

QTC540. "You Are A Wonder" Psalm 139 series part 6. 10 October 2024

"You Are A Wonder" Psalm 139 Series - Part 6 | Malcolm Cox | Quiet Time Coaching Episode 540

Introduction

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

"Even before a word is on my tongue, O LORD, you know it completely." (Psalm 139:4 NRSV)

This verse emphasises God's omniscience, revealing that He understands our thoughts, intentions, and words even before we express them. For Christians, this awareness can be both humbling and comforting. It means that God's knowledge of us is so complete that nothing is hidden from Him—not even the *unspoken* words in our hearts.

In terms of our relationship with God and our prayer life, this verse reassures us that we don't need to worry about finding the right words or phrasing things perfectly when we pray. God understands the deepest cries of our hearts, even when we can't articulate them ourselves.

Romans 8:26 – "Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words."

This encourages us to come before Him without fear, trusting that He already knows and cares about what we're going through.

However, this also serves as a reminder to be mindful of our thoughts and words, knowing that God is fully aware of them. It calls us to greater authenticity and integrity, ensuring that our speech aligns with our faith.

James 3.5

"Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark."

These passages reinforce that God's knowledge of us is deep and complete, reminding us to approach Him with confidence and transparency, knowing that He understands even what we cannot fully express ourselves.

Questions

1. How does knowing that God is aware of your thoughts and words even before you speak them change the way you approach Him in prayer?
 2. Are there any words or thoughts you've been hesitant to share with God, even though He already knows them? How might sharing these honestly impact your relationship with Him?
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Suggestions

1. **Spend time in silent prayer:** Practice sitting quietly in God's presence, acknowledging that He knows your heart even without you speaking. Let this be a time of resting in His knowledge and care.
 2. **Review your words and thoughts:** At the end of each day, reflect on your words and thoughts. Ask God to help you grow in integrity and align your speech with His will, knowing that He understands you completely.
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Conclusion

Next time, we will move on to verse 5.

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.

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