

# BIBLE TEACHING AND WORSHIP GUIDE



## FOR THE HOME-BASED CHURCH

Produced Weekly

***God Knows Me***  
Psalms 139:1-17, 23-24

Copy this sheet for the Gathering Time, Bible Study, and Worship Experience leaders for the next meeting of the church.

## Leaders' Responsibilities:

**Important:** Each person who will be leading one of the three parts of a session during a series of sessions needs to have access to the "Introduction" article found at the beginning of each series (Bible Teaching #....). The weekly session "Background" located in the Teacher Preparation is much more specific to that day's study.

1. **The Gathering Time Leader** will gather all of the people together and help them prepare their minds and hearts for a wonderful worship experience before God. His/her responsibility is to introduce the congregation to the theme (content) and the Scripture that will be central to their worship experience for the day.

2. **The Bible Study Leader** will then help the people understand what the Scriptures have to say and teach us about the content of the study for the day. He/she will guide the people to make a general application of the study (ie: How does this Bible study apply to people today?)

3. **The Worship Time Leader** has the responsibility to use the theme and Scriptures to guide the congregation to make personal commitments to God's will for each one in regard to the study for the day. He/she will use others to lead in the music, taking the offering, ministry moment comments, and other activities and parts of the **Worship Time** that can aid in participatory worship.

## Prior to this Coming Session:

### **Gathering Time Leader:**

### **Bible Study Leader:**

Ensure that each youth has a copy of the "Take Ten" youth Bible Study application sheet. This is important each week.

**Worship Time Leader:**

**Music Sources:**

**He Knows My Name**, *The Worship Hymnal* # 44; CCLI # 2151368

**You Are My Hiding Place**, *The Worship Hymnal* # 125; CCLI #21442

**Think About His Love**, *The Worship Hymnal* # 102; CCLI # 16299

# 1

Copy this section for the Gathering Time leader.

## **Gathering Time:** (Suggested time: 15 minutes)

### ***God Knows Me***

#### **Focal Text**

Psalm 139: 1-17; 23-24

#### **Background Text**

Psalm 139

#### **Main Idea**

God knows all about us for he created us. His thoughts are beyond our understanding.

#### **Questions to Explore**

If God knows all about us, how does that impact our daily life?

Do we find comfort in the understanding that we are never away from God's care?

Can we admit that God's thoughts are beyond our understanding?

#### **Teaching Aim**

Explore the immensity of God's knowledge of each one of us.

Consider implications for daily life if this is true.

Help participants to find comfort in the reality of God's knowledge of us and his watching over us.

#### **Gathering together:**

Choose a song to sing that conveys God's love and care for you.

#### **First thoughts:**

**The Importance of a Man's Heart**  
**1 Samuel 16:7b**

***"The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."***

If one goes for a job interview one dresses appropriately. It is said, “You only get one chance at making a first appearance.” The person who is interviewing will size one up upon first introduction.

Before the interview begins there might be some checking of one’s background. During the interview a multiplicity of pertinent and relevant questions will be asked. The interviewer wants to get to know the person trying out for a job.

The most important job in Israel at the time was that of king. Saul was about to lose his job as king and God was looking for a replacement. He used none of the techniques used today.

Samuel had been tasked with helping God find a new king for Israel. God led him to Bethlehem and then to the tribe of Jesse. Now Jesse had seven fine-looking sons and Samuel looked at each one except for David. He was tending his father’s sheep.

Samuel called for David to be sent to him. God told Samuel to anoint David (1 Samuel 16:12). Now David did have fine features and was a healthy lad, but the defining quality was his heart. He got the job of King of Israel.

It is more important what is in the heart of a man than any other quality. Just as God knew the heart of David so He knows the heart of everyone. That will be the basis of our studies today.

## **Closing the Gathering Time:**

Take time at this point to mention items of prayer concern for the church, announcements of ministry or activities, and anything else that needs to be shared with or by the congregation. Pray for these needs. Remember to praise God in prayer.

Break time! Take five minutes between sessions. Encourage children to use the washroom so that they won’t need to leave during the Bible Study time.

