

Fully Known, Deeply Loved

Psalm 139

Life Church St. Louis February 22, 2026
Sister's Ministry leader Carol Walker, BS

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1. A Psalm of Intimacy

Psalm 139:1-4 “O LORD, you have searched me and known me? You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my ying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, you know it altogether.”

- A. Uses “O LORD,” which is a relational and covenantal name of God
- B. Spoken in first person
- C. The LORD’s posture progresses toward familiarity

Psalm 139:5 “You hem me in, behind and before, and lay your hand upon me.”

2. Made for Connection

Psalm 139:7-12 “Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! If I take the wings of the morning and dwell in the uttermost parts of the sea,”

Psalm 139:10 “even there your hand shall lead me, and your right hand shall hold me.”

- A. His hand draws near to me.
- B. His hand guides me
- C. His hand brings strength.

Psalm 139:11-12 “If I say, ‘Surely the darkness shall cover me, and the light about me be night,’ even the darkness is not dark to you’ the night is bright as the day, for darkness is as light with you.”

3. David’s Response

Psalm 139:13-14 “For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

- A. A heart of praise and gratitude
- B. We are the LORD’s masterful workmanship.
- C. We are fully known...and deeply loved.

Psalm 139:15-16 “My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.”

Psalm 139:17-18 “How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand.”

A. After knowing everything in my inner world, including that hidden side, the LORD’s thoughts toward me are “precious.”

4. Our Love for God and David’s Prayer

Psalm 139:19-22 “Oh that you would slay the wicked, O God! O men of blood, depart from me! They speak against you with malicious intent; your enemies take your name in vain. Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you? I hate them with complete hatred; I count them my enemies.”

A. Our love for God creates grief and sadness towards the evil around us.

B. These verses set us up for the emotion of David’s prayer that he is about to pray in the next verses.

David’s Prayer:

Psalm 139:23-24 “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!”

A. David’s prayer echoes a deep security that he finds in an intimate relationship with the LORD.

B. David understood that when we invite the LORD to search us and test us, it is a “win.” It creates growth with an invitation to invite the LORD to lead us.

“Fully Known, Deeply Loved” Study Guide Psalm 139

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As you reread the chapter this week:

1. Verse 1 – What part of your life feel most “known” by God right now?
 - a. What part feel most hidden?
2. Verses 7-10 – Where have you seen God’s nearness recently?
 - a. Is there any place you are resisting his presence?
3. Verses 13-16 How does it change your self-view to know you were “fearfully and wonderfully made”?
 - a. What lies about yourself need to be replaced with truth?
4. Verse 17 – What do you believe God thinks about you?
 - a. Is that belief rooted in scripture or past wounds?
5. Pray David’s prayer sometime this week, reflecting on an invitation to allow the LORD to search you:
 - a. “Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!.”
6. Action Step:
 - a. Write down three truths about how God sees you.