**"THE BOOK OF PSALMS"**

**Book V (107-150) - Psalm 139**

**July 14, 2021**

**“I am…Fearfully and Wonderfully Made.”**

**Summary:** The various components of this Psalm expose the intensely personal relationship between the Psalmist and his God. A prayer for God to examine the heart and see it true devotion.

**Outline:**

1. The Lord’s Discernment (1-6)
2. The Lord’s Perception (7-12)
3. The Lord’s Purpose (13-18)
4. Prayer of Vindication (19-24)

**Review, meditate and pray.**

1. The all-seeing eyes of the Holy God are both delightful and dreadful. (Psalm 139:1-10) Three reasons from Psalm 139 on why God’s children can rejoice in the all-seeing God:

* God sees you in the darkness, and He will never forget you. (Psalm 139:11-12)
* God sees you from the beginning, and He made you wonderfully.(Psalm 139:13-18)
* God sees you when you sin, and God treats you graciously (Psalm 139:19-24).

2. When it comes to your perception of your value and self-worth, what “voices” tend to carry the most weight in your mind?

3. Are there aspects of your personhood where you are tempted to doubt the way God has wired or designed you? What does that struggle look like for you? Of those aspects that you struggle with, how have you seen the Lord use them to glorify Himself or draw you closer to Him?

4. Read Psalm 139:14. Like David, do you know that you are fearfully (i.e., gloriously, astonishingly, awe inspiring) and wonderfully (i.e., distinctive, set apart) made? How would your life and relationships be different if you knew, beyond a shadow of a doubt, that the holy God made people – including you – as a reflection of His glory?

5. Read Psalm 138:6-8. How might the fact that the all-seeing God of heaven and earth sees and knows everything about you affect your thoughts and actions? How might this truth impact your daily pursuit of and approach to Him?

6. Are there ways that you currently feel crushed by darkness (e.g., the loss of a job or loved one, loss of health, feelings of anxiety and worry)? How may you allow Psalm 139 to speak to your heart and encourage you this week?

7. Consider Psalm 139:9-10 along with Genesis 3:21, Numbers 6:24-26, and Psalm 80:3, 7, and 19. What do you think gave the psalmist David the confidence to pray as he did in Psalm 139:23-24? What might happen if you took God at God’s word and dared to come out of hiding before God? What ‘hidden’ area in your life and heart might you fully lay bare before God this week?

8. Read Psalm 139 aloud. Pray Psalm 139.

**NOTES:**

***Psalm 139 God’s Perfect Knowledge of Man.***

***For the Chief Musician. A Psalm of David.***

1O Lord, You have searched me and known *me.*  
2You know my sitting down and my rising up; You understand my thought afar off.  
3You comprehend my path and my lying down, And are acquainted with all my ways.  
4For *there is* not a word on my tongue, *But* behold, O Lord, You know it altogether.  
5You 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.

7Where can I go from Your Spirit? Or where can I flee from Your presence?  
8If 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,  
10Even there Your hand shall lead me, And Your right hand shall hold me.  
11If I say, “Surely the darkness shall fall on me,” Even the night shall be light about me;  
12Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light *are* both alike *to You.*

13For You formed my inward parts; You covered me in my mother’s womb.  
14I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well.  
15My frame was not hidden from You, When I was made in secret, *And* skillfully wrought in the lowest parts of the earth.  
16Your 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.

17How 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.

19Oh, that You would slay the wicked, O God! Depart from me, therefore, you bloodthirsty men.  
20For they speak against You wickedly; Your enemies take *Your name* in vain.  
21Do I not hate them, O Lord, who hate You? And do I not loathe those who rise up against You?  
22I hate them with perfect hatred; I count them my enemies.

23Search me, O God, and know my heart; Try me, and know my anxieties;  
24And see if *there is any* wicked way in me and lead me in the way everlasting.