

Participant Guide

Week of February 12 – Psalm 139 – You Are Valuable

Psalm 139: 1-4

1 O Lord, you have searched me and known me!

2 You know when I sit down and when I rise up; you discern my thoughts from afar.

3 You search out my path and my lying down and are acquainted with all my ways.

4 Even before a word is on my tongue, behold, O Lord, you know it altogether.

1. Pastor explained to us that the word ‘search’ that is used here has a deep meaning. Discuss.
2. Does God know us better than we know ourselves?
3. God watches over every step for each of us – what impact does this have on you?

Psalm 139: 7-10

7 Where shall I go from your Spirit? Or where shall I flee from your presence?

8 If I ascend to heaven, you are there! If I make my bed in Sheol, 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.

4. We cannot outrun God and we cannot hide from Him. Have you ever tried to hide from God? Have you ever been convinced that He wasn’t present with you? How do these verses speak to those times?

Psalm 139: 13-16

13 For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

5. God made the vastness of the universe, but also formed the most intricate details of who you are. How does this impact the way you view yourself? The way you view others?
6. Have you ever created or built something that you were very proud of? What was that process like?

Psalm 139: 5-6

5 You hem me in, behind and before, and lay your hand upon me.

6 Such knowledge is too wonderful for me; it is high; I cannot attain it.

7. Pastor explained to us that the phrase 'hem me in' has a deep meaning. Discuss.

"Digging Deeper"

Ephesians 3: 18-19

And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

How are we going to grasp God's great love for us? What steps can we take this week to grow in this knowledge? What steps can we take this week to help others know of God's great love in Jesus Christ?