

Read through the following verses

Psalm 139:1-6

O Lord, you have examined my heart
and know everything about me.
You know when I sit down or stand up.
You know my thoughts even when I'm far away.
You see me when I travel
and when I rest at home.
You know everything I do.
You know what I am going to say
even before I say it, Lord.
You go before me and follow me.
You place your hand of blessing on my head.
Such knowledge is too wonderful for me,
too great for me to understand!

Ask God these questions, and journal what thoughts come to mind. Underline any that really stick out to you. Remember, God's words will align with scripture and will edify, exhort, or comfort you. "There is no condemnation for those who are in Jesus Christ" (Rom 8:1)

God, what do you like best about me?

God, what is something I did that made you proud?

God, remind me of a time when you placed your hand of blessing on my head?

God, what is something you want me to know about myself?