

Encountering Jesus

Take a few minutes each day to review one section of this verse. Give time for Jesus to speak to your heart and reveal more of Himself to you. Reveal more of who He believes you are. Don't rush allow Him to speak to you and journal your answers below. Take a few minutes to meditate on what He says about you and allow your heart to connect to what He is saying to you. Then offer thanksgiving to Him for His marvelous thoughts toward you.

Psalm 139

¹ You have searched me, LORD, and you know me.

Lord I am so grateful that you know me. Speak truth to me from your Word, what I need to know about myself.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

Lord I am thankful you know my thoughts before I know them.

What thoughts about myself do you want me to change this week?



Lord, reveal your thoughts for me, so I can replace the lies, I am believing about myself?

³ You discern my going out and my lying down;
you are familiar with **all my ways**.

⁴ Before a word is on my tongue
you, LORD, know it completely.

Go back and read verse 3 and 4 again three times slowly out loud. Then close your eyes and write down what the Holy Spirit is revealing to you through these verses.

⁵ You hem me in behind and before,
and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

Lord reveal to me a time when you were behind and before me protecting me I failed to see your protection on my life?



⁷ 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.

⁹ 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.

Lord, thank you for always being there for me and holding on to me like Your Word says.

Show me a time when you were guiding me, and I was not aware of it?

¹¹ 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.

Thank you, Lord, even when darkness of fear, hopelessness or doubt try to surround me

*You are there. The brightness of Your light is always there. Lord show me a time when I felt
surrounded in darkness that a missed seeing Your light?*



13 For you created my inmost being
you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made;
your works are wonderful; I know that full well.

I thank you Lord you used my parents to create my body, but You created my innermost being, that part of me that is just like You. What part of me do You want me to be thankful for this week?

15 My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

16 Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be. **17 How precious to me are your thoughts, God!**
How vast is the sum of them! *(God thinks good things about us, His children)*

18 Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

Lord, tell me three thoughts you have about me that I am unaware of?



²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Lord, search my heart, is there any place in me that does not trust You?

Looking to be transformed and radically changed. Don't hesitate, schedule your session today!

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