**“GOD KNOWS ME!”**

**Psalm 139:1-18**

***Sermon Review***

*What was the Main Point of the Sermon from Sunday?*

*What part of the Sermon did you find to be the most beneficial?*

***SMALL GROUP LESSON***

* 1. What is something about you or your personality that is totally unique?

* 1. Have your ever had a time in your life where you felt that God did not see you or was not paying attention to you?
  2. What makes life worth living?

**Psalm 139:1-18 (NLT2)**   
1  O LORD, you have examined my heart and know everything about me.   
2  You know when I sit down or stand up. You know my thoughts even when I’m far away. 3  You see me when I travel and when I rest at home. You know everything I do. 4  You know what I am going to say even before I say it, LORD.   
5  You go before me and follow me. You place your hand of blessing on my head.   
6  Such knowledge is too wonderful for me, too great for me to understand!   
7  I can never escape from your Spirit! I can never get away from your presence!   
8  If I go up to heaven, you are there; if I go down to the grave, you are there.   
9  If I ride the wings of the morning, if I dwell by the farthest oceans,   
10  even there your hand will guide me, and your strength will support me.   
11  I could ask the darkness to hide me and the light around me to become night—   
12  but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.   
13  You made all the delicate, inner parts of my body and knit me together in my mother’s womb. 14  Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.   
15  You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. 16  You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.   
17  How precious are your thoughts about me, O God. They cannot be numbered!   
18  I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

***EXPLORE***

How did David describe God’s knowledge of him? ([139:1-6](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A1-6))

What "knowledge" did David feel was too lofty for him to understand? ([139:6](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A6))

What rhetorical question did David pose to the Lord? ([139:7](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A7))

What did David reveal about our ability to escape God’s scrutiny? ([139:7-12](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A7-12))

Why did God know David so well? ([139:13-15](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A13-15))

What does this psalm reveal about God’s care for His people throughout their lives? ([139:15-16](http://www.crossbooks.com/verse.asp?ref=Ps+139%3A15-16))

***APPLY***

1. What does this psalm teach us about God’s character?
2. What can we learn about ourselves from this passage?

1. How have you experienced God’s care for you?

1. Why does the Lord test us? When has the Lord tested you?
2. What attitude should we have to the Lord’s discipline in our lives?

1. In what area of your life do you desire God’s leading?
2. How could you remind yourself each day this week of God’s presence with you?

**Additional Thoughts:**

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