REFLECT

The Christian life is a journey. It leads us from our first breath to eternal glory, and all of it involves God at every step...including how we view ourselves in light of who He truly is! Psalm 139 explores deep questions about God and shows us just what kind of an amazing reality awaits those who are willing to embark on this incredible adventure with Him.

LINK to SMALL GROUP VIDEO MATERIALS

REALIZE

1. God knows everything about you
   - Psalm 139:1-6, Hebrews 4:13
   - Leader Notes
     - 1. God alone is all knowing.
     - 2. God has searched the entire world and all of the hearts that contained in it. He knows you.
     - 3. When Jesus knows everything about you it should bring you tremendous comfort because he sees your epic failures and still loves you.
     - Quote: “When Jesus lives in you, the glow of His radiance is unmistakable.”
   - Question for reflection
     - When you think about God knowing all things including your heart, what are three things that you wish He would remove?

2. God intimately understands your journey
   - Luke 12:6-7
   - Leader Notes
     - 1. God sees more value in you than you see in yourself. He deeply cares about every part of you.
     - 2. Our mistakes don’t catch God off guard. He knows every thought you’re going to think even before you think it.
     - 3. We have to be honest with ourselves about where we are in our faith journey. God knows every part of our journey; we’re the ones who are clueless as to our progress in it as well as our current location
   - Question for reflection
     - The idea of a personal God who knows you intimately and where you are in your journey of faith should comfort you; however, the pressures of life drown out the available comfort we have in Jesus. How can you begin to orient your life around the faithfulness of Jesus? What sort of rhythms need to stay and which habits need to go?
3. God’s knowledge is unfathomable

- Isaiah 55:8-9

- Leader Notes
  - God’s ways are infinitely higher and beyond our own.
  - Stepping into all that God has for you requires tremendous amounts of faith-filled steps.
  - The unsearchable knowledge of God is discovered by faith in Jesus and in humble submission through worship.

- Question for reflection
  - What are the “deep things” of God that you would like to know more about? Write them down in a journal or on a reminder in your phone and ask them to God this week as you seek Him in prayer.

Optional Follow-up Questions:

- What makes you say that?
- How do you feel about that?
- How would you explain your answer to a non-Christian friend or neighbor?
- Why did God design it to work that way? Why not just do (whatever else) instead?
- What would you say to someone who disagrees with that?
- Why do we really have to do it like that? Why can’t we just go (some other route) instead?