Distribute youth/adult Bible study outlines or paper for note-taking, if available.

Also hand out the activity sheets for preschool and younger children to use during Bible Study and/or worship.

**Note to the Bible Study Leader:** Suggested teaching time for the Bible study should be about 35 minutes. Use the “Teacher Preparation” for your personal study during the week before the session. Use the “Bible Study Plan” for the actual session.

## **Teacher Preparation**

### ***God Knows Me***

#### **Focal Text**

Psalm 139: 1-17; 23-24

#### **Background Text**

Psalm 139

#### **Main Idea**

God knows all about us for he created us. His thoughts are beyond our understanding.

#### **Questions to Explore**

If God knows all about us, how does that impact our daily life?

Do we find comfort in the understanding that we are never away from God's care?

Can we admit that God's thoughts are beyond our understanding?

#### **Teaching Aim**

Explore the immensity of God's knowledge of each one of us.

Consider implications for daily life if this is true.

Help participants to find comfort in the reality of God's knowledge of us and his watching over us.

#### **Introduction to your personal study:**

In the words of this psalm David describes God as omniscient, omnipresent, and omnipotent. These qualities of God are basic doctrines. They are timeless truths.

As the psalm progresses and develops these themes David comes to the place where he confirms his loyalty to God. Finally, he prays for God to prove his loyalty by examining him.

One commentary refers to this psalm like this: “All believers who come to understand the attributes of God discussed in this psalm find them a great source of comfort, and a great prompting to obey Him.”<sup>1</sup>

## **Background:**

Please ask for and read the information contained in the “**Introduction**” article found at the beginning of this series (Bible Teaching #....) of Bible Study and Worship sessions. Whoever downloaded this session for you should have that material for you, as well.

## **Focusing on the Meaning:**

### **1. YOU ARE ALL KNOWING (Psalm 139:1-6). Omniscient.**

“In classical theology the doctrine of God’s omniscience means that God knows all things, past, present and future, real and potential, and He knows them all at the same time. He not only knows what was, and what is, He also knows what will be. On top of that, He knows everything that could be but is not.”<sup>2</sup>

#### ***1 You have searched me, LORD, and you know me.***

How do we get to know others intimately? We might ask questions. We might do a thorough background check. Undoubtedly the best way to get to know someone is to spend time with that person. The psalmist had spent time with God and had himself laid open to the scrutiny of God. God knew him intimately. God’s searching was penetrating.

The LORD had intimate knowledge of all aspects of the psalmist’s life. God was all knowing down to the minutest detail of his life. This is what God does. There are no secrets with God.

#### ***2 You know when I sit and when I rise; you perceive my thoughts from afar. 3 You discern my going out and my lying down: you are familiar with all my ways. 4 Before a word is on my tongue you, LORD, know it completely.***

We begin to find examples of how well David believes God knows him. God is aware of his everyday affairs. “Ways” means his daily walk. He knows what is going to be done and He knows what is being thought.

---

<sup>1</sup> John F. Walvoord & Roy B. Zuck, The Bible Knowledge Commentary, Victor Books, 1992, pg. 893.

<sup>2</sup> Brian Bill. “Our Omniscient God”, Sermon Central.

Thoughts lead to actions. Some translate “my thoughts from afar” as “you understand my motives”. David says that God knows what he is going to do before he does anything, and he knows why he does it. God knows what is going to be said before it is spoken.

***5 You hem me in behind and before, and you lay your hand upon me. 6 Such knowledge is too wonderful for me, too lofty for me to attain.***

God hemmed him in. His hand denotes absolute care. Some see this verse as revealing a troubled David. God’s all-knowledge was confining. Other commentators see God who with him in the past and will be with him in the future. This view says His hand is there not to stifle, but to protect. (See Job 9:23)

David’s response is that this is too much for him to understand. It is beyond human comprehension. (See Romans 11:33, Isaiah 55:9).

