



Week 6- “Known”

In this series we will go on a journey experiencing the Psalms. The Psalms offers not just a practical, theological journey but also an experiential journey through poems and songs. The Psalms invite us to experience humanity in an honest and real way. In this week’s message, we explore Psalm 139 and discover an incredible invitation for us to experience the beauty of knowing and being known by God.

Read Psalms 139:1-18

1. What stood out to you from the message?
2. Believing that God Knows us, that He is with us, and that he created us changes everything. It is an unshakeable foundation we can stand on.
How does believing this shift our perspective from self reliance to God dependence?
3. David is saying in Psalm 139 that God has unlimited thoughts about you:
What does this say about God’s Character and love for you?
What does this say about who you are to God?

Read Psalm 139:23-24

When you understand that God knows you. God is with you. God made you. You invite God’s searching.

4. What do you think it practically means to allow God’s searching?
5. In what ways do you need to release to God the burdens you carry?

Read John 3:17

6. When God saw our mess and brokenness, He sent Jesus. What does this tell you about how God sees you in the midst of your burdens, insecurities, weaknesses, or mess?

7. What does the cross tell you about His intentions?

8. What does it practically look like to let God have access to the places in your heart that you want to hide?

9. Has your life been changed from being Known by God? If not, what do you think keeps you from allowing him access?

Psalm 139 invites us to experience the beauty that comes from Knowing God and being known by Him. When we understand that God knows us, that He is with us, and that He made us then God becomes our only legitimate source to run to. When we believe that God knows us and loves us we welcome His searching, and in his searching we benefit from His know knowing.