

# QTC538. "You Are A Wonder" Psalm 139 series part 4. 26 September 2024

---

"You Are A Wonder" Psalm 139 Series - Part 4 | Malcolm Cox | Quiet Time Coaching Episode 538

## Introduction

What does God know about you? How do you feel about what he knows? What difference does it make to our lives that he has searched and known us? Today, we look at verse two of the Psalm and God's knowledge of our inner and outer lives.

"You know when I sit down and when I rise up; you discern my thoughts from far away."  
(Psalm 139:2 NRSV)

---

## The Outer Life

God knows our actions—all of them. He knows when we sit down and when we rise up. Perhaps these two movements symbolise the start and end of our actions. We sit at the dining table to eat dinner and get up after finishing. We sit down to hear a sermon on Sunday and get up to fellowship when it is over.

God knows the beginning and the end of his work in us. The five thousand sat down hungry. No one knew how they would be fed, but God provided a happy ending (John 6). Do not fear - your end is safe with Christ:

Philippians 1.6

"I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ."

---

## The Inner Life

God 'discerns' our thoughts from far away. What does that mean? He understands our thoughts and is able to weigh them. Jesus had that ability, and he still does.

Luke 5.22

“Jesus knew what they were thinking and asked, “Why are you thinking these things in your hearts?”

Although it may seem scary, it is actually really good news that God knows my thoughts. Because only if he knows them can he help me with them. It is vital that we are purified inwardly by the Spirit in order that our inner (and outer) speaking are godly.

1 Peter 3.3-4

“Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewellery or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

---

## Questions

Can you trust God with the as-yet unrevealed end of the things in your life that have started? Is there anything about your inner life that God is purifying?

---

## Suggestions

1. Pray through the open loops in your life—those things that do not yet have a clear conclusion. Ask God to give you peace and confidence that he will bring all those things to a meaningful end in the right way and at the right time.
2. If you find it worrisome that God knows your thoughts, ask him to give you reassurance that His motives and work in you are entirely benevolent.

---

## Conclusion

Next time, we will move on to verse 3.

I am planning a spiritual experience day based on Psalm 139 in the spring of 2025. If you'd be interested, please email me at [malcolm@malcomcox.org](mailto:malcolm@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](mailto:malcolm@malcolmcox.org).

If you'd like a copy of my free eBook on spiritual disciplines, "How God Grows His People", sign up at my website: <http://www.malcolmcox.org>.

Please pass the link on, subscribe, and leave a review.

Consider joining us at [AIM](#) UK & Ireland for stimulating and faith-building teaching: <https://aim.moodlecloud.com/>.

Music used in this recording: "Carpe Diem" Kevin MacLeod (incompetech.com). Licensed under Creative Commons: By Attribution 4.0 License. <http://creativecommons.org/licenses/by/4.0/>