## **2. YOU ARE EVERYWHERE (Psalm 139:7-12). Omnipresent.**

***7 Where can I go from your Spirit? Where can I flee from your presence?***

The questions he asks are rhetorical. There is not a place in the universe where David can hid from the presence of God. He goes on (vs. 8-12) to describe hiding places but they will not be enough.

- 1) If he should go up to the heavens. God is there.
- 2) If he should descend into Sheol. God, who is sovereign, can enter there too.
- 3) If he should go into the deepest part of the sea. God is there.
- 4) If he should fly away to the farthest place on earth. God’s hand is there to guide him. This is different from verse 5.
- 5) If he should find the darkest place on earth. God’s light would reveal him. Darkness never hides someone from God.

One is not able to see God, but He can see us.

## **3. YOU ARE ALL POWERFUL (Psalm 139:13-17). Omnipotent.**

***13 For you created my inmost being; you knit me together in my mother’s womb.***

“For” ties what is about to be written from what has already been written. This is an affirmation of the creative power of God. He was a creation of God when he was formed in his mother’s womb. God created him and He knew him. One translation for



“inmost being” is “kidneys”. Because that is archaic the NIV is easier to understand. The idea is that he was created whole with a mind and a body.

***14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.***

This is parenthetical. The psalmist breaks forth in praise to God for making him. Awesome and wonderful are the qualities of God’s creation. (See vs. 6) In the beginning God created and after each day He said it was good. David speaks from his own experiences with God.

***15 My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.***

Once again David picks up on God’s being all knowing. Nothing is hidden from God. Woven is also translated “knit”. “Depths of the earth” is a figure of speech. He even knows David’s life before it was lived. Everything David was going to do was written down beforehand. The details of his everyday life were foreordained. Note that God’s book is of the living not of the dead.

This gives us a view of predestination. It should always be viewed from God’s point of view. Remember He is sovereign.

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

The thoughts of God, not just His actions were precious to David. He loved to know what God was thinking. That is a vast amount of knowledge. This parallels verse 5.

#### **4. DAVID’S LOYALTY (Psalm 139:23-24).**

***23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.***

In the verses between 17 and 23 the wicked are described. David hated their deeds and did not have anything to do with them. The test would be like a refiner’s fire.

Notice carefully his request. “Know my heart”. The heart was the seat of emotions. It is the place where man’s motivation for action occurs. “Know my anxious thoughts” means to know the thoughts that trouble him.

David asks God to check and see if he offends or brings pain to others. This may refer back to Uriah. His repentance had brought forgiveness. There should be no sin to be found.

David asks for God's guidance in the path God has planned for him.

### **Your Goal as the Leader of this Bible Study:**

**Omniscient. Omnipresent. Omnipotent.** It is not necessary that the participants know these three big words, but it is important they understand the concepts and truths which the psalmist teaches. God is all-knowing; He is everywhere; He is all-powerful. These big ideas are made easy to understand in this psalm.

### **For Personal Reflection:**

**What have I learned from this study?**

**What personal experience does this lesson bring to mind?**

**What is one action I will take this week to apply this Scripture passage to my life?**

## **Bible Study Plan** (Suggested time: 35 minutes)

### ***God Knows Me*** **Psalms 139:1-17, 23-24**

Regroup the church after the Gathering Time and break by singing a chorus that young children can relate to—or another praise chorus if your congregation does not have children. Children who go to their own Bible teaching session should stay with the group until after this song. Have the preschoolers and children accompany the hymn with rhythm sticks, maracas, bells, etc.

**Begin by helping the group locate the Focal Text in their Bibles. Also, share with them the Main Idea to be learned from the Scriptures, and the Questions to be Explored by the group.**

#### **Focal Text**

Psalm 139: 1-17; 23-24

#### **Background Text**

Psalm 139

#### **Main Idea**

God knows all about us for he created us. His thoughts are beyond our understanding.

#### **Questions to Explore**

If God knows all about us, how does that impact our daily life?

Do we find comfort in the understanding that we are never away from God's care?

Can we admit that God's thoughts are beyond our understanding?

#### **Teaching Aim**

Explore the immensity of God's knowledge of each one of us.

Consider implications for daily life if this is true.

