

MONDAY: What God Knows

When do you think about God the most? When you think about God, what kind of God is He in your mind? How would you describe Him? Explain.

The Psalmist David thought often about God’s creation. He spent whole days and nights outside as a shepherd, so he couldn’t help but notice the details of the world God created. But David didn’t stop with noticing. He applied what he learned about God in creation to his own life. He wrote about that too! This week we will take a look at one of those psalms.

Read Psalm 139:1–4. When David thinks about God, He thinks first about what God knows. Can you list what God knows about us? (*Hint*: There are eight things mentioned in verses 1–4.)

How often do you sit or lie down every day and then get back up? All the time, right? God is aware of every time we sit and stand every day. He notices even normal, everyday activities.

Look at the last half of Psalm 139:2. How do you feel about God knowing all your thoughts?

Psalm 139:4 tells us that Jesus knows when we go out and when we come home. This means He knows not only when you left for school today but also the whole path of your life. Sometimes we feel all alone and wonder if anyone would notice if we were not here—but God knows and cares about every move you make. Did you know that He was aware of every part of your life? What do you think about this reality?

God knows our actions—sitting down, standing up, going to school, coming home—and He knows our thoughts. David shows us one more thing God knows in verse 4. What is it?

TUESDAY: Where God Is

Who would you say knows you and understands who you are the most? Why?

Even those who know you the most can't know everything about you because they are not always with you. David was thinking about this truth while he wrote Psalm 139. It's as if he is asking himself the question "How can God know my actions, thoughts, and words?" Let's see if we can figure out his answer.

Take a look at Psalm 139:5–6. Where is God in these verses? _____

David is creating a picture of God that is very up close and personal. God is not far away. He is right in front of us. God is right behind us. And if we are being held in His hand, where is He?

We can tell that David really enjoys thinking about how God surrounds him because he asks himself questions so he can think about this more deeply. Can you find the questions in verse 7?

In verses 8–10 David describes the highest, lowest, and farthest places we could ever go. What is his conclusion about God?

Sometimes it's not where we are but the situation we're in that can hide us from being known by others. David thinks about being hidden by darkness in verses 11–12. He begins his thought in verse 11. How does David answer that thought in verse 12?

WEDNESDAY: What God Made

What do you think about your body? Do you wish it were different? Are you pleased with it? Is it easy or hard to be satisfied with what your body looks like? Why?

David is creating a picture of God in Psalm 139 based on what he knows is true about God. He thinks about what God knows and where God is, and then he starts to think about God as *his* Creator. Read verses 13–16. What are some words David uses to describe how God made him?

Now take another look at the end of verse 13 and the end of verse 15. They both say that God “put [us] together.” Down to your very bones (v. 15), God created you exactly the way He wants you to be. You are no accident. He was there when you were created because He was the one doing the creating inside your mother’s body. He knows when your body was formed and when it will end (v. 16). What do you think about this truth?

Things in the world have value often because of who created them. A painting may become famous not because it is beautiful or amazing, but because it was created by a famous artist. A baseball card can be incredibly valuable simply because of the player who put his signature or mark on it. A shoe may cost hundreds of dollars not because it will help you run longer and faster, but because it has the logo of a specific brand stitched into the side of it.

You have incredible value because of who created you. The God of this universe formed you cell by cell and part by part down to the hairs on your head (Luke 12:7). David thinks about his Creator and bursts into praise (v. 14) for how his body is made. You can do the same.

THURSDAY: What God Thinks

What do you think about the most? Schoolwork, food, sports, family, video games, movies, the weekend—all these things can fill our minds. What kinds of things fill your mind?

In Psalm 139 David is thinking through how God knows all about him, how God is everywhere around him, and how God created him. Then David shifts the spotlight directly to God. He thinks, “What kind of God would choose to be around me, know everything about me, look at me, and create me?” Then he reaches a natural conclusion: This God thinks about me—a lot.

Read Psalm 139:17. What word does David use to describe God’s thoughts toward him?

Can you list the different ways David describes God’s thoughts in verse 18? (*Hint:* There are three.)

You see, what we think about reveals what we love and care for. The same thing is true about God. So, if God’s thoughts about you are so many that there is not a number to describe them, how much does he love and care for you? What do you think about this truth?

Read Psalm 139:19–22. Kind of violent, right? How can David switch from thoughts about God to thoughts about evil, hatred, and killing? He starts to think about those people who are against his wonderful God. How are these wicked people acting against God in verse 20?

Name _____

FRIDAY: Connection Reflection

What is your favorite part of Psalm 139? Why? _____

How is God's knowledge of you, where you are, and what you are doing a comforting or a scary reality for you?

In Psalm 139 David thinks deeply about how God made him. How does the fact that God created you change the way you think about your body?

David ends Psalm 139 by inviting God to continue acting like God in his life. He puts this request into a prayer in verses 23–24. What does he ask God to do specifically in his life?

Put David's prayer in your own words below. Use words that apply specifically to your life.
