
PSALM 139

A Simple Guide Through Psalm 139



Take time to find a quiet place.

As you go through your day, meditate on Psalm 139. You can use as much or as little of this guide as you'd like. However you choose to process the Psalm, pray and ask the Lord to speak to you. Consider having a journal with you throughout the day and write down things you sense the Spirit saying to you.

1 You have searched me, LORD, and you know me. 2 You know when I sit and when I rise; you perceive my thoughts from afar. 3 You discern my going out and my lying down; you are familiar with all my ways. 4 Before a word is on my tongue you, LORD, know it completely.

The Lord intimately knows you. Do these verses bring comfort and peace, or do they create insecurity and fear? Take that to the Lord, listen and respond to what He says.

5 You hem me in behind and before, and you lay your hand upon me. 6 Such knowledge is too wonderful for me, too lofty for me to attain. 7 Where can I go from your Spirit? Where can I flee from your presence? 8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 9 If I rise on the wings of the dawn, if I settle on the far side of the sea, 10 even there your hand will guide me, your right hand will hold me fast.

The Lord is present with you always. In the darkest places and in the lightest places, whether by your own doing, or someone else's. Whatever the circumstance, He will "never leave you or forsake you." Take a moment to receive that...rest in the truth that God is present with you, at all times. Ask Him to show you where He has been present in different times in your life.

11 If I say, "Surely the darkness will hide me and the light become night around me," 12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you. 13 For you created my inmost being; you knit me together in my mother's womb. 14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. 15 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. 16 Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. 17 How precious towards me are your thoughts, God! How vast is the sum of them! 18 Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.

You are God's workmanship, His delight, an expression of His creativity and Love. Do you know that? Do you live like that is true? In what ways do you struggle with the reality of that? Take that to the Lord and ask Him to heal those places and speak His love over you.

19 If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! 20 They speak of you with evil intent; your adversaries misuse your name. 21 Do I not hate those who hate you, LORD, and abhor those who are in rebellion against you? 22 I have nothing but hatred for them; I count them my enemies.

We have an adversary, an accuser who will constantly contradict the truth and asks "Has God Really said...?". Ask the Lord to remind you of your identity and His character, standing on the truth renders the enemy impotent.

23 Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

Make these last 2 passages your prayer...trust that He is safe...trust that He is a Good Father. Repentance brings healing.