Help participants to find comfort in the reality of God's knowledge of us and his watching over us.

#### **Connect with Life:**

Begin with this thought: It is not uncommon today for a person who seeks employment to have a background check. In doing a background check an employer finds out as

©2001-2010, Eternal Interactive, LLC, All Rights Reserved. [www.homechurchonline.com](http://www.homechurchonline.com)

11

***God Knows Me* – 25-52-02-en**

Unless otherwise noted, scripture taken from the Holy Bible, NEW INTERNATIONAL VERSION®. Copyright © 1973, 1978, 1984 International Bible Society. All rights reserved throughout the world. Used by permission of International Bible Society.

much as possible about the prospective employee. Such things as criminal records, driving records, places of past employment, and perhaps credit scores may be subject for scrutiny. It is like removing one's skin and looking inside. Current technological advances have increased the amount of private information which has become public information.

As you study this lesson you will find that as a creation of God you are open to God's scrutiny of your life. We will discuss the impact that might have upon your life. Knowing this should bring comfort.

## **Guide the Study:**

Introduce the study by giving this information. There are three timeless qualities of God we will study in this lesson on Psalm 139. They are this: God is omniscient or all knowing, God is omnipresent or present everywhere, and God is omnipotent or all powerful. David wrote this psalm and as we progress through the study we will see that he comes to the place where he confirms loyalty to God and asks for God to prove or test his loyalty by examining him.

Question the group: How many of you are ready for God to examine your life to see if you are loyal to Him?

### **1. YOU ARE ALL KNOWING (vs. 1-6). Omniscient.**

Tell the group: In classical theology the doctrine of God's omniscience means that He knows all things, past, present, and future, real and potential. He knows them all the time. He knows everything that could be but is not.

Ask: How does that make you feel?

Ask for a volunteer to read Psalm 139:1-6.

Say: As you look at verse 1 note how penetrating was God's search. God's "know" means that there is nothing about you that is hidden. There are no secrets with God.

Say: With verse two we begin to find examples of how well God knows David.

Ask: What does God know about David? (He knows what David is doing. He perceives his thoughts.)

Tell the group: Thoughts lead to actions. Some translate "my thoughts from afar" as "you understand my motives". Not only does God know what we are about to do, He know why we do it.

Say to them: Verse 5 is interesting. It may mean David feels closed in by the scrutiny of God or it may mean he feels protected on all sides.

Ask: What is David's thoughts in verse 6.? (It's over his head.)

Have a participant read Romans 11:33 and another read Isaiah 55:9.

Ask: How does the truth that God is omniscient effect your life? How does it make you feel?

## **2. YOU ARE EVERYWHERE (Psalm 139:7-12). Omnipresent.**

Ask someone to read Psalm 139:7-12.

Ask: Where can David flee and not be under the scrutiny of God? (Nowhere.)

Say: The questions are rhetorical and do not require an answer.

Request the group: List the places in order to see the futility of attempting to hide from the gaze of God. [The answers should include: (1) heaven, (2) Sheol, (3) the deep, (4) the farthest place on earth, and (darkness)].

Using your "Teacher Preparation" material on page 8, flesh out the answers.

Ask: How is God always with you? (The Holy Spirit.) Have someone read 1 Corinthians 3:16.

## **3. YOU ARE ALL POWERFUL (Psalm 139:13-17). Omnipotent.**

Ask for a volunteer to read Psalm 139:13-17.

Tell the group: These verses are tied to the former verses with the word "for". Verse 13 is an affirmation of the creative power of God.

Ask: In verse 14 why does David praise God? (Because he was fearfully and wonderfully made.)

Add this: This passage is parenthetical. David is speaking from his own experience with God.

Ask: Look at verse 15. Where did God see David? (In the womb.)

Discuss: Does this speak to the question of abortion?

Ask: How do you know that God knows about David from before he was born? (Everything was written in God's book before "one of them came to be")

Tell the group: Once again it is stated that God knows beforehand what is going to be done. Note the book. It is a book of the living and not of the dead.

Ask: Have you ever thought that what God thinks is precious? How many thoughts does God have?

