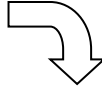


## What I Did On Summer Vacation

**THIS IS THE BLANK YOU FILL IN**

The Bible



**THIS IS FOR THE REALLY IMPORTANT STUFF**



## Food for Thought

For the week of June 7, 2009

(Questions and Scriptures for further study)

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Developing a good understanding of who God is and how He relates to us is an important part of cultivating our relationship with Him. Psalm 139 is a gold mine of truths about the intimate knowledge God has of each one of us. Answer the questions below to discover more about God's desire to connect with us.

### Psalm 139:1-6

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

O Lord, you have searched me  
and you know me.

[2] You know when I sit and when I rise;  
you perceive my thoughts from afar.

[3] You discern my going out and my lying down;  
you are familiar with all my ways.

[4] Before a word is on my tongue  
you know it completely, O Lord.

[5] You hem me in--behind and before;  
you have laid your hand upon me.

[6] Such knowledge is too wonderful for me,  
too lofty for me to attain. [NIV]

How would you summarize in one sentence the focus of this section?

What encouragement or comfort do the truths found in these verses provide you?

### Psalm 139:7-12

Where can I go from your Spirit?

Where can I flee from your presence?

[8] If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.

[9] If I rise on the wings of the dawn,  
if I settle on the far side of the sea,

[10] even there your hand will guide me,  
your right hand will hold me fast.

[11] If I say, "Surely the darkness will hide me  
and the light become night around me,"

[12] even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you. [NIV]

How would you summarize in one sentence the focus of this section?

In what ways could these verses affect your relationship with God or how you live out the Christian life?

**Psalm 139:13-16**

For you created my inmost being;  
you knit me together in my mother's womb.  
[14] I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.  
[15] My 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,  
[16] your eyes saw my unformed body.  
All the days ordained for me  
were written in your book  
before one of them came to be. [NIV]

How would you summarize in one sentence the focus of this section?

In what ways can these verses affect how you view yourself – your physical appearance, your personality, your strengths and weaknesses?

**Psalm 139:17-18**

How precious to me are your thoughts, O God!  
How vast is the sum of them!  
[18] Were I to count them,  
they would outnumber the grains of sand.  
When I awake,  
I am still with you. [NIV]

What do you learn about God and how He relates to you in these verses?

**Psalm 139:23-24**

Search me, O God, and know my heart;  
test me and know my anxious thoughts.  
[24] See if there is any offensive way in me,

and lead me in the way everlasting. [NIV]

In light of what David has already written in this Psalm, it's impossible for God not to be constantly "searching" us and knowing our thoughts. Why then do you think David ended the Psalm with this prayer?

Take a minute to use these two verses as a prayer guide to express your desire to live in light of God knowing everything about you and seeing everything you do.