



Bible study for the week starting August 9, 2026

SHARE

How many people do you know? How many people know you? Who would you say knows you the best?

In Dunbar's Number a person can really only maintain 150 meaningful relationships. Of those 150, how many people do you interact with in a given day? Week? Month? Year? Where have you felt most known and most loved in your life?

Summer in the Psalms: We are almost done reading through the Psalms this summer. This week is **Psalm 150 and you are DONE!**

READ/STUDY/DISCUSS

1. Read **Psalm 139:1-6** He KNOWS YOU
How does it feel to know that God knows you completely? Is there anything you wished He didn't know?
2. Read **Psalm 139:7-12** He is WITH YOU
How does it feel to know you are never alone? Where and when do you most know or need His presence?
3. Read **Psalm 139:13-16** He MADE YOU
How does it feel to know you are an awesome creation and work of the Lord?
4. Read **Psalm 139:17-24.** He GUIDES YOU
How do you know what God thinks about you? How does that shape your thoughts?
5. Read **Genesis 16:1-16** What does Hagar understand about God? Could you give God a nickname?
6. Read **John 17:20-26.** What is Jesus' final prayer for you?

PRAY

Pray that we would continue to know Jesus and be known by him. Love others and know we are loved.



KNOWN AND LOVED

Psalm 139; Genesis 16:7-13; John 17:20-26

August 9, 2026 – Pastor Ben Schrank

There is a “cognitive limit to the number of individuals with whom any ONE PERSON can maintain stable relationships,” – Robin Dunbar

“To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be FULLY known and TRULY loved is, well, a lot like being loved by God.” – Tim Keller

“So she called the name of the Lord who spoke to her, “You are EL ROI for she said, “Truly here I have seen him who looks after me.” Gen 16:13

“Your Father knows what you NEED before you ask Him.” Matt 6:8

KNOW ME: (1-6) “O LORD, you have searched me, and you know me.”

-My movements, motives, and moments are KNOWN.

WITH ME: (7-12) “If I go, make, rise, or say...You are there.”

-If I turn, flee, hide, or achieve, I am not ALONE.

MADE ME: (13-16) “I am fearfully and wonderfully made.”

-I am created on purpose and with a PURPOSE.

GUIDE ME: (17-24) “How precious to me are your thoughts, O God!”

-So, lead me in the way everlasting, and bring me HOME.

“I made known to them your name, and I will continue to make it KNOWN, that the love with which you have loved me may be in them, and I in them.” John 17:26

“We love because he first LOVED us... And this commandment we have from him: whoever loves God must also love his brother.” 1 Jn 4:19,21