

QTC535. "You Are A Wonder" Psalm 139 series part 1. 05 September 2024

Quiet Time Coaching Episode 535 | "You Are A Wonder" Psalm 139 Series - Part 1 |
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Introduction

This week we begin a series on Psalm 139. Why? Because God gave me the Psalm as a Scripture focus for my recent spiritual retreat. It spoke to me deeply, and I hope it will to you.

For today, I will simply read the Psalm and ask you to do the same.

Psalm 139

Psalm 139

"To the leader. Of David. A Psalm.

O LORD, you have searched me and known me.

You know when I sit down and when I rise up; you discern my thoughts from far away.

You search out my path and my lying down, and are acquainted with all my ways.

Even before a word is on my tongue, O LORD, you know it completely.

You hem me in, behind and before, and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain it.

Where can I go from your spirit? Or where can I flee from your presence?

If I ascend to heaven, you are there; if I make my bed in Sheol, you are there.

If I take the wings of the morning and settle at the farthest limits of the sea,

even there your hand shall lead me, and your right hand shall hold me fast.

If I say, "Surely the darkness shall cover me, and the light around me become night,"

even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.

For it was you who formed my inward parts; you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

How weighty to me are your thoughts, O God! How vast is the sum of them!

I try to count them—they are more than the sand; I come to the end—I am still with you.

O that you would kill the wicked, O God, and that the bloodthirsty would depart from me—those who speak of you maliciously, and lift themselves up against you for evil!

Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you?

I hate them with perfect hatred; I count them my enemies.

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

See if there is any wicked way in me, and lead me in the way everlasting. ”

Question

What do you think the Psalm's main theme is? Why did David write it, and in what way did it help him with his challenges?

Suggestion

Go for a walk in nature, or find a quiet spot to listen to this reading of Psalm 139 by David Suchet: https://youtu.be/5g9OnzCygVA?si=EFfe56T_S9S-R27x-. You might like to close your eyes. Ask God to speak to you through the Psalm. What arises? What do you notice? What will you pursue? Could you read the Psalm every day for the next week?

Conclusion

Next time, we will begin a more detailed exploration of Psalm 139.

I am planning a spiritual experience day based on Psalm 139 in the spring of 2025. If you'd be interested, please drop me a line: malcom@malcomcox.org.

Your brother, Malcolm

Please add your comments on this week's topic. We learn best when we learn in community.

Do you have a question about teaching the Bible? Is it theological, technical, or practical? Please send me your questions or suggestions. Here's the email: malcolm@malcolmcox.org.

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