

“You are accepted, no matter where life takes you, he is for you.”

- 1) Look over Psalm 139 quickly and pick out one or two phrases that jump to your attention or stir your soul. Share why with the group.
- 2) How could this passage be used to encourage the lonely, depressed, discouraged, faint hearted, withdrawn, and disappointed people in life?
- 3) What we think and what we believe has a powerful impact on our outlook on life. Believe something long enough, even if it's not true, and most people will come to accept that belief as truth. How does knowing and believing that God is for you impact your outlook on life?
- 4) We gather regularly to learn from Gods Word. Many of the truths we come into contact with can seem almost too good to be true! The psalmist addresses this in verse 18 with the words, “When I awake, I am still with you.” To him, what he had just written seemed like a dream but when he awoke, he affirmed this was no dream, it was reality. What can we do to impress the great truths of Scripture into our hearts, so they don't simply stay on the page as dreamy, idealistic, “good ideas”?
- 5) We need to cultivate the relationship we are privileged to have with the kind of God who knows and loves us like this. One way we can do that is to cultivate fellowship with godly people who praise God along with us. How has this small group been used to cultivate relationships with other believers and God in the past year?
- 6) What could imitating verses 23-24 look like in your life next week? How could these verses provide direction during your times of prayer?
- 7) Think of the days, weeks, month, or year ahead. Can you foresee difficult circumstances, stressful situations or hard relationships that would tempt you to forget the truths in this psalm? How might turning back to this passage help you during those times?