QTC541. "You Are A Wonder" Psalm 139 series part 7. 17 October 2024

"You Are A Wonder" Psalm 139 Series - Part 7 | Malcolm Cox | Quiet Time Coaching Episode 541

Introduction

Today, we look at verse five of the Psalm and God's protection.

> "You hem me in, behind and before, and lay your hand upon me." (Psalm 139:5 NRSV)

This verse portrays God's protective and intimate presence in our lives. To be "hemmed in" conveys the idea of being surrounded or enclosed, suggesting that God is actively involved in every aspect of our journey, both our past ("behind") and our future ("before"). The image of God laying His hand upon us further emphasises His personal care, guidance, and blessing. God is involved at touching distance despite being so majestic as to be unknowable.

For a Christian, this verse speaks of God's constant and protective presence. It means that no matter where we are in life—whether facing challenges, uncertainties, or joys—God is already there, surrounding us with His love and care. God's hand protects Moses:

> Exodus 33.22
>
> and it will come about, while My glory is passing by, that I will put you in the cleft of the rock and cover you with My hand until I have passed by.

This truth has a profound impact on our relationship with God, particularly in our prayer life. It reassures us that God is not distant but actively involved in our lives, always guiding, protecting, and providing for us.

> **Isaiah 41:10** – "Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."

Knowing that God hems us in and lays His hand upon us allows us to approach Him with confidence, even in times of fear or uncertainty. It encourages us to trust that He is in control and that His hand is always upon us, leading us in the way we should go.

> **Psalm 23:4** – "Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me."

These scriptures reinforce the reality of God's protective and guiding presence, encouraging us to live confidently, knowing that His hand is always upon us, surrounding us with His love and care.

> **John 10:28-29** – "I give them eternal life, and they will never perish. No one will snatch them out of my hand. What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand."

Questions

1. How does the idea of God "hemming you in" change the way you view His involvement in your life, especially in moments of uncertainty or fear?
2. In what ways have you experienced God's hand guiding or protecting you? How can this awareness deepen your trust in Him?

Suggestions

1. **Pray for God's guidance**: As you start your day, pray and acknowledge God's presence with you. Ask Him to guide you, knowing that His hand is already upon you.
2. **Reflect on God's past faithfulness**: Take time to journal or meditate on moments when you've experienced God's protection and guidance. Let these memories strengthen your faith and trust in His ongoing care.

Conclusion

Next time, we will move on to verse 6.

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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