



Psalm 139- "A Psalm for the Fearful"

August 14th, 2016

OBSERVE & REFLECT

(This section is designed to encourage us to reflect on and observe the scripture and weekend sermon.)

READ Psalm 139

- ☀ Read the text at least twice. Try reading the text from two different translations.
- ☀ What do you observe in the text? What jumps out at you and grabs your attention? What questions do you have from the text? Pay attention to any action words or phrases and observe what the implications are.

INVESTIGATE & APPLY

(This section focuses on what the scripture has to say as we dig deeper into the Word. It is oriented to create discussion on the Scripture.)

1. Psalm 139 can be broken up into 4 distinct sections. Take some time to read over each one of them, and give them a title in your own words:
 - v.1-6
 - v.7-12
 - v.13-18
 - v.19-24
2. List the verbs or phrases in 139:1-4 that describe God's understanding of us. What does this knowledge indicate about even our most ordinary, mundane moments/hidden thoughts/secretive acts?
3. After contemplating God's perfect knowledge, why might David have asked the next questions? 139:7 (How can God's omnipotence and omnipresence be both wonderful and frightful?)
4. After reminding us of God's omniscience (complete knowledge), omnipotence (complete power), and omnipresence (he is always near us), the psalm closes with some difficult concepts. What does David pray in verses 19-22 concerning his enemies? Should we still pray this way today? Why or Why not?
5. Read David's closing request in Psalm 139:23-24. This is a prayer requiring a great deal of courage, but more so, it reveals David's mindset as it comes to God's presence in his life. What do these concluding verses show us about David's understanding of God?

"The Psalms provide the language, the aspirations, the energy for the community as it comes together in prayer."

-Eugene Peterson

NEXT STEPS

- ☀ What are your greatest fears in life? How does this Psalm speak into those fears and help you deal with them on a daily basis?
- ☀ Does the fact that God knows everything about you give you comfort, or does it make you feel uneasy?
- ☀ God is everywhere, but in what places and circumstances do you feel the most isolated from him? How does Psalm 139 change your perspective? How can you carry the truth of this Psalm into those places and circumstances?