**Autumn 2020: Time in the Psalms: Week 3: Psalm 139**

This autumn we are spending time looking at the Book of Psalms. Within the Psalms we find so much of life, faith, love, hope, fear, joy, anger and plenty more. Most of all, we find the key elements of worship & praise of God and trust in Him. Each week we will look at a different aspect of faith and Christian life through the lens of one or more Psalm.

**A Session Outline - 40 mins total, but can be longer or flexible if you wish**

**Introduction - 10 mins (longer if you’re in a group I suspect!)**

1. How are you?
2. What notable things have happened recently?
3. Is there anything distracting you from focusing on God today? If yes, think or talk about that and then pray and give it to God as you begin.

**Time With the Bible - 15-20 mins**

*What does this passage tell me abbot God?* To answer this question, you might want to think about whether the passage speaks about God directly or indirectly. Is there a prophecy quoted, or does the passage remind you of another part of scripture? If so, spend some time following the leads. How does the passage remind you of what you’ve known about God before? Does it make you think differently about God than you have done before?

*What does this passage tell me about myself?* To answer this question you might want to ask how you felt as you read the passage and how you feel as you reflect on it now. Do you identify with a particular character? Does it make you feel happy or sad, hopeful, excited, confused or any other emotions?

If you feel challenged, or as if something in the passage is really speaking to your or feels personal to you today, spend a few minutes thinking: what is it? What about it feels important to you?

*What is this passage inviting me to do differently?*

As Christians we are meant to live according to the truth that is in Jesus and to not be the same as before we knew him (Ephesians 4:20-24). As we learn the good news of Jesus and the truth about his love we are bound to change.

Spend time thinking about things in your life you might want to be or to do differently as a result of today’s study and pray about those things.

For each session, we will also provide a few questions to pick out the key elements of the passage and try and help you to be guided through the study.

**Time in Prayer - 10 mins**

Each time you meet or spend time reflecting alone, make sure you leave plenty of time to pray. You could pray about:

The Church and its leaders, both ours, Churches nearby and the worldwide Church

Situations locally or in the world around us

Things shared by people during your time together

Those who are afraid, sick or those who are bereaved

Committing to God that you will follow through on what you’ve been invited to do by today’s study.

Your neighbours and the street you live in.

Those who govern us locally, nationally and internationally.

**Study Questions**

1. Read Psalm 139 together. As you read it, is there a phrase, verse or section that jumps out at you particularly? Can you explain why?
2. How does it feel to know that God has ‘searched you and known you?’
3. In vv7-12 we’re reminded that there’s nowhere we can go that the Spirit of God is not with us. Does this thought have an impact on how you live? If so, how?
4. The beautiful passage of vv13-16 points out that we are ‘fearfully and wonderfully made’, a phrase that many people know, but I wonder, how would you explain it from your own point of view? Do you think of yourself as wonderfully made?
5. As with a lot of Psalms, vv19-24 could potentially make us feel a little uncomfortable, as David asks the Lord to ‘slay the wicked’ and justifies himself somewhat before God. Do you ever think or pray such things? Do you think there is a place for that in the Christian life?

**Something To Do This Week**

**As you rise in the morning, look in the mirror and speak over yourself, ‘I am fearfully and wonderfully made’. Keep doing it until you believe it!**