



***ESV Psalm 139:1** To the choirmaster. A Psalm of David. O LORD, you have searched me and known me!*

***2** You know when I sit down and when I rise up; you discern my thoughts from afar.*

***3** You search out my path and my lying down and are acquainted with all my ways.*

***4** Even before a word is on my tongue, behold, O LORD, you know it altogether.*

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

***6** Such knowledge is too wonderful for me; it is high; I cannot attain it.*

***7** Where shall I go from your Spirit? Or where shall I flee from your presence?*

***8** If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!*

***9** If I take the wings of the morning and dwell in the uttermost parts of the sea,*

***10** even there your hand shall lead me, and your right hand shall hold me.*

***11** If I say, "Surely the darkness shall cover me, and the light about me be night,"*

***12** even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.*

***13** For you formed my inward parts; you knitted me together in my mother's womb.*

***14** I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.*

***15** My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.*

***16** Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.*

***17** How precious to me are your thoughts, O God! How vast is the sum of them!*

***18** If I would count them, they are more than the sand. I awake, and I am still with you.*

***19** Oh that you would slay the wicked, O God! O men of blood, depart from me!*

***20** They speak against you with malicious intent; your enemies take your name in vain.*

***21** Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you?*

***22** I hate them with complete hatred; I count them my enemies.*

***23** Search me, O God, and know my heart! Try me and know my thoughts!*

***24** And see if there be any grievous way in me, and lead me in the way everlasting!*

Lets take this a verse at a time and really think about our God in more detail...

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Wow ... this is very amazing start. Why would the God of the universe take the time to to so specifically "search and know" me? why so intentional?

² You know when I sit down and when I rise up; you discern my thoughts from afar.

Obvoiusly God knows all things... he is Omniscient. Hoewever are you really mindful on a regular basis of the fact that he knows your thoughts? If you were aware of that all throughout the day how would that affect you?

³ You search out my path and my lying down and are acquainted with all my ways.

He not only knows all my thoughts he knows all my WAYS as well. What is He seeing in your life each week that you would be concerned about?

⁴ Even before a word is on my tongue, behold, O LORD, you know it altogether.

He knows all your words. what do you think God's view of your words is right now?

⁷ Where shall I go from your Spirit? Or where shall I flee from your presence?

⁸ If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!

⁹ If I take the wings of the morning and dwell in the uttermost parts of the sea,

¹⁰ even there your hand shall lead me, and your right hand shall hold me.

¹¹ If I say, "Surely the darkness shall cover me, and the light about me be night,"

¹² even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

It is IMPOSSIBLE to flee from the eyes and presence of God. This has 2 aspects. From the standpoint of sin ... this brings great fear. If you were more aware of the presence of God how would your actions and thoughts change on a regular basis?

The reality is that the emphasis of this passage is POSITIVE ... not negative. You see David in verse 10 refer to the fact that his presence is a “leading hand” and “holding”. If we really believe this and REMEMBER this ... how would this affect our thinking and actions on a regular basis?

¹³ *For you formed my inward parts; **you knitted me together** in my mother's womb.*

¹⁴ *I praise you, for I **am fearfully and wonderfully made**. Wonderful are your works; my soul knows it very well.*

¹⁵ *My frame was not hidden from you, when I was being made in secret, **intricately woven** in the depths of the earth.*

These verses speak of God no simply aware but INVOLVED in the very making of our bodies as we form in the womb. What does this kind attention from God mean to you?

¹⁶ *Your eyes saw my unformed substance; **in your book were written, every one of them, the days that were formed for me**, when as yet there was none of them.*

This verse is amazing. This verse says before you were ever born God had your life and every day on his calendar already. This means your life is not random. It is planned and overseen by the God of the universe. How does this affect your thinking about life and God?

¹⁷ *How **precious** to me are your thoughts, O God! How **vast is the sum** of them!*

¹⁸ *If I would count them, they are **more than the sand**. I awake, and **I am still with you**.*

God really cares about us. His thoughts toward us are beyond number. What do these two verses teach you about the care and oversight God has in your life?

¹⁹ *Oh that you would **slay the wicked**, O God! O men of blood, depart from me!*

²⁰ ***They speak against you** with malicious intent; your enemies **take your name in vain**.*

²¹ *Do I not hate those who **hate you**, O LORD? And do I not loathe those who **rise up against you**?*

²² *I hate them with **complete hatred**; I count them my enemies.*

These verses are interesting. It is obvious that David is overwhelmed and grateful to God to the extent that He is almost “defensive” of God. How much do you love God? How much do those who mock God hurt your heart? When was the last time you felt anger over sin in YOUR heart or sins against your God (not sin against you)?

²³ ***Search me**, O God, and **know my heart**! Try me and **know my thoughts**!*

²⁴ *And **see if there be any grievous way in me**, and **lead me** in the way everlasting!*

Here are verses you might have heard before but not known they were in the passage? A few questions come to mind. David is asking God to search him thoroughly for any faults he needs to correct. Are you willing to ask God to do that? Will you do that right now? Will you commit to doing that regularly?