

QTC539. "You Are A Wonder" Psalm 139 series part 5. 03 October 2024

"You Are A Wonder" Psalm 139 Series - Part 5 | Malcolm Cox | Quiet Time Coaching Episode 539

Introduction

Today, we look at verse three of the Psalm and God's knowledge of our 'ways'.

"You search out my path and my lying down, and are acquainted with all my ways."
(Psalm 139:3 NRSV)

God's knowledge of us is complete and intimate. He is not distant or uninvolved but is deeply acquainted with every aspect of our lives. He knows our actions ("my path"), our moments of rest ("my lying down"), and even the thoughts and motives behind them ("all my ways").

Proverbs 5.21

"For human ways are under the eyes of the Lord, and he examines all their paths."

This means that our relationship with God is rooted in His complete awareness and understanding of us, even beyond what we understand about ourselves.

Matthew 6.8

"Do not be like them, for your Father knows what you need before you ask him."

This truth profoundly impacts our prayer life. Knowing that God is intimately familiar with our lives should bring a sense of comfort and confidence when we approach Him in prayer.

Hebrews 4.16

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

We don't need to hide our struggles, fears, or weaknesses; He already knows them. It encourages authenticity and honesty in our prayers, freeing us to be open with God about our true feelings, desires, and needs. This knowledge of God's attentiveness also assures us that He cares about the details of our lives, making it easier to trust Him in every situation.

Questions

1. How does knowing that God is acquainted with all your ways affect the way you approach Him in prayer?
 2. Are there areas of your life you've been hesitant to bring before God, even though He already knows them? What might be holding you back?
-

Suggestions

1. **Practice honesty in prayer:** Spend some time each day being completely open with God about your thoughts, fears, and desires. Remind yourself that He already knows and loves you despite everything.
 2. **Reflect on God's presence:** As you go through your day, consciously remind yourself that God is with you, fully aware of your actions and thoughts. Let this awareness guide your decisions and conversations.
-

Conclusion

Next time, we will move on to verse 4.

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@malcolmcox.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.

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](https://aim.moodlecloud.com/) 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/>