

Lesson 33

Psalm 138:1–8 (written by David)

- ¹Lord, I will praise You with all my heart.
In front of those who think they are gods
I will sing praise to You.
- ²I will bow down facing Your holy temple.
I will praise Your Name,
because You are always loving and faithful.
You have honoured Your Holy Word
even more than Your own fame.
- ³When I called out to You, You answered me.
You made me strong and brave.
- ⁴Lord, may all the kings on earth praise You
when they hear about what You have decided.
- ⁵Lord, may they sing about what You have done,
because Your glory is great.
- ⁶Though the Lord is high above all, He cares for the lowly.
Though He is in heaven above, He sees them on earth below.
- ⁷Trouble is all around me,
but You keep me alive.
You reach out your hand to put a stop to the anger of my enemies.
With Your powerful right hand You save me.
- ⁸Lord, You will show that I was right to trust You.
Lord, Your faithful love continues forever.
You have done so much for us, so don't stop now.

Questions

- ① Are you to praise the Lord only in private? (Yes/No) _____. I am also to praise the Lord in _____ of those who _____ they are _____. (Ps. 138:1)
- ② What are some reasons to praise the Lord? I praise the Lord because:
- a) He is _____ loving and _____;
 - b) He _____ **S** His Holy Word;
 - c) He _____ me when I call out to Him;

- d) He makes me _____ and _____;
- e) His _____ is great;
- f) though the Lord is _____ above all, He _____ for the _____ and _____ them on earth below;
- g) though _____ is all around, He keeps me _____;
- h) He reaches out His hand to put a _____ to the _____ of my enemies;
- i) His _____ right hand _____ me;
- j) He _____ that I was right to _____ Him;
- k) His faithful _____ continues _____; and
- l) He has done _____ much for me. (Ps. 138:2-3, 5-8)

Psalm 139:1-18, 23-24 (written by David)

¹Lord, You have seen what is in my heart.

You know all about me.

²You know when I sit down and when I get up.

You know what I'm thinking even though You are far away.

³You know when I go out to work and when I come back home.

You know exactly how I live.

⁴Lord, even before I speak a word,

You know all about it.

⁵You are all around me, behind me and in front of me.

You hold me safe in Your hand.

⁶I'm amazed at how well You know me.

It's more than I can understand.

⁷How can I get away from your Spirit?

Where can I go to escape from You?

⁸If I go up to the heavens, You are there.

If I lie down in the deepest parts of the earth, You are also there.

⁹Suppose I were to rise with the sun in the east.

Suppose I travel to the west where it sinks into the ocean.

¹⁰Your hand would always be there to guide me.

Your right hand would still be holding me close.

¹¹Suppose I were to say, "I'm sure the darkness will hide me.

The light around me will become as dark as night."

¹²Even that darkness would not be dark to You.

The night would shine like the day,

because darkness is like light to You.

¹³You created the deepest parts of my being.

You put me together inside my mother's body.

¹⁴How You made me is amazing and wonderful.

I praise You for that.

What You have done is wonderful.

I know that very well.

¹⁵None of my bones was hidden from You

when You made me inside my mother's body.

That place was as dark as the deepest parts of the earth.

When You were putting me together there,

¹⁶Your eyes saw my body even before it was formed.

You planned how many days I would live.

You wrote down the number of them in Your book

before I had lived through even one of them.

¹⁷God, Your thoughts about me are priceless.

No one can possibly add them all up.

¹⁸If I could count them,

they would be more than the grains of sand.

If I were to fall asleep counting and then wake up,

You would still be there with me.

...

²³God, see what is in my heart.

Know what is there.

Test me.

Know what I'm thinking.

²⁴See if there's anything in my life you don't like.

Help me live in the way that is always right.

Questions

- 3 What does the Lord see? The Lord sees _____ is in my _____. (Ps. 139:1)
- 4 What does the Lord know?
 - a) The Lord knows _____ about _____.
 - b) He knows when I _____ down and when I get _____
 - c) He knows what I am _____, even though He is far away.
 - d) He knows when I go out to _____ and when I come back _____.
 - e) He knows how I _____.

- f) He knows what I am about to say, even _____ I speak a word. (Ps. 139:1–4)
- 5) Where is the Lord? The Lord is _____ me, _____ me, and in _____ of me. (Ps. 139:5)
- 6) Where does the Lord hold you? The Lord holds me _____ in His _____. (Ps. 139:5)
- 7) What is hard for anyone to understand, yet so comforting to know? It is hard to understand how _____ the Lord _____ me, even when I don't know myself very well. (Ps. 139:6)
- 8) Can you ever get away from the Lord's Spirit to escape from Him? (Yes/No) _____. If I go up to the _____, He is there. If I lie down in the _____ parts of the _____, He is also there. (Ps. 139:7–8)
- 9) If you were to rise with the sun in the east and travel to the west where it sinks into the ocean, what will always be there for you? The Lord's _____ would always be there to _____ me and _____ me close. (Ps. 139:9–10)
- 10) Can the darkness ever hide you from the Lord? (Yes/No) _____. Even the darkness would _____ be dark to the Lord. The night would _____ like the _____, because darkness is like _____ to Him. (Ps. 139:11–12)
- 11) What did the Lord create? The Lord created the _____ parts of my _____. (Ps. 139:13)
- 12) When did the Lord put you together? The Lord put me together when I was _____ my _____ body. (Ps. 139:13)
- 13) What is something that is amazing and wonderful? **H**_____ the Lord _____ me is amazing and wonderful. (Ps. 139:14)
- 14) What was not hidden from the Lord? None of my _____ were hidden from the Lord when He made me _____ my mother's womb, even though that place was as _____ as the deepest parts of the earth. (Ps. 139:15)
- 15) What did the Lord see even before it was formed? The Lord saw my _____ even before it was formed. (Ps. 139:16)
- 16) What did the Lord plan even before you were formed? The Lord planned _____ many _____ I would _____. He _____ down the _____ of them in His book _____. I had lived through even _____ of them. (Ps. 139:16)
- 17) What is priceless? The Lord's _____ about me are _____. No one can

possibly _____ them all up. The number would be _____ than all the _____ of _____ . (Ps. 139:18)

- 18) If you fall asleep counting the number of thoughts the Lord has about you, who is still there with you when you wake up? The _____ is still there with me when I wake up. (Ps. 139:18)
- 19) What are some things that are good to ask the Lord when you pray? I should ask the Lord:
 - a) to _____ what is _____ my heart,
 - b) to _____ me to know what I'm _____,
 - c) to see if there's _____ in my life He doesn't _____, and
 - d) to _____ me _____ in the way that is always _____. (Ps. 139:23-24)

How did the Holy Spirit speak to you this week as you studied these Bible verses? In other words, what did you learn this week from reading God's Word?
