

**Focus passage: Psalm 139:1-16**

- 1 O Lord, you have searched me and known me!  
2 You know when I sit down and when I rise up;  
you discern my thoughts from afar.  
3 You search out my path and my lying down  
and are acquainted with all my ways.  
4 Even before a word is on my tongue,  
behold, O Lord, you know it altogether.  
5 You hem me in, behind and before,  
and lay your hand upon me.  
6 Such knowledge is too wonderful for me;  
it is high; I cannot attain it.
- 7 Where shall I go from your Spirit?  
Or where shall I flee from your presence?  
8 If I ascend to heaven, you are there!  
If I make my bed in Sheol, you are there!  
9 If I take the wings of the morning  
and dwell in the uttermost parts of the sea,  
10 even there your hand shall lead me,  
and your right hand shall hold me.  
11 If I say, "Surely the darkness shall cover me,  
and the light about me be night,"  
12 even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.
- 13 For you formed my inward parts;  
you knitted me together in my mother's womb.  
14 I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
my soul knows it very well.  
15 My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
16 Your eyes saw my unformed substance;  
in your book were written, every one of them,  
the days that were formed for me,  
when as yet there was none of them.

*What stands out to you from this passage?*

*Do you often think of how intimately your life is known by God? If that truth was always on your mind, would it change the way you live?*

*In what ways is such knowledge too wonderful to the psalmist and to you? **Read and discuss Matthew 10:26-33** to better understand how wonderful it is to be watched by our God.*

*We read here that there is no where we can go to hide from God. Why would someone want to hide from God? Have you felt that way before? Why?*

*If God is the one who knit us together in the womb, does that change the way you see yourself?*

*We are not an accident. God has made us and "wonderful are his works." Before we were born and even before this world was made, he had a plan for us. **Read Ephesians 1:3-12** and discuss what you think God's plan is for us.*

*How can you apply this Scripture to your life?*

