



TRACK 10: FULLY KNOWN, DEEPLY LOVED

DAY 1 – FULLY KNOWN, FULLY LOVED

Read: Psalm 139:1–6

“You have searched me, Lord, and you know me.”

David is blown away that God knows him inside and out—his thoughts, words, movements, and motives. This could feel terrifying if God’s knowledge were cold and clinical, like a security camera recording every move. But David isn’t afraid—he finds comfort. God’s knowledge is personal and relational. He doesn’t just know the facts about you; he understands you. **And he chooses to stay close.** That’s amazing! In a world where we hide behind filters, titles, or achievements, this truth is freeing: you don’t need to perform for God. He already knows the worst about you—and still loves you beyond measure.

Challenge: What masks do you tend to wear in front of others? Take one step today to live without that mask before God or someone you trust.

Prayer:

Lord, thank you that being fully known by you doesn’t mean rejection but deeper belonging. Help me rest in your knowledge of me. Amen.

DAY 2 – NOWHERE BUT NEAR

Read: Psalm 139:7–12

“Where can I go from your Spirit? Where can I flee from your presence?”

David asks rhetorical questions: *If I rise to the heavens... if I make my bed in the depths... if I cross the sea or hide in the dark...* The answer is always the same: God is there. His presence is inescapable—not as a trap, but as a lifeline.

Too often we think of God’s presence with church buildings or mountaintop experiences. But David says God shows up in the depths, in exile, in the darkest corners. Even when life feels chaotic or when guilt whispers, “God has left you,” his hand is still guiding, his presence still holding.

Challenge: Where do you feel far from God right now—at work, in grief, in temptation? Pause and whisper: “You are here.”

Prayer:

God, remind me that I’m never outside your reach. Even in the shadows, you are my light. Amen.

DAY 3 – WONDERFULLY MADE, ETERNALLY TREASURED

Read: Psalm 139:13–18, 23–24

“I praise you because I am fearfully and wonderfully made.”

David shifts from God’s knowledge and presence to God’s design. Every detail of you was intentionally crafted—your body, mind, personality, wiring. **You are not an accident.** God’s thoughts toward you are countless, his care immeasurable.

Notice how David ends: *“Search me, God... test me... lead me.”* Being known and formed by God doesn’t lead him to self-centeredness but to surrender. He invites God to keep shaping him.

Challenge: Write down one lie you often believe about yourself (e.g., *I’m not enough... I’m forgotten... I’m too broken*). Then replace it with one truth from Psalm 139 (*I am known... I am never alone... I am wonderfully made*).

Prayer:

God, thank you for making me – your creation – with intention and loving me with completely. Search me, lead me, and shape me into who you’ve called me to be. Amen.