

**Sermon Study | Summer in the Psalms
Fully Known & Fully Loved | Psalm 139
July 14, 2019**

Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.

Author Eugene Peterson wrote, "Prayer is the means by which our language becomes honest, true, and personal in response to God." This week, we looked at Psalm 139, which is an invitation to be authentic with God. He already knows everything about us, and He says we are precious to Him! We can rest knowing we are fully known and fully loved.

Read Psalm 139:1-7 and Psalm 139:17-18. When faced with the reality that God sees everything we do and knows all of our thoughts, we often become afraid! However, not only does God know us completely, this Psalm also shows us that we are precious to Him. This is our invitation to authenticity, or the act of "coming clean before being found out."

- What keeps you from "coming clean" with God?
- In what ways do you try to hide, manipulate, and manage what other people see about you? Do you try to do this with God? If so, how?
- Reflect on the truth that God says you are fully known, yet precious to Him. In response to this truth, in what way can you come clean to God more fully?

Read Psalm 139:23-24 and Philippians 4:6-9. There is a connection between what is in our hearts and the anxiety that we experience. When fear and anxiety threaten, we have two options: fear or faith.

- How does constant access to news updates and social media feed your anxiety and/or fear?
- Psalm 139 invites us to lay down our efforts of hiding and managing our image so that we can be fully known by God without fear of shame or rejection. With this in mind, in what area of your life is God asking you to come clean with Him? How will you respond to Him?
- How can you protect your mind from the thoughts that try to draw you into fear/anxiety and distract you from the truth?

REFLECT

What is God saying to you through His word? How and when will you respond?

DAILY BIBLE READING

Need a review of what we're reading in Daily Bible Reading? Here's a glance at how we're being challenged this week.

Day One: Psalm 139:1-7 | Coming clean.

Day Two: Psalm 139:17-18 | You are precious to Him.

Day Three: Psalm 139:23 | Anxious thoughts.

Day Four: Psalm 139:24 | Everlasting life.

Day Five: Philippians 4:6-9 | Think on these things.