

Presence

Psalm 139

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this psalm say God knows about you, and where can he be found?

2. What does it show me about people — and about myself?

How does it feel to be known by God this completely — comforting, unsettling, both?

3. What will I obey this week? (a concrete step, with a day)

Where do you feel most alone, and how could you invite God's nearness there this week?

4. Who will I tell?

Who do you know who feels alone and forgotten?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, thank you that there is nowhere I can go from your presence. Help me live today knowing you are always near.

