

Week 7  
Fully Known & Completely Loved!  
Psalm 139

- “1 Lord, you know everything there is to know about me.  
2 You perceive every movement of my heart and soul, and you understand my every thought before it even enters my mind.  
3 You are so intimately aware of me, Lord.  
4 You read my heart like an open book and you know all the words I’m about to speak before I even start a sentence.  
5 You’ve gone into my future to prepare the way, and in kindness you follow behind me to spare me from the harm of my past. You have laid your hand on me!  
6 This is just too wonderful, deep, and incomprehensible! Your understanding of me brings me wonder and strength.  
7 Where could I go from your Spirit? Where could I run and hide from your face?  
8 If I go up to heaven, you’re there! If I go down to the realm of the dead, you’re there too!  
9 If I fly with wings into the shining dawn, you’re there! If I fly into the radiant sunset, you’re there waiting!  
10 Wherever I go, your hand will guide me; your strength will empower me.  
11 It’s impossible to disappear from you or to ask the darkness to hide me, for your presence is everywhere, bringing light into my night.  
12 There is no such thing as darkness with you. The night, to you, is as bright as the day; there’s no difference between the two.  
13 You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother’s womb.  
14 I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord!  
15 You even formed every bone in my body when you created me in the secret place; carefully, skillfully you shaped me from nothing to something.  
16 You saw who you created me to be before I became me! Before I’d ever seen the light of day, the number of days you planned for me were already recorded in your book.  
17 Every single moment you are thinking of me! How precious and wonderful to consider that you cherish me constantly in your every thought!  
18 O God, your thoughts toward me are more than the grains of sand on every seashore! When I awake each morning, you’re still with me.**
- 23 God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares.  
24 See if there is any path of pain I’m walking on, and lead me back to your glorious, everlasting way— the path that brings me back to you.” TPT**

**I. Psalm 139:1-4: Your Heavenly Father sees you! He knows you intimately & loves you completely! He never changes His good opinion of you!**

- No one in all the world loves you like Jesus. He knows you more deeply than anyone ever could and never judges you badly. He sees every thought, every fear, every anxious care — your pain, your longings, the quiet petitions of your heart, and your secret dreams. He knows you completely and loves every part of you.
- Establish your identity in being known and valued by your Heavenly Father! Your worth comes from being intentionally made and held in God's thoughts, not from performance or others' opinions.

**II. Psalm 139:5-6: Your Heavenly Father goes before you and heals you from the hurts and pain of your past.**

- There are many things in life that can bring sadness and pain: the death of a loved one, the end of a relationship, the loss of a business, betrayal from someone close to us, abuse, etc. These verses remind us that Jesus is our ever-present help in times of trouble. He is the healer of our broken hearts. He heals us from the pain in our past.
- **Psalm 34:17-19:** “17 The Lord hears his people when they call to him for help. He rescues them from all their troubles. 18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. 19 The righteous person faces many troubles, but the Lord comes to the rescue each time.” NLT

**III. Psalm 139:7-12: Your Heavenly Father is with you wherever you go! You are never alone!**

- You can find comfort in God's presence: When you're lonely, afraid, or uncertain, remember you are never truly alone and God sees and cares for you.
- When anxious thoughts arise, remind yourself God's presence turns darkness into light and that he is at work for your good. (Romans 8:28) Say, “Father, you love me! You are with me, and You will take care of me!”
- God lives in you! No matter where you go in life, His strength, comfort, power, wisdom, and guidance are in you. (1 Corinthians 3:16; Romans 8:11)
- **John 14:26:** “But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengtheners, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.” AMPC

**IV. Psalm 139:13-16: Your Heavenly Father formed you in your mother's womb. You are fearfully and wonderfully created by God. He made you wonderful! His glorious plan for you in Christ was written down before the foundation of the earth!**

- **Psalm 139:14:** "I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well." NKJV
- **Ephesians 1:11-14:** <sup>11-12</sup> "It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone. <sup>13-14</sup> It's in Christ that you, once you heard the truth and believed it (this Message of your salvation), found yourselves home free—signed, sealed, and delivered by the Holy Spirit. This down payment from God is the first installment on what's coming, a reminder that we'll get everything God has planned for us, a praising and glorious life." MSG

**V. Psalm 139:17-18: Your Heavenly Father thinks about you constantly and cares for you watchfully. You can cast your cares on Him because He cares for you!**

- **1 Peter 5:7:** "Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully." AMPC
- **Psalm 138:8:** "The Lord will perfect *that which* concerns me; Your mercy, O Lord, *endures* forever; Do not forsake the works of Your hands." NKJV

**VI. Psalm 139:23-24 remind me of the prayer that changed my whole life: "Father, show me the truth that will set me free!"**

- What often keeps us from experiencing the life of love, joy, and peace God has planned for us in Christ, is the lies we believe—about ourselves, others, God, or our circumstances. When we come humbly to the throne of grace, speak honestly, and ask, "Father, what do you say about this?" He will reveal the lies causing our pain and lead us into the liberating truth of His glorious, everlasting way—the path that brings us back to Him.