

# 12

PSALM 139:1-4,7-16

## WONDERFULLY MADE



### THIS WEEK'S **focus**

When was the last time you used a mirror? You probably used one while combing your hair, brushing your teeth, or applying makeup this morning. But when was the last time you looked in the mirror and celebrated the way that God made you? For most of us, it's been a while, if we ever have. However, God created each of us with focused care and He is worthy of praise for this. In this week's psalm, David reflects on God's attributes and praises Him for the way He made him. Together, we will be reminded that God is our Creator who knows us personally and is always with us.



### CENTRAL **truth**

God is our Creator who knows us personally and is always with us.



EXPLORE

# scripture

PSALM 139:1-4,7-16

## PSALM 139:1-4

*For the choir director. A psalm of David.*

**1** LORD, you have searched me and known me. **2** You know when I sit down and when I stand up; you understand my thoughts

from far away. **3** You observe my travels and my rest; you are aware of all my ways.

**4** Before a word is on my tongue, you know all about it, Lord. [...]

## PSALM 139:7-12

**7** Where can I go to escape your Spirit? Where can I flee from your presence? **8** If I go up to heaven, you are there; if I make my bed in Sheol, you are there. **9** If I fly on the wings of the dawn and settle down on the western horizon, **10** even there your hand will lead

me; your right hand will hold on to me. **11** If I say, "Surely the darkness will hide me, and the light around me will be night"—**12** even the darkness is not dark to you. The night shines like the day; darkness and light are alike to you.

## PSALM 139:13-16

**13** For it was you who created my inward parts; you knit me together in my mother's womb. **14** I will praise you because I have been remarkably and wondrously made. Your works are wondrous, and I know this very well. **15** My bones were not hidden from you

when I was made in secret, when I was formed in the depths of the earth. **16** Your eyes saw me when I was formless; all my days were written in your book and planned before a single one of them began.

# 12

PSALM 139:1-4,7-16  
CONVERSATION

## questions

▶ READ PSALM 139:1-4.

**.01** What attribute of God does David reflect on in these verses?

---

---

---

**.02** How do these verses reflect God's care for us?

---

---

---

▶ READ PSALM 139:7-12.

**.03** What does it mean for God to be ever-present? Why is this significant?

---

---

---



### THEOLOGY

In this psalm, David teaches us that the Lord is all-knowing. Before a word is uttered, David tells us that the Lord knows about it. This might lead us to ask: *Well, if the Lord is all-knowing, what is the point of prayer? If He knows, why should I ask?* Understanding that God is all-knowing should not prevent us from praying; rather, it should free us to pray genuinely and with boldness. Jesus taught that when we pray, we go to our heavenly Father who knows our needs before we ask for them (see Matt. 6:8). He is never caught off guard by our request. Prayer is also not only about asking for things—it's a way for us to build our relationship with the Lord. Put most simply, prayer is approaching God's throne to listen and talk to Him. As one commentator notes, "The ironies of prayer are evident: God knows our needs, yet we must ask; God is ready to answer, yet we must patiently persist."<sup>1</sup> So, let's run to the throne of our all-knowing God!

<sup>1</sup> Randy Hatchett, "Prayer," in *Holman Illustrated Bible Dictionary*, Chad Brand et al., eds. (Nashville, TN: Holman Bible Publishers, 2003), Logos Bible Software version, 1321.

- .04** Read Psalm 139:11-12, then read Genesis 1:3-5.  
What do these verses teach us about God's power over creation?

- .05** How can we remind ourselves that God is present with us during difficult times?

**▶ READ PSALM 139:13-16.**

- .06** Why does David praise the Lord in verse 14?  
What can this teach us?

- .07** Do you find it difficult to celebrate God for the way He made you? Why or why not?

- .08** How can an understanding of God's knowledge and power shape the way we pray?



## CONTEXT

The idea of running from an all-knowing, ever-present God may sound foolish. But this psalm isn't the first time we're introduced to this idea in the pages of Scripture. God made human beings in His image and likeness to enjoy a relationship with Him and reflect His good character into the world. Adam and Eve were created to be totally dependent on God. After rebelling against the Lord, their eyes were opened, and they were made aware of their own nakedness and human inadequacy. So, they covered themselves and hid among the trees. In other words, they ran from God's presence. But Genesis 3:9 tells us that the Lord initiated contact with them, reaching out to the rebellious humans. Though humanity chose rebellion by running from the Lord, He graciously pursues us—with the pinnacle of this being through the person and work of Jesus (see Rom. 5:6-8).



# 12

PSALM 139:1-4,7-16

NOW

# what?



## CENTRAL truth

God is our Creator who knows us personally and is always with us.

