

Psalm 139 – “You Know Me”

16.6.24

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Remember: you do not have to do the entire study (you may not have time) – you can choose what questions you want to discuss.

Read Psalm 139:1-18

1. How is God knowing everything about you a good thing for you?
2. How is God knowing about you sometimes a less comforting or edifying experience?
3. How do we make sure our disciplines and practices aren't just fads but lead to a growing depth in our relationship with God?
4. How are your spiritual disciplines and practices different to similar societal practices 'designed' for a good life?
5. What is the difference that God brings to the practices and to your life?
6. What does this psalm say about God's knowledge of us?
7. What is the psalmist's response to this? What is the psalmist's posture in the light of God's knowledge of him?
8. What stops us adopting this posture of grateful, awed humility?
9. Why do we sometimes try to hide ourselves from God?
10. Doubt, fear, guilt, shame, pride: how do these things get in the way of us opening ourselves up to God?
11. If God already knows everything about us, why is confession still so important?
12. What do we learn about the nature and character of God in this psalm?

Prayer points:

- Continue to pray for the situation in Israel/Palestine and in the Ukraine, and the people affected by these conflicts.
- Pray for the people of Papua New Guinea.
- Pray for another newly arrived refugee family – especially for permanent accommodation for them.