

An aerial, high-angle photograph of a dark, turbulent ocean. The water is a deep, dark blue-grey, with white foam and spray from breaking waves creating a complex, swirling pattern across the entire frame. The lighting is dramatic, highlighting the texture of the water's surface.

# *PSALM 139*



*“This could be the norm going forward...”*

## ***A look back...***

### ***PSALM 139:1-6 ESV***

O LORD, you have searched me and known me!

<sup>2</sup> You know when I sit down and when I rise up;  
you discern my thoughts from afar.

<sup>3</sup> You search out my path and my lying down  
and are acquainted with all my ways.

<sup>4</sup> Even before a word is on my tongue,  
behold, O LORD, you know it altogether.

<sup>5</sup> You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me;  
it is high; I cannot attain it.

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*MATTHEW 28:17 ESV*

...when they saw him, they worshiped him; but some doubted.



# Spiritual Practices

## *C E L E B R A T E*

Acknowledge a significant event  
with rejoicing.

## *L A M E N T*

Acknowledge a significant event  
with grief/sorrow.



## ***A look within...***

### ***PSALM 139:7-12 ESV***

Where shall I go from your Spirit?

Or where shall I flee from your presence?

<sup>8</sup> If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!

<sup>9</sup> If I take the wings of the morning

and dwell in the uttermost parts of the sea,

<sup>10</sup> even there your hand shall lead me,

and your right hand shall hold me.

<sup>11</sup> If I say, “Surely the darkness shall cover me,

and the light about me be night,”

<sup>12</sup> even the darkness is not dark to you;

the night is bright as the day,

for darkness is as light with you.



***A look within...***

*PSALM 139:7-12 ESV*

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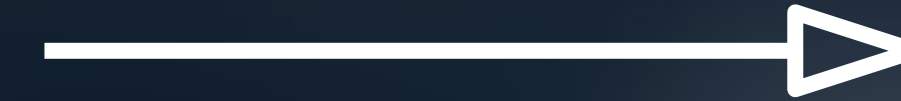
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Turn Up  
the Energy



**Being Present**



Turn Down  
the Energy

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for darkness is as light with you.**

*PSALM 139:13-18 ESV*

**For you formed my inward parts;**

you knitted me together in my mother's womb.

<sup>14</sup> I praise you, for **I am fearfully and wonderfully made.**

Wonderful are your works;

my soul knows it very well.

<sup>15</sup> My frame was not hidden from you,

when I was being made in secret,

intricately woven in the depths of the earth.

<sup>16</sup> 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.

<sup>17</sup> How precious to me are your thoughts, O God!

How vast is the sum of them!

<sup>18</sup> If I would count them, they are more than the sand.

I awake, and I am still with you.



# Spiritual Practices

## *NOTICING*

Paying attention to the present to  
deepen your awareness of God.

## *PRAYER*

Communicating directly with God to  
deepen your relationship with God.

***A look ahead...***

***PSALM 139:17-22 ESV***

How precious to me are your thoughts, O God!

How vast is the sum of them!

<sup>18</sup> If I would count them, they are more than the sand.

I awake, and I am still with you.

<sup>19</sup> Oh that you would slay the wicked, O God!

O men of blood, depart from me!

<sup>20</sup> They speak against you with malicious intent;  
your enemies take your name in vain.

<sup>21</sup> Do I not hate those who hate you, O LORD?

And do I not loathe those who rise up against you?

<sup>22</sup> I hate them with complete hatred;

I count them my enemies.

***A look ahead...***

*PSALM 139:23-24 ESV*

**Search me, O God, and know my heart!**

Try me and know my thoughts!

<sup>24</sup> And see if there be any grievous way in me,  
and **lead me in the way everlasting!**



# Spiritual Practices

## *COMPASSION*

Identify areas where God may be leading you to care for and empathize with others.

## *SUBMISSION*

Commit to follow Jesus as Lord of your life into the unknown of 2022.

Here I am, O God, humbly yours, lifting up my heart to you, before whom all created things are as dust and mist. You are hidden behind the curtain of our limited sight and hearing, incomprehensible in your greatness, mysterious in your almighty power; yet here am I, speaking to you with the familiarity of a child to a parent, a friend to a friend. If I could not speak to you like this, then I would indeed be without hope in the world. I have little power to do or control anything; it is not by my will that I am here or will one day pass away. Of all that will come to me today, very little will have been what I have chosen for myself.

**Dear Father, take this day's life into your keeping. Guide all my thoughts and feelings. Direct all my energies. Instruct my mind. Sustain my will. Take my hands and give me the skill to serve you. Take my feet and make them quick to do whatever you ask. Take my eyes and keep them fixed on your everlasting beauty. Take my mouth and give me the words to tell others of your love. Make this day a day of obedience, a day of spiritual joy and peace. Make this day's work a little part of the work of the kingdom of my Lord Jesus, in whose name these prayers are said. Amen.**

*- A Diary of Private Prayer*