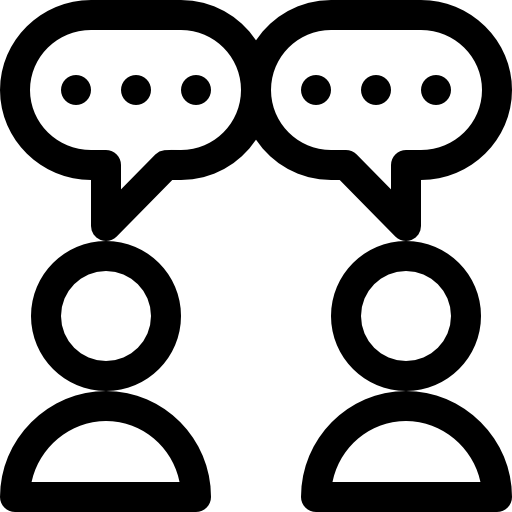


**To begin:**

**Have one group member read Psalm 139.   
Then allow 1 minute of silent reflection.**

**Re-read verses 1-9**

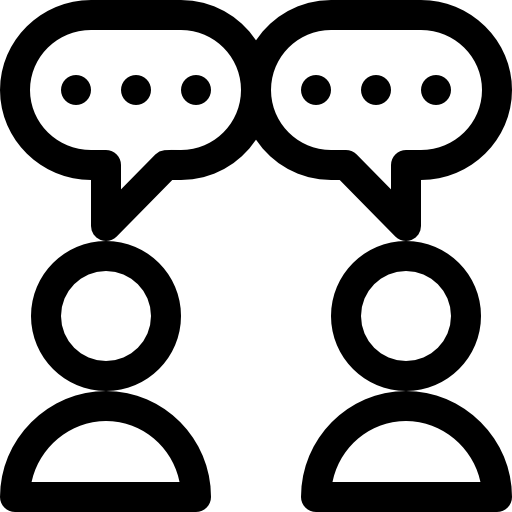
1. David uses several images of God’s intimate knowledge of him. Share and discuss: Which image strikes you the most?

2. What point is David making in verse 6?   
How would you put it in your own words?

**Re-read verses 7-12**

**3)**  What is David confident that God will do for him?

|  |
| --- |
|  |

 **4)** David lists a bunch of far-off places that are not too far away for God to be with him, guide him and protect him. Make up your own verse based on the same formula: “Even if I go to \_\_\_\_\_\_\_\_, you \_\_\_\_\_\_\_\_\_”

**Re-read verses 13-18**

**5)** Verse 13 begins with “for”, which suggests it gives the reason for something said earlier. How do verses 13-16 support what David has said previously?

**Re-read verses 19-22**

**6)** Look closely: who exactly is it that David hates?

**7)** How can these impassioned verses be related to the rest of the psalm?

**8)** “The psalms are given not to be observed, but to be prayed by God’s people”. How is this principle difficult to apply for this section? How might we deal with this difficulty?

**Re-read verses 23-24**

**9)** How do these verses soften the impact of verses 19-22?

**Consider the psalm as a whole**

**10)** How does your own prayer life compare with the prayer of this psalm? What kinds of prayer could you add to your prayer life?

**To finish:**

**Have somebody close in prayer   
by praying the ideas of the psalm**(don’t leave out the hard bits!)