



## **Restrict or Bless**

## **Psalm 139**

- 1) **God knows everything about me. vv. 1-6**  
[**Omniscience** = God knows everything]
  
- 2) **God is everywhere I go. vv. 7-12**  
[**Omnipresence** = God is everywhere]
  
- 3) **God formed my body and planned my life. vv. 13-18**  
[**Creator** = God makes everything]
  
- 4) **God reveals and refines us from painful faults. vv. 19-24**  
[**Holy** = God is completely untainted]

*6th message* in the Psalms series, by Pastor Tim Hawks.  
CDs of this message (04/11/10) may be purchased at the  
Resource Center or listened to online at [www.hcbc.com](http://www.hcbc.com).

# REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. Read Psalm 139. How do you feel about this Psalm? Do you have a hard time believing that God cares about (and keeps up with) the details of your life? Explain.
2. God's involvement in our lives can either be viewed as intrusive and restrictive or loving and helpful. How do you tend to see it? See Matthew 10:29-31
3. How much of your existence do you credit to God? What are some of the very important implications of believing this? (Examples: self-acceptance, sense of purpose, etc.)
4. Make a decision to pray verses 23-24 daily and respond to what God reveals to you. What is He teaching you through this process?

### Memory Verse

*Search me, O God, and know my heart;  
test me and know my anxious thoughts.*

*See if there is any offensive way in me,  
and lead me in the way everlasting.*

*Psalm 139:23-24*