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Always On My Mind

3/7/2021

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
You perceive my thoughts from afar.
You discern my going out and my lying down;
You are familiar with all my ways.
Before a word is on my tongue
You, Lord, know it completely.

God knows me really, really well.

God knows what I'm thinking!

You perceive my thoughts from afar. Psalm 139:2b

God knows what I'm going to say!

Before a word is on my tongue you, Lord, know it completely. Psalm 139:4

There is therefore now no condemnation for those who are in Christ Jesus. I am convinced that nothing can ever separate us from God's love
Romans 8:1,38 (NET Bible)

God made me to be me.

For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
Your eyes saw my unformed body;
all the days ordained for me were written in your book before one of them came to be. Psalm 139:13-16

REALITY + God = Healthy self-image.

God is always going to be with me.

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast. Psalm 139:7-10

God is always thinking about me.

How precious to me are your thoughts, a God!
How vast is the sum of them!
Were I to count them, they would outnumber the grains of sand—Psalm 139:17-18

Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting. Psalm 139:23-24

Talk it Over! For my thoughts and LifeGroup*...

Have someone read Psalm 139:1-12, then another read vss. 13-24.

According to the psalmist, what specific things does God know about us? (vv.1-6). How do you feel about God knowing you so well?

Why do you think the psalmist feels an urge to flee from God's presence? (vv. 7-12) When do you feel like hiding your true self from God?

What words are used to describe God's activity and artistry in making us? In what ways do you feel this Psalm helps a person have a healthier self-image?

Look at verses 23-24. How does this fit into the rest of the Psalm?

Has there ever been a challenge that was written into your DNA that you have maybe struggled with? Talk about how Psalm 139 helps you with this.

Use the verses of the Psalm in your own words during your prayer time.

*A LifeGroup is a group of people who are committed to loving each other and growing through times like these. For more information, connect with Pastor Len at len@marinerscc.org