



## Week Eight: Unforgettable (Psalm 139)

Psalm 139 is one of the most well-known and loved psalms in the Bible. David speaks of the presence of God and his intimate knowledge of us. These words can provide us with great hope and comfort as we face the trials and adversity that this world throws at us.

The psalmist addresses several facts about God. We are fearfully and wonderfully made by him! He knows absolutely everything about us: our actions, thoughts, and intentions. We cannot escape his presence. There is no hiding from God.

He concludes by addressing his commitment to holiness. David seeks God's presence, wisdom and knowledge to root out evil in his own life. He wants to live openly before God. He seeks to let God's light into all of the inner parts of his life, yielding everything to him. This is our call as well, to yield ourselves to God and commit ourselves to holiness.

## SMALL GROUP DISCUSSION GUIDE

What does God know about us? (vs. 1-4)

How does the fact that God knows you intimately affect your everyday life? Are you comforted or troubled by this?

There are many attributes of God listed throughout this psalm. Which ones stand out to you and why?

David knows that God knows everything about him. Why do you think he still asks God to search him and know his heart?

How often do you pray for God to reveal areas of your life that are out of alignment with his plan? How do we seek his guidance in addressing them?

**Spend some time in concentrated prayer using the acronym P.R.A.Y.**

**Praise** - Praise God for who he is and what he has done.

**Repent** - Recognize where you need to turn from unhealthy or destructive thinking and patterns and turn back to God's way of life.

**Ask** - Ask for God's intervention on your behalf and on behalf of others.

**Yield** - Entrust your requests to God's good and perfect response and timing.

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**For further study: Using the S.O.A.P. method, explore more deeply this week's Psalm.**

- Scripture
- Observation
- Application
- Prayer

**God knows me: (Psalm 139:1-6)**

*Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.*

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*Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?*

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*Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?*

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*Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.*

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**God is with me: (Psalm 139:7-12)**

*Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.*

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*Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?*

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*Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?*

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*Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.*

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**God formed me: (Psalm 139:13-16)**

*Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.*

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*Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?*

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*Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?*

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*Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.*

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**God's righteousness and justice: (Psalm 139:17-22)**

*Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.*

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*Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?*

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*Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?*

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*Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.*

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**Prayer of humility: (Psalm 139: 23-24)**

*Scripture: Write out the scripture for today. Circle, highlight or somehow mark the words that stand out to you.*

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*Observation: What is going on in this verse? Who is talking? Who is the audience? What is the occasion?*

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*Application: What might God want you to do with what you have observed? How might it change your relationship to him, to yourself, to others?*

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*Prayer: Talk to God about what you're thinking and feeling. Tell him how your heart might be leading you to respond. Ask him for what you might need to be obedient to him and his Word.*

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