**.09** Why should knowing God motivate us to obey Him?

---

---

---

---

**.10** How does the truth of Psalm 139 differ from how the world determines our value?

---

---

---

---

**.11** How can we remind ourselves this week that we are remarkably and wonderfully made by God?

---

---

---

---

**.12** How can you allow God to use your gifts and abilities to serve others this week?

---

---

---

---



# DAILY devotions

## MEMORIZE PSALM 139:14

### 7 ARROWS FOR BIBLE READING



What does this passage say?



What does this passage tell us about God?



What did this passage mean to its original audience?



How does this passage change the way I relate to people?



What does this passage tell us about humans?



How does this passage prompt me to pray?



What does this passage demand of me?

day 1

## PSALM 139:1-4

### DWELL

As human beings, we're forgetful and limited in our understanding, no matter how sharp we may be. However, this is not so with the Lord. He is infinite in His understanding. David celebrates not just the Lord's complete knowledge but also the fact the He knows David personally. Every aspect of David's life is known by God, and He knows everything about us, too. God is not distant, cold, or unaware of our needs. We can find comfort in our all-knowing God.



What can David's words teach you about God's knowledge?



How can understanding God's infinite knowledge give you confidence as you pray?

### MEMORIZE

Using colored pencils or pens, creatively write out Psalm 139:14 on a piece of paper. Read the verse out loud five times. Finally, try to say it out loud five times without looking, trying to picture it in your mind instead.

### PRAY

*Lord, I celebrate You for being the all-knowing God who cares for me personally. May Your infinite knowledge give me confidence to regularly approach You in prayer.*

day 2

# PSALM 139:7-12

## DWELL

David asks two rhetorical questions (questions with an obvious answer) about where he can go to escape from the Lord's presence. In both cases: the answer is the same: absolutely nowhere. In fact, David recognizes that the Lord is not only present but will guide and support him. We have a God who is both all-knowing and ever-present, and therefore we do not have to live in fear or despair.



What does this passage teach you about the Lord's presence?



When you're tempted to forget, how can you remind yourself of the Lord's presence with you?

## MEMORIZE

Type out Psalm 139:14 in the Notes app on your phone or another device. Take a screenshot of it and set it as your lock screen or wallpaper.

## PRAY

*Lord, thank You for Your presence with me through Holy Spirit. Remind me of this truth as I engage with the world around me today.*

day 3

# PSALM 139:13-16

## DWELL

God is the Creator of all things, and David specifically reflects on how he was created. The Lord was involved in every detail and skillfully created him—and David is prompted to praise the Lord for this. David is in awe of his sovereign Creator who knew everything about him before David was born and planned his days before he even took a breath. We too, are remarkably and wondrously made—each and every one of us. Just as it did for David, this realization should cause us to celebrate and worship the Lord.



How can you remind yourself that you are remarkably and wonderfully made by God today?



How does this passage invite you to see and treat those around you?

## MEMORIZE

Set reminders on your phone to read Psalm 139:14 three times each day (such as in the morning, the afternoon, and the evening).

## PRAY

*Lord, thank You for skillfully making us in Your image and likeness. Help me to remember this truth and to treat myself and others with dignity, worth, and value.*

day 4

# JEREMIAH

## 1:4-5

### DWELL

In these verses, we see the Lord's call on Jeremiah's life. Before Jeremiah was born, the Lord knew him and chose him for the unique purpose of being a prophet—someone who receives and declares the Lord's word—to the nations. Before we were born, the Lord knew us and planned out our days. Nothing surprises Him or catches Him off guard. We can trust the Lord's guidance in our lives.



Why do you think it was important for Jeremiah to recall the Lord's call on his life?



What does this passage teach us about God's creative power?

### MEMORIZE

Say the book, chapter, and verse number for Psalm 139:14 out loud several times. Then read aloud just the first few words of the verse. Do this a few times a day and see if you can memorize more each time.

### PRAY

*Heavenly Father, thank You for being the sovereign Creator. As I reflect on myself and the world around me, help me to respond with a sense of awe and worship for You.*

day 5

# EPHESIANS

## 2:10

### DWELL

In this letter, Paul teaches the believers at Ephesus about the good works we were created for in Christ Jesus. In other words, God's work of salvation in our lives is supposed to lead to good works. The word for "workmanship" was used to refer to statues, songs, architectures, paintings, and poems in the ancient world.<sup>2</sup> As believers, we are new creations, and therefore, God's workmanship in Christ. No matter how the world may define us, we have a new identity as people who are made new.



What does this passage teach us about God's work in believers' lives?



How can you remind another believer of the new identity the Lord has given him or her?

### MEMORIZE

Write down the first letter of each word of Psalm 139:14 on a note card. At least five times today, see if you can say the verse just by looking at the letters.

### PRAY

*Lord Jesus, in You I am God's workmanship and a trophy of His grace. May I live from this identity each and every day.*

<sup>2</sup> Tony Merida, *Exalting Jesus in Ephesians*, Christ-Centered Exposition, David Platt, Daniel L. Akin, and Tony Merida, eds. (Nashville, TN: Holman Reference, 2014), Logos Bible Software version, 52.