

## **SMALL GROUP RESOURCE**

Big Idea: God cares about the real you.

### **SCRIPTURE READINGS:**

Psalm 139	Psalm 6	Psalm 13
Psalm 22	Psalm 102	Psalm 142
Psalm 60	Psalm 74	Psalm 79
Psalm 80	Psalm 90	

### **DISCUSSION ACTIVITY:**

Together (or separately, then share) write your own  
Psalm of Lament and Praise.  
This is an exercise from the heart.  
Sharing, not perfection, is the goal.

### **Introduction:**

Tell God you are turning to Him for help.  
Let God know how you are.

Acknowledge your attempt to be honest with Him.

### **Lament (complaint):**

Describe your gripe, worry, or trouble.  
Affirm to God that you trust Him  
and want His will in your life.

### **Ask for God's help:**

Ask God to help you according to His will.  
Ask Him to help you and to fight the enemy.

### **Note your reasons for asking for God's help:**

Tell God what could happen to you  
if He does not intervene.

### **Acknowledge God's love and care for you:**

Express your confidence that God has heard your prayer  
and has already moved in response to it.

### **Promise your praise:**

Promise to tell others what God has done in your life.  
so they can see His Goodness.

### **PRAYER FOCUS:**

Ask for willingness to share your concerns  
with God and with others.  
Pray that your will can submit and see God's will.  
Thank God that you can trust Him.  
Pray for opportunities to tell others as God  
shows His care for you.

## **FAMILY RESOURCE**

Big Idea: God cares about the real you.

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

What does God know about David?  
For one whole day,  
write down what you do and when you do it.

### **READ PSALM 139:7-16**

When do we try to "get away" from God?  
Does it work?  
Play tag.

### **READ PSALM 139:17-18**

How does David feel about God?  
Give each other a compliment.  
Give God a compliment.

### **READ PSALM 139:19-22**

Who does David hate?  
Why does David hate them?  
What does David ask God to do to them?  
Do you have any enemies?  
What do you want God to do with them?

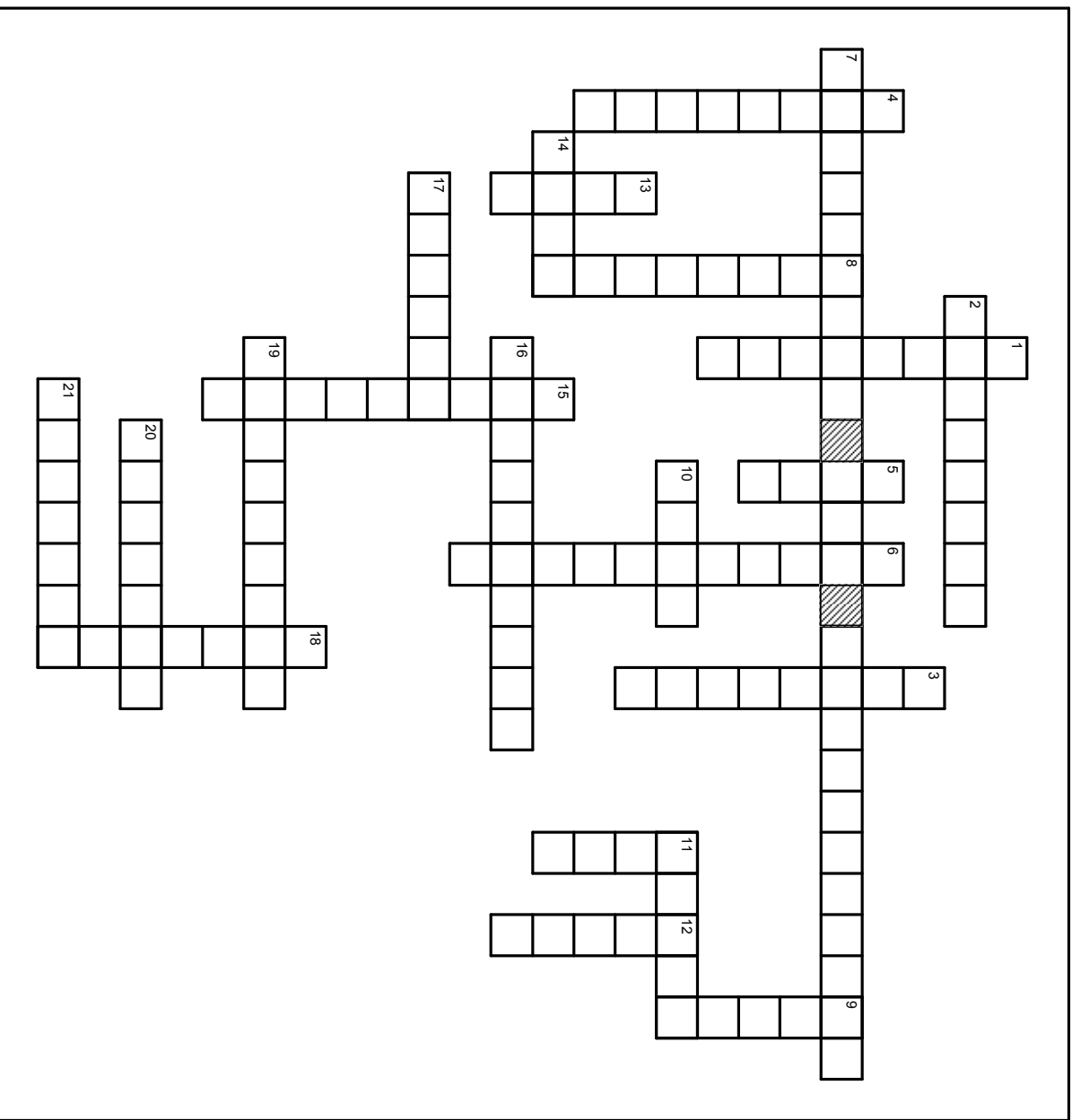
### **READ PSALM 139:23-24**

Who does David trust to correct him?  
How does God correct us?  
Give each other a hug or a kiss  
before correcting each other.

