

# QTC544. "You Are A Wonder" Psalm 139 series part 10. 07 November 2024

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"You Are A Wonder" Psalm 139 Series - Part 10 | Malcolm Cox | Quiet Time Coaching  
Episode 544

## Introduction

Today, we look at verse eight of the Psalm.

Psalm 139:8 "If I ascend to heaven, you are there; if I make my bed in Sheol, you are there."

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## Where is heaven?

The Hebrew is plural. David is referring to the heavens. What is he trying to convey?

In one sense, he contrasts height with depth. One cannot go higher than the heavens nor deeper than the depths of the earth (think, [journey to the centre of the earth](#)).

He might also be contrasting the realm of God with the realm of man and expressing the extent of God's jurisdiction. Some may think he is God of the heavens but not God of what is on Earth. That is a mistaken assumption.

## Where is Sheol?

Sheol might refer to the depths of the earth, the state of the dead, or the place of the condemned. Whatever was precisely in David's mind, the point is clear. Humankind might think that deep geological places, death or hell, are beyond God, but the truth is that even in places devoid of God's blessing, still his sovereignty is assured.

In Hebrew thought and literature, mentioning two opposite extremes includes everything in between. In other words, David was saying that God's presence was everywhere in every single spot of every location, from the highest heaven to the deepest hell, everywhere from the uttermost north to the extreme south.

## Where is Jesus in this?

Jesus has experienced all that the heavens and the depths have to offer.

Hebrews 4.14

“Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession.”

Christ went to the realm of death but could not be held there.

Acts 2.24

“But God raised him up, having freed him from death, because it was impossible for him to be held in its power.”

Jesus is victorious over death. In fact, you could say he controls it.

Revelation 1.18

“and the living one. I was dead, and see, I am alive forever and ever; and I have the keys of Death and of Hades.”

## How does this help us?

I don't know about you, but I need reminding that there is no aspect of this world and no area of my personal life that is hidden from God's attention and care. Not only that, but Jesus understands my circumstances and is actively helping me. God has got my back and yours.

Romans 8.38-39

“For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Romans 8.34

“Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us.”

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## Questions

Do you sense that God is with you in *some* parts of your life but not others? Does he seem absent from your workplace, your marriage, your congregation, your children, your romantic life, your aspirations, dreams and visions?

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## Suggestions

1. Meditate on the Scriptures above. Pray through them. Talk to God about them.
2. Specifically, ask God to give you confidence that he is involved in the areas of your life where you feel he is absent.

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## Conclusion

Next time, we will move on to verse .

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](mailto:malcolm@malcolmcox.org).

Your brother, Malcolm

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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).

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