

"Omni" What?

PSALM 139:1-18

Group Guide

Psalm 139:1-18

For the director of music. Of David. A psalm.

- ¹You have searched me, Lord,
and you know me.
- ²You know when I sit and when I rise;
you perceive my thoughts from afar.
- ³You discern my going out and my lying down;
you are familiar with all my ways.
- ⁴Before a word is on my tongue
you, Lord, know it completely.
- ⁵You hem me in behind and before,
and you lay your hand upon me.
- ⁶Such knowledge is too wonderful for me,
too lofty for me to attain.
- ⁷Where can I go from your Spirit?
Where can I flee from your presence?
- ⁸If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
- ⁹If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰even there your hand will guide me,
your right hand will hold me fast.
- ¹¹If I say, "Surely the darkness will hide me
and the light become night around me,"
¹²even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- ¹³For you created my inmost being;
you knit me together in my mother's womb.
- ¹⁴I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
- ¹⁵My 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.
- ¹⁶Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
- ¹⁷How precious to me are your thoughts, ^[a] God!
How vast is the sum of them!
- ¹⁸Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

November 10, 2024

Read Psalm 139:1-18 in one chunk.

1. What do you find is the most comforting concept or phrase in this section of scripture? Share that with the group and briefly explain why.

2. Lyndon briefly explained 3 "Omnis" that are used to describe God.

Omnipotent - God is All Powerful.

Omniscient - God knows everything.

Omnipresent - God is present everywhere.

- a) If you believe this to be true about God, does this automatically cause you to trust Him? Why or Why not?
- a) Read 1 John 4:7-10. What does this passage, with its description of God's character and his actions, add to the conversation about whether we can trust our "Omni-God"?

3. "So What" section!

Take the time to read through Psalm 139:1-18 again, this time stopping along the way to ask the question "So What?" as you consider what is being said.

e.g. - vs. 2 "You know when I sit and when I rise"...So what? Or "You know when I sit and when I rise"...Therefore...

4. Respond. In vs. 14, David says "I praise you because..."

- a) Take the time to go through Psalms 139:1-18 as a prayer guide, **responding to God with praise** for the things that have been significant to you about Him.
- b) Write down (and share with the group if comfortable) one thing that you want to trust God with in response to what we have studied this week. Ask the group to follow up and encourage you in this commitment to trust.

"Omni" What?

PSALM 139:1-18

Group Guide

[LEADERS NOTES]

RESOURCES TO HELP YOU FOLLOW JESUS

- centralheights.ca/followjesus

STORIES

- We love hearing how God moves in people's lives. If you or anyone in your group has a story and would be willing to share, we'd love to hear it and celebrate with you. You can share your story by emailing stories@centralheights.ca

MESSAGE Video and Audio can be found at:

<https://www.centralheights.ca/currentseries>