

# SONGS FOR ALL SEASONS FROM THE PSALMS

## A Song of Reassurance

### Psalm 139



#### LET'S BEGIN HERE

How fitting that our study in God's songbook should end on the high note of Psalm 139! This psalm celebrates God as the omniscient and omnipresent Lord, the Creator-God, and the Holy One. But the psalmist, David, didn't praise God for merely abstract qualities—he saw the nearness and personal love of the almighty God.

So many people today desperately need to hear that the God of Scripture is a personal, loving, caring God. So many forces conspire to make us feel unseen, unimportant, insignificant, and uncared for. Technology separates us from the human voice and human touch. Busyness erodes our relationships, stealing the time we need to really know and be known by those we love.

While our impersonal world makes us wonder if we really matter, Psalm 139 tells us that we *do* matter—we matter to God. The Lord watches over us intently, He probes the deepest recesses of our hearts, and His love always reaches us no matter how far we stray. As we prepare to learn this last song in our study, let's quiet our minds and silence the messages from the world that tell us we don't matter. Let's join David and listen to God's truth instead, resting and delighting in His care.



#### LET'S DIG DEEPER

##### 1. One of Today's Most Pressing Struggles

In a world that demands perfection on the athletic field, in the business world, and in every area of pursuit, one mistake can leave us feeling rejected, worthless, and *insignificant*. Psalm 139, however, gives us courage because it cancels out the negative public opinions that clamor for our attention and bring us down. Psalm 139 declares that we are *not insignificant* but *deeply loved* by God.



#### Quotable

*God closes off  
all the escape  
routes and then  
puts His hand  
on us in our  
inescapable  
situations.*

*That's a  
good thing.*

— Charles R. Swindoll



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#### 2. Four of Today's Most-Often-Asked Questions (Psalm 139:1–24)

Though no one knows for certain when or why David wrote this psalm, he obviously needed reassurance that God recognized David's devotion. The psalmist put his thoughts into four stanzas of six verses each that flow seamlessly together. These four stanzas communicate four questions that all human beings ask at least once in their lifetimes.

1. **How well does God know me? (Psalm 139:1–6)** This question addresses the problem of identity. When we feel insignificant and struggle with our identity, we can find reassurance in how closely God pays attention to us and how well He knows us. David answered this question by saying, *God is all-seeing and all-knowing.*
2. **How close is God to me? (139:7–12)** This question reveals the problem of loneliness. When we feel lonely and unsure of God's nearness, we will find in these verses that *God is always present.* He cares deeply for us.
3. **How carefully has God made me? (139:13–18)** This question speaks to the problem of self-image. When our self-image suffers from unkind comparisons, we can take comfort in how carefully God made each one of us. *God is truly all-creative.*
4. **How much does God protect me? (139:19–24)** This question exposes the problem of worry. When we worry about evil and its assaults on God's people, we can rest in God's righteousness, guidance, and protection. Remember: *God is holy.*



#### A CLOSER LOOK

##### *Be Honest with God*

David expressed an honest desire for God to act against his enemies. In the Bible, *hatred* most often indicates rejection. So David, believing himself on God's side, prayed for the Lord to act in a way that would affirm the king's position. In short, David wanted to reject those that God rejected. We have no access to the results of David's prayer—no knowledge whether or not God acted on His servant's behalf. Instead, we have David's cry for God to search him and direct his thoughts. David was open to correction, but the possibility of being wrong didn't stop him from praying what was in his heart. We sometimes tiptoe around God, afraid to share with Him our deepest desires. But humility doesn't require that we walk on eggshells. David's strongly worded prayer encourages us to express our thoughts to God, while always doing our best to stay in accord with His will.



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#### LET'S LIVE IT

Though the wonderful music of Psalm 139 has ended, its inspiring melody lingers on. So many truths about God's care and closeness wash over our souls, but two overarching lessons will challenge us to reflect deeply on our own lives.

First, *because we are creatures and He is our Creator, we must allow Him to search us and reveal anything in our lives that dishonors Him.* This includes anything from leaving Him out of our lives to not treating others as God's precious creatures. We must let God uncover sin and lead us into the light of His love and grace.

Second, *the only logical response to God's greatness is to invite Him to lead and have complete control, no matter what that may mean.* This could mean a radical reorienting of priorities or finally trusting in Jesus for your salvation. Through Christ's death, God has made a way for you to have eternal freedom from the penalty of sin (Romans 6:22–23). God created you, loves you, and wants to spend eternity with you.

**Are you feeling overwhelmed today trying to balance time with your spouse and kids, the checkbook, and family meals? Will you turn to the Lord and trust that He cares for you and wants to meet all of your needs?**



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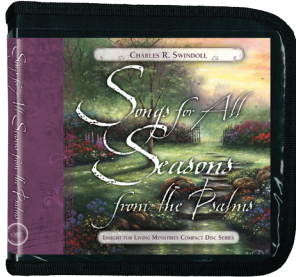
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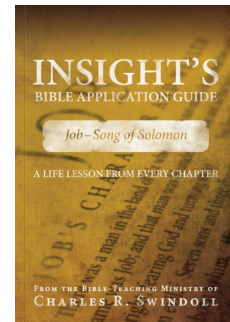
## Tools for Digging Deeper



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