

Fully Known. Fully Loved.

God doesn't watch our lives from far away; he walks through every moment with us.

Time:
7-10 minutes

Focus:
Walk with God; Honesty;
God's Love and
Forgiveness

Scriptures

Psalm 139:7-8
Psalm 139:9-10
Psalm 139:11-12
John 10:10
Isaiah 30:21
Psalm 139:16
Psalm 139:23-24

Parking lot

Write down distracting thoughts here:



Settle in

Take a deep breath. Turn off notifications on your phone. Tell God about any areas of your life where you doubt that he will guide you and ask him to help you believe that he is always with you.



Thought starter

Having a relationship with God is like having a best friend who cares about us, supports us, and stays by our side no matter what. We don't have to hide anything or be afraid because the one who knows us the best also loves us the most. Psalm 139 is a great guide to building this kind of friendship with God.

Here's what we'll learn in this Quick Quiet Time:

- God's presence always sticks with us.
- God has a plan and purpose for our lives.
- God searches our hearts so that he can heal us—not catch us or shame us.



God's presence sticks with us.

Psalm 139:7-8 NIV

Where can I go from your Spirit? Where can I flee from your presence? [8] If I go up to the heavens, you are there; if I make my bed in the depths, you are there.



Truth bomb: We can't hide from God—and that's a good thing.

- God's presence isn't limited by our physical or emotional location.
- There is nowhere we can go that is too far away from his love, compassion, and understanding.
- We can run from responsibilities, people, or painful situations, but we can never outrun the one who made us.
- God doesn't chase us to catch us. Like a loyal best friend, God follows us to guide us, love us, and protect us.

Metaphor moment

God's presence is like our shadow—it follows us wherever we go, constantly connected to us. We are never alone.



View on web ↗

Notes:

**Reflect**

- Where do you go when you are trying to run from God?
- How do you feel about knowing that God is in those places with you, patiently ready to help?

**God is always actively guiding our lives.****Psalm 139:9-10 NIV**

If I rise on the wings of the dawn, if I settle on the far side of the sea, [10] even there your hand will guide me, your right hand will hold me fast.



Truth bomb: God's presence is not passive.

- God actively guides and steadies us with care and intention.
- Wherever life carries us—to new seasons, unfamiliar places, or unexpected heights and depths—God's hand never lets go.
- We are never beyond the reach of his guidance.

Metaphor moment

God's guidance is like a steady hand on our shoulder in a pitch-black room. We may not see the path ahead, but we can feel the steady direction of the one walking beside us.

**Reflect**

- What are some situations where you need God's steady guidance?

**God is not defeated by the darkness.****Psalm 139:11-12 NIV**

If I say, "Surely the darkness will hide me and the light become night around me," [12] even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.



Truth bomb: God sees with complete clarity even when we are surrounded by confusion.

- Our darkness isn't dark to God, and our confusion never disorients him.
- God stays close even when we feel lost. No situation is too difficult or dark for God.
- Sometimes, life feels dark or unfair because of other people's harmful choices or because of circumstances out of our control, and it is tempting to believe that God has left us.

Notes:

- In those moments, we need to remember this: bad things don't happen because God is missing, but because people abuse their free will.
- Sin always carries consequences that ripple outward. Yet these tough times do not mean that God left us. They are a reminder of how deeply we need him to step in and fix what's broken in the world and in our lives. We need his help through the darkness.

🕶 Metaphor moment

God's perspective is like high-powered night vision. What feels like blinding, impassable darkness to us is completely clear to him. He can guide us through the darkness.

🙋 God is always there, but the enemy tells us we are alone.**John 10:10 NIV**

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

Isaiah 30:21 NIV

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."

💣 Truth bomb: Spiritual warfare often targets our connection with God.

- To know God as our protector, provider, and guide means we never walk through life alone. This is why the enemy uses distractions, hardships, and doubts—to pull us away from trusting the one who loves us most.
- We need to be aware of the things that distract us or allow the enemy to trick us. This often includes social media, digital noise, and comparing our lives with other people's.
- Spiritual warfare makes us forget what an incredible blessing it is to have a personal relationship with the Creator of the universe—a God who acts like the closest friend we could ever have.

🧠 Reflect

- In what ways does the enemy trick you into thinking that God is not present or actively guiding your life?

📖 God has a plan and purpose for our lives.**Psalms 139:16 NLT**

You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

Notes:

 **Truth bomb:** Our existence isn't an accident.

- Long before we lived a single moment, God saw every chapter of our journey.
- He knows our story inside and out, and he walks with us as our purpose unfolds. He is not surprised by any plot twists, and he does not change the ending when we have a bad day.

 Metaphor moment

Our lives are like a journey through a house built by a master architect. We only see one room at a time, but every wall, doorway, and window was drawn into the blueprint long before the foundation was laid.

 God searches our hearts to lead us to him.

Psalm 139:23-24 NLT

Search me, O God, and know my heart; test me and know my anxious thoughts. [24] Point out anything in me that offends you, and lead me along the path of everlasting life.

 **Truth bomb:** Being fully known by God is what makes being fully led by God possible.

- When we truly understand God's love for us, we will invite him to search us deeply. We will not be afraid of being fully known, and will even ask God to point out anything offensive in our hearts.
- This is the security that comes from having a relationship with God.
- Like a best friend who knows our hearts and wants the best for us, God gently exposes what's hurting us so he can heal it.

 Metaphor moment

God's search is like a compassionate doctor's checkup. He doesn't point out what's wrong to shame us. He shows us what is hurt or ailing so he can fix it and help us become who we are meant to be.



Reflect

- How do you feel about inviting God in to search your heart more deeply? Why?

 God searches our hearts to lead us to him.

We live every moment in the presence of a God who ...

- Sees us clearly.
- Guides us faithfully.
- Illuminates our darkness.
- Wrote our story.
- Leads us into everlasting life.



Notes:

We are fully known—and deeply loved—by the God who will never leave us or lose us. Psalm 139 shows a God who doesn't watch our lives from far away; he walks through every moment with us like the closest friend we will ever have.

He knows where we run, he guides where we go, he shines light where we feel lost, and he builds purpose into every day we live. Life isn't random or chaotic—God has drawn a blueprint and guides us through each room.

When we realize we are completely known by God and still completely loved, we stop hiding and start trusting. We open our hearts up to him like David did, allowing us to fully experience God's perfect love. We stop fearing his presence and start following his direction.

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