### **MEMORY VERSE:**

The \_\_\_\_\_ of the \_\_\_\_\_ is the beginning \_\_\_\_\_ knowledge,  
but \_\_\_\_\_ despise wisdom and \_\_\_\_\_.  
Proverbs 1:7

# Psalm 139



## Across

2. where we try to hide (Psalm 139:11)
7. how David is made (Psalm 139:14)
10. large (Psalm 139:17)
11. inmost being (Psalm 139:23)
14. David wants God to do this (Psalm 139:24)
16. totally (Psalm 139:4)
17. David hates these people (Psalm 139:19)
19. be larger than (Psalm 139:18)
20. what God did (Psalm 139:13)
21. worried (Psalm 139:23)

## Down

1. know well (Psalm 139:3)
3. God understands these (Psalm 139:2)
4. God did this to David (Psalm 139:1)
5. securely (Psalm 139:10)
6. enemies (Psalm 139:20)
8. still growing in the womb (Psalm 139:16)
9. God always sees as if it is \_\_\_\_\_ (Psalm 139:12)
11. God's hand does this (Psalm 139:10)
12. another word for hate (Psalm 139:21)
13. run away (Psalm 139:7)
15. amazing (Psalm 139:6)
18. one place God is (Psalm 139:8)

# Psalm 139

R	U	S	S	P	M	M	I	X	D	O	Y	S	V	V	M	I	O	C	O	N	M	S	N	L
F	E	A	R	F	U	L	L	Y	X	A	N	D	X	W	O	N	D	E	R	F	U	L	L	Y
J	Q	V	R	E	I	P	W	H	P	G	E	L	X	N	U	E	S	T	H	D	F	W	C	R
D	R	Y	O	L	P	V	B	V	R	L	Z	B	D	C	Z	F	R	E	T	Z	H	R	I	K
A	U	C	B	A	M	C	M	Z	T	P	U	N	F	O	R	M	E	D	L	U	H	O	Z	F
R	W	X	P	L	S	O	O	M	Z	A	C	K	W	K	A	W	I	N	I	Q	O	P	Z	L
K	X	S	W	P	M	B	X	M	Q	J	P	G	J	D	O	B	X	M	G	G	M	G	K	E
N	E	U	Y	F	Y	J	W	Y	P	W	Y	G	C	N	G	D	K	N	H	V	B	H	I	A
E	U	O	M	U	L	J	L	E	V	L	U	A	D	B	S	E	O	A	T	F	G	F	N	D
S	U	I	S	T	H	G	U	O	H	T	E	E	L	I	E	T	M	Z	J	T	M	U	H	U
S	G	X	R	S	N	U	K	I	H	G	R	T	L	U	M	A	R	P	N	O	H	T	T	N
T	L	N	E	L	S	J	H	I	A	F	O	M	E	U	K	E	I	S	W	U	W	D	L	U
Y	P	A	B	H	F	I	Z	R	U	I	P	C	R	L	L	R	L	N	P	O	J	Q	D	T
E	P	C	M	L	H	D	H	L	Q	D	S	H	H	X	Y	C	D	E	K	C	I	W	A	S
S	F	M	U	Z	W	Q	A	B	M	W	R	E	F	T	Y	E	W	V	G	M	U	J	M	A
E	W	X	N	J	L	V	S	B	W	S	G	A	L	Y	E	J	Q	A	J	E	I	I	V	V
I	N	H	T	X	Q	J	Z	Q	R	J	B	R	W	L	C	V	T	E	E	I	Z	K	O	D
R	G	R	U	Y	V	L	P	U	M	O	Y	T	F	V	L	C	B	H	Z	G	P	R	K	T
A	T	S	O	V	Y	N	J	X	F	D	Q	M	Y	C	R	A	I	L	I	M	A	F	E	W
S	W	D	X	W	E	G	L	C	T	J	D	G	J	D	Z	G	D	M	C	W	Y	O	A	D
R	P	N	X	X	U	L	T	N	H	R	F	G	H	D	W	D	R	O	H	B	A	E	A	F
E	N	F	Q	N	Y	Z	G	T	E	Y	S	E	A	R	C	H	E	D	N	G	F	Y	A	B
V	L	C	K	A	N	D	R	W	J	U	J	C	D	L	D	L	O	H	R	N	W	S	B	V
D	L	Y	N	O	C	F	K	K	R	P	G	X	O	B	E	T	S	C	T	U	T	W	F	U
A	G	P	K	P	C	J	W	S	Y	M	Y	U	N	A	B	U	N	E	U	H	N	U	F	B

searched	thoughts	familiar
completely	wonderful	flee
heavens	hold	fast
darkness	light	created
fearfully and wonderfully	unformed	vast
outnumber	wicked	adversaries
abhor	anxious	lead
heart		

# Psalm 139

1. SSRDKNAE  
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2. AAVESRESIDR  
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3. DLEA  
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4. PELMYLECTO  
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5. FUNEDMOR  
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6. DIWECK  
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7. EDERTAC  
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8. ROABH  
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9. NAVEESH  
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10. TIHLG  
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11. EUMOTRNUB  
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12. RAHEDCSE  
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13. DOHL  
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14. SATV  
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15. LMFEARAI  
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16. STAF  
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17. UORNEWLDF  
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18. AOUISNX  
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19. OTGUHTHS  
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20. FELE  
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21. EHART  
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