

Psalm 139 Part 1: The God Who Knows Me

A Study in Psalm 139 | Week 1

Sermon Content

1. The Unprompted Hug

God does not want obligation or religious performance — He wants genuine relationship. Before we ever come looking for Him, He has already come looking for us. The God who knows everything about you has not looked away. He is pursuing closeness with you.

Because there is something about an unprompted hug that feels completely different. It's fully authentic, fully genuine.

- God's knowledge of you is not something to fear — it is something to run toward
- He sees the real you — unfiltered, no highlight reel — and He loves that person
- He wants the knowing to go both ways

2. The Mask We Wear

David opens with one of the most intimate statements in all of Scripture. God has not glanced at you — He has searched you. Every room, every drawer, every hidden corner of your soul.

The God of the universe already knows you. The real you. The unfiltered, no-highlight-reel, no-good-angle version of you.

- v.1 — He has searched you thoroughly and knows you completely
- v.2 — He knows your routine and perceives your unspoken thoughts
- v.3 — He is familiar with all your ways — nothing about you surprises Him
- v.4 — He knows your words before you speak them and the cry beneath the cry
- v.5 — He lays His hand upon you — the tender hand of a Father, not a judge
- v.6 — David's response is not dread, but wonder

3. You Have Searched Me and You Know Me

God's knowledge of you is not cold or clinical — it is the warm, attentive knowledge of someone who has been paying close attention your entire life. He notices what no one else notices. He cherishes the details of who you are.

You lay your hand upon me. That is not the hand of a judge. That is the hand of a Father resting on the shoulder of someone He loves.

- True intimacy = being fully known and fully loved at the same time
- God knows you the way a devoted spouse knows you — with warmth and genuine delight

- The invitation: He wants you to know Him back
- The question worth sitting with: Do you want that?

4. Known Like a Spouse

The same God who has searched and known you also knows where your life is going. He has not lost track of you. He has good plans — hopeful plans — and they include you.

God knows you the way a devoted spouse knows you: with warmth, with tenderness, with genuine delight.

- 'I know the plans I have for you' — the God who knows you also knows your future
- His promise is not 'might find' — it is 'you will find Me'
- The invitation: Seek Him with all your heart — not perfectly, but sincerely
- He is not hiding. He is not waiting for you to clean up first. He is right here.

5. The Emotional Climax

Lord, You have searched me. And you know me. Maybe you have been running from God for a long time. He knows you. Maybe you have been showing up to church and going through the motions for years, wondering if there is something more. He knows you.

That is not religion, friends. That is relationship.

6. A Hope and a Future

The same God who has searched you and knows you — He knows where this is going. He knows what He is building in your life. He has not forgotten you. He has not lost track of you in the shuffle.

He has plans, good plans, hopeful plans: and they include you.

5. The Weekly Challenge — Six Days of Being Known

Each day this week, engage with one specific aspect of being fully known by God.

- Monday — Read Psalm 139:1-6 slowly, out loud. Sit quietly and let it settle.
- Tuesday — Read Psalm 139:1-6 again. Identify one area where you have been wearing a mask. Bring it to God unfiltered.
- Wednesday — Read Psalm 139:1-6. Reflect on feeling truly known. Ask God: what would that look like with You?
- Thursday — Memorize Psalm 139:1. Write it somewhere visible. Say it out loud.
- Friday — Read Jeremiah 29:11-14. Let His good plans for you settle into your spirit.
- Saturday — Read Psalm 139:1-6 & Jeremiah 29:11-14. This is your day to respond. In whatever way feels most natural to you: a written prayer, a long walk where you just talk to God, a journal entry. Respond to everything you have encountered this week. Tell Him you want to know Him. And trust that He will be found.

Discussion Questions

For personal reflection or group discussion

1. Where in your life are you most tempted to show God (or others) the 'highlight reel' version of yourself rather than the real you? What would it look like to drop that with God this week?
2. David responds to being fully known by God with wonder rather than fear (v.6). What emotions come up for you when you sit with the idea that God has searched you and knows everything about you?
3. The sermon described God's knowledge as being like that of a devoted spouse — warm, attentive, and full of delight. How does that image change the way you think about your relationship with God?
4. Jeremiah 29:13 promises that those who seek God with all their heart will find Him. What does 'seeking with all your heart' look like practically in your everyday life right now?

Key Takeaways

Main points to remember and apply

1. God's knowledge of you is not something to fear — it is something to run toward. His knowing of you is wonderful.
2. You do not need to curate yourself for God. He has already seen the real you and He has not looked away.
3. God wants the knowing to go both ways — He is not content to love you from a distance. He wants you close.
4. The God who has searched you and known you also has good plans for your future. He has not lost track of you.
5. When you seek God with all your heart, you will find Him. He is not hiding. He is waiting.