

Psalm 139 Part 2: The God Who is Everywhere

The God Who Pursues — Psalm 139:7-12

Sermon Content

1. Can We Escape God?

David knew what it was like to want distance from God, to want a place where the weight of being known wasn't quite so heavy.

David asks: "Where can I go from your Spirit? Where can I flee from your presence?" He answers this three times using the extremes of the universe — the heights, the depths, and the darkness. Every time, the answer is the same: God is already there. This isn't a theological exercise for David; he knew what it was to run and hide. Whatever you're carrying today — anxiety, isolation, or shame — God has already gone there ahead of you.

2. No Height Too High (Anxiety About the Future)

Anxiety, so often, is our soul trying to climb into the heights before we're ready to; trying to see past the horizon, trying to control what hasn't happened yet.

"If I go up to the heavens, you are there" (v.8). The heights represent the unknown — tomorrow, the diagnosis, the decision not yet made. Anxiety is often our soul trying to climb into tomorrow before we're ready. But your future is not uncharted territory to God — He is already there, present in the outcome you fear. Jesus said, "Do not worry about tomorrow" (Matthew 6:34), because tomorrow already belongs to a God who lives outside of time.

3. No Depth Too Deep (Isolation and Grief)

Your circumstances have not disqualified you from His presence, and your pain has not out-run His pursuit.

"If I make my bed in the depths, you are there... your hand will guide me, your right hand will hold me fast" (vv.8-10). This describes settling into a low place — grief, depression, or loneliness that lingers. David doesn't dismiss the darkness as weak faith; instead, he affirms that God's hand actively guides and firmly holds even there. Your pain has not out-run His pursuit — He has made His bed in the depths right alongside you.

4. No Distance Too Far (Shame and Hiding)

Shame does that to us. It convinces us that if we can just get into the dark enough, far enough, God's eyes won't follow.

Jesus pursues us the same way, not after we've fixed the shame, not after we've climbed out of hiding on our own strength, but into the middle of it.

"Surely the darkness will hide me... even the darkness will not be dark to you" (vv.11-12). This is the darkness of shame — places we go on purpose to avoid being

seen. Jonah ran from God and found Him already present in the depths of the sea (Jonah 2:2). Jesus went out of His way to meet the woman at the well in her shame (John 4), offering grace, not condemnation. No darkness we build can hide us from Him.

5. Held and Pursued

Heights couldn't outrun Him. Depths couldn't outlast Him. Darkness couldn't out-hide Him.

David's question was never really about escape — it was about being found. Heights couldn't outrun Him. Depths couldn't outlast Him. Darkness couldn't out-hide Him. "Your hand will guide me, your right hand will hold me fast." Wherever you are this morning, His hand is already on you — not because you found Him, but because He came looking for you first.

Discussion Questions

For personal reflection or group discussion

1. David asks, "Where can I go from your Spirit?" Have you ever wanted distance from God? What was that season like?
2. Which of the three pictures — the heights, the depths, or the darkness — feels most like where you are right now?
3. How does knowing God's hand "guides" and "holds fast" change the way you face a season of grief or isolation?
4. The woman at the well was found by Jesus in the middle of her shame. Is there a part of your life you've kept hidden, believing it would disqualify you from His pursuit?
5. How can we as a church community better reflect God's pursuing love to those who feel far away or hidden?

Key Takeaways

Main points to remember and apply

1. There is no height, depth, or darkness where God is not already present.
2. God's hand actively guides and firmly holds us, even when we can't feel it.
3. Shame and hiding do not disqualify us from God's pursuit — He comes to us in the middle of it.
4. The story of Scripture is not us finding God, but God finding us first.