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# 32 PSALM 139 (PART 1)

A psalm is like a song, a poem put to music. The Bible has 150 psalms, and so far you have learned two of them: Psalm 1 and Psalm 23. In this worksheet, you'll learn some of Psalm 139, a really amazing psalm. This psalm talks about God, us, and how He feels about us.

Then God acted! He made a thick cloud, and placed it between Israel and the army, keeping the army from marching forward. Then, He told Moses to raise his staff high into the air and, when he did, God made a path through the sea for Israel to walk through. God was behind His people and in front of them, protecting them and making a way for them, just like Psalm 139:5-6 talks about. In the end, God saved His people, and Egypt's army was killed.

God cares about His kids! He sees them. He loves them. He smiles on them when they do right. He is displeased when they do wrong, and wants to forgive them, if they ask. He knows them, inside and out, and wants what's best for them.

### REVIEW

**John 3:16 – “For this is how God loved the world: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life.”**

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Trust God today, to forgive your sin and to guide you in life!

**“ROAR”** (that's lion for “Well done!”)

..... **(name of Clubber) has finished “Psalm 139 (Part 1).” Well done!**

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### MEMORIZE

**Psalm 139:1-2 – “O LORD, You have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts, even when I'm far away.”**

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God is...

- ...all-powerful. He can do anything He needs to do!
- ...all-knowing. He knows everything!
- ...everywhere at once. He's in your bedroom, on the moon, at the bottom of the ocean, at the other side of the universe, everywhere at the same time!

Mark with a check mark which of the above three things Psalm 139:1-2 is talking about. Does it talk about God being all-powerful, all-knowing, or everywhere at once?

How does it feel to know that God knows exactly what you're thinking, and what you're feeling? .....

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Sometimes, we are thankful that God sees us, that He knows what we're thinking, and how we're feeling. When we're sad, when we're discouraged, when we're hurting, it's good to



know that God sees us and that He cares. But, when we think bad thoughts, say hurtful things, or do something wrong we would rather that God didn't see us or know what we're thinking, saying, or doing. But the Bible says that – good or bad – God knows.

Here's the good news: God wants to comfort us when we are sad, and help us when we need help.

Here's some more good news: God wants to forgive the bad things (what the Bible calls "sin") that we think, say or do. And, if we say sorry to Him that we have sinned, and ask Him to forgive us, He will.

### **MEMORIZE**

**Psalm 139:3-4 – "You see me when I travel and when I rest at home. You know everything I do. You know what I am going to say even before I say it, LORD."**

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Do you have a brother, sister or friend that you know so well, that you know what they're going to say before they say it? God knows us so well, all of us, that He knows what we're going to say – both good and bad – before we even say a word. Isn't God amazing!

### **MEMORIZE**

**Psalm 139:5-6 – "You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!"**

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God goes ahead of us and He comes behind us. One story in the Bible shows this so well. Long ago, the Israelites were slaves to the Egyptians. If you've ever seen pictures of the pyramids and other monuments in Egypt, the Israelites were forced to build some of these. Israel cried out to God to save them from slavery and, when the time was just right, God did just that. He told a man named Moses to go to Egypt's king (called "Pharaoh") and tell him to let God's people go, to set them free. Pharaoh

was stubborn and did not let the Israelites go free. God did many hard things to the Egyptians (called "plagues") to let Egypt know that God was all-powerful, and thus they should do



what He said. Finally, after ten plagues, Pharaoh set the Israelites free. As they walked back to Israel, Pharaoh changed his mind and, with his army, went after the Israelites. Curiously, God led Israel through the mountains to the Red Sea. Just imagine a mountain to your left, a mountain to your right, the sea in front of you, and the army of Egypt coming behind you. Israel was scared and felt hopeless.