



PSALM 139

THE GOD WHO KNOWS ME

SERMON NOTES
&
PRAYER GUIDE

GOD KNOWS ME INTIMATELY

WEEK 1

PSALM 139:1-6 (NIV)

SERMON NOTES

¹You have searched me, Lord, and you know me.

²You know when I sit and when I rise; you perceive my thoughts from afar.

³You discern my going out and my lying down; you are familiar with all my ways.

⁴Before a word is on my tongue, you, Lord, know it completely.

⁵You hem me in behind and before, and you lay your hand upon me.

⁶Such knowledge is too wonderful for me, too lofty for me to attain.

DAILY PRACTICE *(to help connect the truth of scripture to your life)*

Morning Prayer

- Pick a time during your morning wakeup routine to start your day with God.
- Ask God to **search** you and **reveal** you to yourself. To search your heart and desires, your mind and thoughts, your plans for the day, and your motives.
- Sit in **silence** for a period, allowing God to reveal things. Pay attention and record what God brings to your attention during that time.
- **Read** Psalm 139:1-6, slowly. Dwell on each word and phrase. Pay attention to how each word and phrase impacts you.
- **Respond** accordingly.
 - How does God's intimate knowledge of you, your thoughts, and your ways change how you live today? Is it comforting or unsettling?
 - How does God's intimate knowledge of you impact the decisions and plans you face today?
- **Repeat** Daily.

GOD JUDGES ME RIGHTEOUSLY

WEEK 4

PSALM 139:19-24 (NIV)

SERMON NOTES

¹⁹ If only you, God, would slay the wicked!
Away from me, you who are
bloodthirsty!

²⁰ They speak of you with evil intent; your
adversaries misuse your name.

²¹ Do I not hate those who hate you, Lord, and
abhor those who are in rebellion
against you?

²² I have nothing but hatred for them; I count
them my enemies.

²³ Search me, God, and know my heart; test
me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and
lead me in the way everlasting.

DAILY PRACTICE *(to help connect the truth of scripture to your life)*

This week, put into practice all the practices from weeks 1-3. Each day should start with the **morning prayer of searching**, the **midday prayer of praise**, and the **evening prayer of confession**. The goal is to maintain a continuous conversation with God throughout your day. By doing so, you allow God to shape how you view the evil and sin in the world, but most importantly, in your own life. Over time, His holiness, purity, and power will transform your heart and mind to reflect Him.

- Are you more focused on the sin you see in others or the sin that exists in your own heart? What does that reveal about you?
- What would it look like for you to honestly pray Psalm 139:23-24 and invite God to expose and change you?
- Does your life look different from the way it did a year ago? Is God's character more evident in your life? Are you growing in His attributes?