



GOALS

- For students to see that God created them personally.
- For students to recognize God is present everywhere around them.
- Students will experience a spark in their desire for an increased intimacy with God.

MATERIALS: Each Student

- Coffee House journal pages
- Bible
- Pen

SESSION INTRO

Prayer

After you have grabbed your coffee start your time off together in prayer. Be sure to thank God for uniquely creating us, loving us and pursuing an intimate relationship with us.

Open

Start your time with an icebreaker question and a brainstorm discussion about relationships. Ask:

What's one thing no one in this room knows about you?

What creates closeness with a friend?

Transition into your study time by sharing these points in your own words:

David is often described as a man after God's own heart. He knew God in the same way we know our best friends. Think of the person you know the most about in your life. Imagine knowing God as well as you know that person. Imagine hearing Him just as clearly as you hear your friend.

We have been invited to speak to God as openly and honestly as we will see David do. The pages of the book of Psalms are going to help us know God intimately and better connect with Him. Through this study we will use Scripture as a guide in hearing His voice and understanding His wisdom.

DIGGING IN

Let's get started by digging into Psalm 139. Before you begin reading come up with a symbol to mark the author of the psalm. This may be a circle, a box, or even a stick figure (this is where the colored pencils might come in handy). Ask students to read the psalm slowly and carefully to discover everything they can about the person who wrote it. Use the decided upon symbol to mark any mention of the author of the psalm whenever it occurs. This includes pronouns, like "I," "me," and "my."

After you've read and marked the passage, make a list on the worksheet of everything you have learned about the author

After you have finished reading and noting references to the author, discuss what you have seen in Psalm 139.

Use the following questions to guide your discussion through the psalm.

Who wrote Psalm 139?

Just by reading this psalm, what do you think this guy (David) is like? What was his relationship with God like?

Why (based on Psalm 139) would you use these words to describe David's relationship with God?

David said a lot of things about himself in this psalm. Do you think that the things David said about himself could be said of you? Why or why not?

TAKING IT INWARD

Part 1

Now that you know the basics, it's time to go deeper. Explain that this psalm naturally divides into 4 separate sections which are noted on the student journal pages. Beginning with verses 1-6, have your group reread this part of the passage and write in the Part 1 quadrant on their journal pages two things that stand out the most to them. When most have finished reading, use the questions below discuss this section.

What all does God know?

To what degree does He look after us?

Where are His hands?

What stood out the most to you in this section of the psalm?

After discussing, invite your group to create a descriptive title, in bumper-sticker fashion, summarizing this section of scripture. After creating the title for Part 1, have students write the title in the space on their Scripture sheet.

Part 2

Now do the same thing for verses 7-12. Have students reread this passage, noting two things that stand out the most to them. Then use these questions to discuss this section.

Where can you go to get away from God's spirit?

Are we ever out of His presence?

What is His hand always holding?

What does He see?

What stood out the most to you in this section of the psalm?

Invite students to make up a title for Part 2 of the psalm (verses 7-12). They should write the title in the space on their Scripture sheet.

Part 3

Time for Part 3, verses 13-18. Have students reread this passage, noting two things that stand out the most to them. Then use these questions to discuss this section.

Where and by whom were you created?

How careful was He when He created you?

How are you made?

What does God know about your life?

What stood out the most to you in this section of the psalm?

Note: In the Hebrew language the phrase “in the depths of the earth” (used in verse 15) was a figurative or poetic way of saying, “in the womb.”

Have your group create a title for Part 3 and write it in the space on their Scripture sheet.

Part 4

Last one! This part of the psalm seems to take a little bit of a twist. All through Psalm 139, David has seemed like a pretty sweet guy in a generally good mood. Now, all of the sudden, he seems ticked off – he’s not being very “Christian” about it either! (Yeh, we know David was Jewish and not Christian. But he knew God’s law and he knew how to behave – so what’s the deal?)

Have students reread the verses and note two things that stand out to them. When most have finished reading, discuss these questions.

How is David feeling?

Who does he hate right now?

What does He want God to do?

Do you think he is holding back?

What stood out the most to you in this section of the psalm?

Ask students to take a minute to look over all the things they have listed in the four quadrants on their journal pages and then discuss some or all of the following questions to help summarize this psalm.

How would you sum up what you have learned about God?

Is this scary? Comforting? Why?

Have you ever wished that God seemed more near to you?

Based on this psalm, where was He when you were wishing this?

If God is truly all around you, why do you think you don’t experience Him as near to you as often as you’d like?
Faith vs. Feelings – the students may answer this question in a variety of different ways. But you will want to be prepared to talk about the difference between faith and feeling. Faith is believing in God’s presence because of what the Bible says (even when you don’t feel it). Feeling is going on emotion, as in, “God doesn’t seem to be with me, so He probably isn’t.”

Do you think we live in a culture of people seeking faith or feeling?

Why is it so much easier to seek feeling?

David was upset and he let it go in front of God, do you think that’s okay?

Have you ever let it go in front of God?

Have you ever held back from being real with God because you felt the need to keep it together?

What do you think God desires more in our relationship with Him: honesty or hypocrisy?

Direct your group’s attention to the space on their journal pages under the title *God, if you really knew me...* Invite students to let God in on who they really are – openly and honestly. Ask them to take one minute to write as many things as they can.

After the minute is up, discuss the following questions:

Was it hard to tell God what you just told Him?

Why or why not?

Do you really believe you can be honest with God?

What do you think God will do with your honesty?

What is one thing you can do this week to become closer to God?

PUTTING INTO PRACTICE

Focusing on the answer to the last question put together a plan to “do” the one thing. Growth comes when we not only hear from God, but when we take actions regarding the things He places on our hearts. Close by giving students a moment to answer each question and then share their answers with each other. Share that answering these questions as specifically as possible will help them put together a plan and sharing that plan with someone else will help with accountability.

What is one thing you can do this next week to increase your intimacy with God?

How will you do this thing?

Who will do it with you?

Where will you do it?