS:

1. How would your life change if you truly believed God thinks of you all the time?
2. Why is it hard to accept God's love sometimes if we've sinned or feel unworthy?



# The God Who Knows Me ~ (And yet still loves me) ~ Psalm 139

23 Search me, O God, and know my heart; Try me, and know my anxieties; 24 And see if there is any wicked way in me, And lead me in the way everlasting. (Psalm 139:23-24)

Our response to knowing God is Omniscient, Omnipresent, Creator & Loving... 😊

## QUESTIONS:

1. What does it look like to ask God to search your heart and reveal what needs to change?
2. Knowing that God knows everything, is everywhere, is your Creator, and full of love for you - what's one way you can respond to God this week?