#### **4. DAVID'S LOYALTY (Psalm 139:23-34).**

Explain: In the verses between 17 and 23 the wicked are described. David is distancing himself from them.

Ask: How has God tested your loyalty to Him?

Say: The heart is the seat of emotions. It is the place where motivations are found. David had anxious thoughts or thoughts that troubled him. This may refer back to his actions concerning Uriah. He may not be able to forget his dastardly deed. "Offensive way" refers to pain he may have caused others.

Question: What was David's goal? (The "way everlasting".)

Say: Once a person's life has been exposed to him/her and sin confessed then God's forgiveness is forthcoming.

#### **Encourage Application:**

If you have two or more youth, this is the time to give them the **Youth!!! Take Ten** page and allow them to move away from the adults and apply the lesson by and for themselves.

Ask: If what David said is true, God knows us intimately, what are some implications for daily living?

Ask: Do you find comfort in the reality of God's intimate knowledge of you?

Close with someone praying.

**Take a five minute break to separate the Bible Study and Worship Time.** Children may need to use the washroom again before worship.

# YOUTH!!! TAKE TEN

## Bible Study Application for Youth

You may wish to move away from the adults for the final five to ten minutes of the Bible study and help each other as youth to apply the lesson to your own needs.

### ***God Knows Me*** **Psalms 139:1-17, 23-24**

**A youth will lead the following activity and comments.** No adults need to be present. If possible, teens should take turns in leading the application time.

(Each of you needs this sheet)

### **How Well Does God Know You????**

Take a pencil and paper. Draw an outline of a person big enough to include the following organs: heart, brain, lungs, stomach and kidneys.

After a few minutes, each of you show your drawing.

Ask each other: Did you know where each organ was supposed to go? Why or why not?

Did you listen to the Scripture reading? In it David said God knew him and how he was formed. There is nothing about you that God does not know.

**Worship Time** (Suggested time: 30 minutes)***God Knows Me***  
**Psalms 139:1-17, 23-24****Beginning the Service:**

Sing:

**You Are My Hiding Place**, *The Worship Hymnal* # 125; CCLI # 21442

**Think About His Love**, *The Worship Hymnal* # 102; CCLI # 16299

**Offering:****Praying for the World:**

Imagine a group of Bhutanese people hidden high in the Himalayas, close to the China border – past the end of the road. This describes the Kurtop, or Gurtu people, who live in the Lhuntse District of Bhutan, a very isolated place. The royal family traces their ancestry to this area. Known for their silk embroidery and baskets, the Kurtop count it a privilege to send their sons to the monastery for a time. In 2006, based on a global survey, *Business Week* rated Bhutan the happiest country in Asia and the eighth happiest in the world. Vajrayana Buddhism is the basis of the state's spiritual heritage, but the law provides for freedom of religion. Currently, there are no known efforts to reach these people, no evangelistic materials in their heart language and no ongoing work. Omniscient Father, the Kurtop are hidden from man, but not from You. Guide believers in ways to make Jesus known among them. Amen!

**Sharing Guide:**

**This sharing guide is written to assist the person who directs the worship time to reemphasize the teaching for the day and help guide the congregation to respond to God's call and will for their lives in regard to the scripture studied. The leader may choose to follow the guide closely. Or, he or she may wish to only use it to give direction and a concept for preparing an original message. The leader is free to choose other ways to communicate and share the concepts presented here.**



## The Closer You Get to God the Better Off You Are Psalm 91

### Introduction.

This beautiful psalm is about security for one who trusts the Lord. The theme is God's protection for those who love Him. The first two verses were given by the worship leader with the congregation responding in verses 3-13. There is an oracle representing God's promises (vv. 14-16) that will be read at the end.

### I. GOD'S SECURITY (vs. 1-2).

***1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."***

The closer you can get to God the better off you are. In times of turmoil and tragedy there no better place for one to be than in the shelter and shadow of Almighty God. "Most High" and "Almighty" stress His position and limitless power. What strong words describe God who the psalmist trusts: refuge and fortress.

