

February 3, 2026 OUTLINE:

God's Promises in Psalm 139 (He is all-powerful, all-knowing, and all-present!)

The psalm has 4 sections:

1. Verses 1-6 Promise: God Knows You Completely. His omniscience. You are not a mistake. God has a plan for your existence.

He is intentional about you. You are his masterpiece.

- **Intimacy:** David marvels that God knows his every action, from "sitting down" to "rising up".
- **Inner Thoughts:** God understands a person's thoughts before they are even formed and knows exactly what someone will say before the word is on their tongue.
- **The "Hemming In":** The phrase "You hem me in behind and before" suggests a protective barrier, where God surrounds a person on all sides.
- **Total Knowledge:** The Psalmist begins by acknowledging that God has searched him and knows him intimately.
- **Daily Routine:** God knows when the psalmist sits or rises, and is acquainted with all his paths.
- **Pre-cognition:** Before a word is even spoken, God knows it completely.
- **Protection:** God "hedges" or encircles the person, behind and before, laying His hand upon them.
- **Response:** David declares this knowledge too high and wonderful to comprehend.

2. Verses 7–12 Promise: God Is Everywhere With You. Omnipresent. He is with you always; He will never leave you

- **Inescapable Presence:** David asks rhetorically where he can flee from God's Spirit, concluding there is nowhere. God is present in "Heaven" and "Sheol" (the depths or the grave).
- **Guidance in Darkness:** Even in the darkest moments or the most remote locations—"the wings of the morning" (the east) or the "far side of the sea" (the west)—God's hand is there to guide and hold the individual.
- **Everywhere:** Whether ascending to heaven, descending into Sheol (the grave/depths), or flying to the far side of the sea, God is there.
- **Darkness and Light:** Darkness is not dark to God; night shines as the day because God is present everywhere.

3. Verses 13–18 Promise: God Designed You Purposefully. He sees you as an amazing gift and can't stop thinking about you!

We see God's creative powers!

- **Fearfully and Wonderfully Made:** This famous passage describes God as an artist who "knit" and "wove" the person together in their mother's womb.
- **The Book of Days:** David states that all the days ordained for him were "written in your book" before even one of them came to be
- **Formation in the Womb:** God created the "inmost being" and knit the person together in their mother's womb.

- **Purposeful Creation:** Humans are not accidents but are "fearfully and wonderfully made". The Hebrew implies being made with great reverence, interest, and as unique, set-apart creations.
- **Precious Thoughts:** God's thoughts toward the individual are vast, outnumbering the grains of sand.

4. Verses 19–24 Promise: God is Righteousness and Justice. He will destroy the things that try to destroy you. He will always protect you. A plea for integrity and protection

- **Hatred of Evil:** The Psalmist expresses a desire for God to destroy the wicked, identifying himself with God's cause against those who rise up against Him.
- **A Zeal for God's Honor:** David's "hatred" in these verses is not fueled by personal grudges but by a loyalty to God. He is revolted by those who misuse God's name and rebel against His authority.
- **Response:** The psalm ends with a famous prayer for God to "search me" and "test me," asking for any offensive way to be removed and to be led in the "way everlasting"

He created you to be unique, one-of-a-kind, you are His masterpiece. The saying, "why do you want to fit in, when He created you to stand out!" Self-condemnation has no claim on us. He gives us hope, strength, confidence, and power. You are PERFECT in your Author/Creator/Maker's eyes, a priceless and precious GEM. You are not a mistake. He is always with you, He will always protect, He will never leave you, He can't stop thinking about you! How would we see ourselves and others if we really truly believed this. No more Gaby and Tootsies in the world! Only priceless gems.

He LOVES you! YOU are His beloved, cherished, precious Valentine.

Questions:

Icebreaker: What is your favorite physical trait and why?

Which part of God being involved with you means the most or affects you most- his intention, his purpose or his presence, and why?

David invites God to search his heart (v. 23). How comfortable are you with this idea, and why?

Group Question: What part of the lesson struck you and why? Share in 1 minute or less.

Optional Homework: Write your own psalm. Share it next week if desired.