

Psalm 139.

How do we respond to being known by God?

This Week's Practice:

Prayer of Surrender

Psalm 139 reminds us that there is no part of our lives hidden from God. He knows our thoughts, our fears, our joys, our failures, and our hopes. Yet despite knowing us completely, He continues to love us faithfully.

This week, spend a few moments each day practicing a Prayer of Surrender with Psalm 139.

How to practice the Prayer of Surrender:

Become Still

Take a few slow breaths and quiet yourself before God.

Remember:

God already knows you.

You have nothing to prove.

And nothing to hide.

Read

Read Psalm 139 *slowly*.

Pay attention to words or phrases that stand out to you.

Surrender

Offer this prayer:

Search me, O God, and know my heart.

Test me and know my anxious thoughts.

See if there is any offensive way in me.

Lead me in the way everlasting.

(139:23-24)

Pray these words *slowly* and allow them to become your own.

Surrender

Sit quietly for a few moments in a posture of prayer and ask:

What am I holding onto?

What am I afraid for God to see?

What part of my life needs His guidance?

Receive

End your prayer by prayerfully reciting this truth: *I am fully known and loved by God.*

Psalm 139

Led by Pastor Greg Coppock

Psalm 139 makes it clear that God really _____ us.

God _____ us together in the womb of our mother.

Our anxious thoughts _____ us from fully enjoying a personal relationship with God.

“One Thing:” _____ better than we know ourselves.

The Testimony of Greg Coppock

Greg’s testimony mentions relationships versus religion. How do you interpret that?

Greg’s story had some anxious moments. How do you navigate anxious moments and/or thoughts?

What response does Greg’s story invite or encourage in you?