



"Psalm 139"

WEEK OF: June 26th, 2022



GATHER

Is there a song that immediately evokes emotion for you when you hear it?



GROW

Take a moment to pray and/or [worship](#) in order to shift the focus to God.

RECAP: For the next several weeks, we will be diving into the Psalms and talking about what they teach us about God (*Adore*), ourselves (*Admit*), and how they compel us to respond (*Aspire*).

- Do you have a favorite Psalm?

ADORE: God knows me

- READ Psalm 139:1-6.** What do these verses teach us about God?
- READ Psalm 139:13-16.** How does this passage make you feel about yourself and your value to God?

ADMIT: God knows all about me, do I know Him?

- READ Psalm 139:7-10.** What do these verses teach you about yourself?
- What is the difference between knowing about God and knowing God personally?
- Three key ingredients in a relationship are talking (communication), time, and trust. How is your relationship with God doing in this season?

ASPIRE: Invite Him to search every aspect of my life.

- READ Psalm 139:19-24.** How does the stark contrast between these verses inspire us to be real before God?



GIVE

Focus on meeting the needs inside the group. Ask for prayer requests and pray for one another.



GO

What is one negative thought or emotion that you can surrender to God this week?