The worship leader leads the worshippers in praise for the security God provides. God is a place of safety for those who know and love Him. Spend time with Him.

Charles Haddon Spurgeon wrote: "Those who through rich grace obtain unusual and continuous communion with God, so as to abide in Christ and Christ in them, become possessors of rare and special benefits, which are missed by those who follow afar off, and grieve the Holy Spirit of God. Into the secret place those only come who know the love of God in Jesus Christ, and those only dwell there to whom to live is Christ."<sup>3</sup> [www.walkthesame.com/post/92765866982/in-the-shadow-of-the-almighty](http://www.walkthesame.com/post/92765866982/in-the-shadow-of-the-almighty))

In the old Walt Disney movie entitled **Bambi** a terrible storm arises. The animals scurry about getting under shelter. In the scene a momma bird gathers her small ones and places them under her wings to keep them safe and dry. That's an example of these two verses.

Take time each day to commune with God. You will be fortified for whatever you have to face.

### 2. GOD'S DELIVERANCE (vs. 3-13).

---

<sup>3</sup> Charles Hadden Spurgeon, *The Treasury of David, Psalm 91*, Internet.

As we read through these ten verses keep in mind the sense of confidence the writer has in God. God's people ought to always exude confidence in God.

***3 Surely he will save you from the fowler's snare and from the deadly pestilence.***

***4 He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.***

The psalmist begins speaking of deliverances from the bird hunter's trap and from deadly illness. God saves from those who would ensnare. He saves from deadly diseases. He covers you as a mother hen protects her chicks. His faithfulness is eternal; therefore the protection offered as a shield and rampart are never ending.

***5 You will not fear the terror of night, nor the arrow that flies by day,***

***6 nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.***

As a result of God's deliverance and protection no one should be afraid of what might come at night. Neither should one fear what an archer might do, nor things that we cannot see in the darkness, nor things we see coming at noon. In daylight and in darkness God delivers.

***7 A thousand may fall at your side, ten thousand at your right hand, but it will not come near to you.***

***8 You will only observe with your eyes and see the punishment of the wicked.***

What confidence. The battle may wage around you but it will not affect you. You will see the wicked punished.

***9 If you say, "The LORD is my refuge," and you make the Most High your dwelling, 10 no harm will overtake you, no disaster will come near your tent. 11 For he will command his angels concerning you to guard you in all your ways; 12 they will lift you up in their hands, so that you will not strike your foot against a stone. 13 You will tread on the lion and the cobra; you will trample the great lion and the serpent.***

If one makes the Lord his/her refuge and dwell with the Most High you will not experience disaster. Once again, the closer one gets to God the better off he/she is. Angels will form a buffer around you.

For most, wild animals are to be feared. When one is safe in the care of God the animal kingdom need not be feared.

A chaplain attached to an engineer battalion during World War II encouraged each of his men to carry and study a copy of this psalm. During the two years and over 20 intense battles in which the unit saw action no deaths were experienced.

### **3. GOD'S PROVISION OF ASSURANCE (vs. 14-16).**

**14 “Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.**

**15 He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him.**

**16 With long life I will satisfy him and show him my salvation.”**

There are three things man does that triggers a response from God. These actions are expected. Note that the verse does not say “If he loves me.” (1) He loves God. (2) He acknowledges his name. He acknowledges who He is. (3) He prays.

As a result of these three actions God will: (1) Rescue him. (2) Protect him. (3) Answer him. (4) Be present in times of trouble. (5) Will deliver him. (6) Will honor him. (7) Provide a long life. (8) Reveal His salvation to him.

“It’s one thing for doctors to add years to our life, but God adds life to our years” (Warren Wiersbe).

#### **Call to Commitment:**

This psalm is about responding to a God who loves. He takes the initiative to make His love known to man in a variety of ways including saving him. If you have not surrendered your life to Christ please do it today. Make God your dwelling place and see what He will do.

**7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.** (John 15:7).

#### **Concluding the Service:**

Sing again:

**He Knows My Name**, *The Worship Hymnal* # 44; CCLI # 2151368