

The Way Everlasting

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Psalm 139

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*To CARE for one another in truth and in love,
To GROW together as followers of Jesus,
To SERVE those God has placed in our path.
– CG Mission Statement*

Icebreaker: How does it make you feel when someone takes the time to really get to know you?

Worship: Sing or read through the words to the song *Sovereign Over Us* by Michael W. Smith. How does the song help you see light when things look dark?

There is strength within the sorrow
There is beauty in our tears
And You meet us in our mourning
With a love that casts out fear
You are working in our waiting
You're sanctifying us
When beyond our understanding
You're teaching us to trust

Your plans are still to prosper
You have not forgotten us
You're with us in the fire and the flood
You're faithful forever
Perfect in love
You are sovereign over us

You are wisdom unimagined
Who could understand Your ways
Reigning high above the Heavens
Reaching down in endless grace
You're the lifter of the lowly
Compassionate and kind
You surround and You uphold me
And Your promises are my delight

Your plans are still to prosper
You have not forgotten us
You're with us in the fire and the flood
You're faithful forever
Perfect in love
You are sovereign over us

Bible Passage & Guiding Question (*The following question is intended to help frame your discussion. Keep it in mind as you read the bible passage and review the sermon summary together.*)

Bible Passage: Read Psalm 139 slowly and thoughtfully in at least two translations.

Guiding Question: What's something you hope God will work on in you during this season?

Sermon Summary

We have been slowed down – offered a time to reset, to seek peace and wholeness, to remember how our Savior calls us to live. And so we join with His followers through the ages, who have always gathered in homes – sometimes escaping fear and anxiety – but always believing that in Him and Him alone we will find comfort and life. For though God's most repeated command is "Do not fear", we aren't simply being told not to be scared. It is instead a promise: "Do not fear... because I am with you." So let us lay down our burdens and seek His glory; let's immerse ourselves in the psalms. May we adopt their posture, which acknowledges that God is the author of our lives. That He cares for us and loves us. Actively. Let's make the most of this opportunity to grow in our trust and reliance on God.

We often resist the call to look inward and process what's really going on in our lives. We turn a blind eye to the inner workings of our heart, mind and soul – often out of fear of what might be uncovered. Through the Psalms, God offers us a means of accessing all this. Submitting to these words is therefore an act of trust – that God knows what He is doing, and that we are caring for ourselves by allowing Him to reveal the state of our hearts.

God's story of our life is a story of love. And He invites us to respond as the psalmist does. Knowing the truth of who God is and who we are, we acknowledge God's authorship and lordship over our lives. Then we too can pray the prayers found in Psalm 139:

Search me, O God, and know my heart – Asking God to examine us and to reveal the truths hidden within. May we be open to hear and acknowledge what is revealed. This is the way to life and to health.

Try me and know my thoughts – May each of us offer our anxieties and fears up to the Lord. We have a loving God who receives them from us, who longs for us to live our lives free of those burdens. Not because of our yearning or efforts but because of the freedom He offers to us.

See if there be any grievous way in me – When all of this is in the past and we can gather together once again, wouldn't it be powerful to say that God used this time to sanctify and purify us. To strengthen our faith. That we finally had the opportunity and the space and the spiritual posture for God to reveal in us places where He desired to do good work. And that we would let Him.

Lead me in the way everlasting – What a gift it is to pray this prayer. This doesn't mean the way won't be tough; we do not know what lies ahead of us in life. But we take comfort that God knows the way because He is the author of our lives. God invites us to live in this freedom. Because His way is everlasting – full of meaning and value and richness, joy and abundance.

Discussion Questions *(It's better to wrestle deeply with a few good questions than to gloss over many. Coming up with the "right answer" is not the goal. The hope is that these questions will cause you to pause and grapple with what Jesus is personally inviting you to apply to your life.)*

- What is the Psalmist's posture toward God in Psalm 139?
 - What words would describe God if all you knew about him was found in Psalm 139?
 - What do we learn about God that gives insight into his sovereignty over our current world situation?
- According to this Psalm, what does God know about you and why does he know you so well?
 - Does God knowing all about you make you feel uncomfortable or comforted?
- Why does the Psalmist praise God in verses 14-18?
 - What does God already know about our future and how could this address our fear of the future?
- How could the prayer of vs. 23-24 be helpful to developing a greater sense of God's constant presence?
 - What does God find when he searches your heart and thoughts today? Why?
 - Is searching our own heart ourselves enough? Why or why not?
 - What everlasting way do you want God to lead you in now?
- Which verse from Psalm 139 could you memorize because it gives you hope for our current times?
 - What difference do the truths of Psalm 139 make to your life?

What Can We Be Praying For?

Read and pray Psalm 139 inserting the name of those you know who need knowledge of God's presence when you come to the words me, my, or I. You will be comforted and encouraged as you pray for other people!

Engage & Experience

We are now sheltered in our homes, uncertain about the next few weeks, concerned about our health and the economy, and the flourishing of our loved ones. Could it be that we are being invited by God to embrace an uncertainty that draws us out of ourselves and our false securities? Maybe we are being asked to see things with different eyes. We are in this together. This is a time to re-set, to seek peace, wholeness, and identification with Jesus our ever-present Savior.

You Are Not Alone postcard link [here](#).

