

LIFE GROUP

DISCUSSION QUESTIONS

Powerful & Personal July 19, 2026

Summary

Psalm 139 reminds us that God is both powerful enough to know everything *and* personal enough to love each one of us deeply. He created us with care, knows our thoughts, is always with us and values every human life. Because life can become so busy, we often rush past God's presence, His creation and the condition of our own hearts.

David ends the psalm by asking God to search him and reveal anything that is not pleasing to Him. As we slow down and make space for God, He helps us see what needs to change and leads us in His everlasting way.

Scripture

You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you, Lord, know it completely.
You hem me in behind and before,
and you lay your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;

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your works are wonderful,
I know that full well.
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.
Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
How precious to me are your thoughts, God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
They speak of you with evil intent;
your adversaries misuse your name.
Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against you?
I have nothing but hatred for them;
I count them my enemies. Psalm 139

Let's Start

What's the most beautiful place you've ever hiked or walked?

Gratitude and Prayer

How has God been at work in your life since we last met?

Let's Talk

1. What part of Psalm 139 stands out to you the most, and why?
2. How does knowing that God fully knows you—and still loves you—encourage or challenge you?
3. What are some ways busyness keeps you from noticing God's presence in your everyday life?
4. When have you felt especially close to God while spending time in His creation?
5. David prayed, "Search me, God, and know my heart." Why do you think that is sometimes a difficult prayer to pray?
6. What is one practical way you can slow down this week so God has space to reveal anything that needs to change in your heart?

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Let's Act

This week, what is one step you can take to **worship God fully** by slowing down, enjoying His creation and spending intentional time in His presence?

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