

## **Psalm 139: 1-17 (ESV): Where Shall I Go From Your Spirit?**

**Main point:** God knows you and is always with you.

**Open with a short prayer, inviting God to teach us.**

**Background:** A psalm of David, who wrote many of the Psalms with deep emotions.

### **Focus of the study:**

O Lord, you have searched me and known me!

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

<sup>3</sup>You search out my path and my lying down  
and are acquainted with all my ways.

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

<sup>5</sup>You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup>Such knowledge is too wonderful for me;  
it is high; I cannot attain it.

<sup>7</sup>Where shall I go from your Spirit?  
Or where shall I flee from your presence?

<sup>8</sup>If I ascend to heaven, you are there!  
If I make my bed in Sheol, you are there!

<sup>9</sup>If I take the wings of the morning  
and dwell in the uttermost parts of the sea,

<sup>10</sup>even there your hand shall lead me,  
and your right hand shall hold me.

<sup>11</sup>If I say, "Surely the darkness shall cover me,  
and the light about me be night,"

<sup>12</sup>even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.

<sup>13</sup>For you formed my inward parts;  
you knitted me together in my mother's womb.

<sup>14</sup>I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
my soul knows it very well.

<sup>15</sup>My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.

<sup>16</sup>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.

<sup>17</sup> How precious to me are your thoughts, O God!  
How vast is the sum of them!

<sup>18</sup> If I would count them, they are more than the sand.  
I awake, and I am still with you.

### Questions:

1. v. 1-6: *How well does God know us/you? (pick out words)*
  - a. when I sit down and rise up
  - b. my thoughts from afar
  - c. my lying down
  - d. all my ways
  - e. words before I speak them
  - f. behind and before me
2. *Who else knows you very well? (friends, spouses, etc.) But does anyone else know you this well?*
3. v. 6: *What is the feeling that David has when he realizes how well God knows him?*
  - a. can't get his mind around it – so amazing
4. v. 7-12: *Where is God in relation to us/you?*
  - a. everywhere!
  - b. if in heaven, he's there
  - c. if in the underworld, he's there
  - d. in the farthest sea, he's there
  - e. in the darkness, he's there
5. *What is God doing in all of those places?*
  - a. v. 10: "your hand shall lead me, and your right hand shall hold me" – God is with you, just you, holding you, leading you – you are never alone
6. v. 13-17: *When did God first know you, and for how long?*
  - a. at the moment of conception and onward: "you knitted me together in my mother's womb"
  - b. v. 16: he knows every day of your life before they even happen
7. *What about today? How does he feel about you today?*
  - a. v. 17: precious; more thoughts about you than you can count (picture it: how many grains of sand are there on the beach?)
  - b. When is God thinking about you? Even when you are asleep
8. *When you wake up in the morning, what are your first thoughts?*
9. *So I wonder what is this psalm about?*
  - a. God's love: all the time, all encompassing, personal
  - b. God's presence: everywhere
  - c. God's actions: leading us, healing/holding us, forming us
10. *And what should be our response to these truths?*
  - a. v. 14: "I will praise you"
  - b. How are you able to praise God today?

11. Ask for any other prayer requests for today.
12. Close in prayer, naming people and needs listed.
13. End with a song, e.g., first verse of Amazing Grace