

5. What are some wrong things about God, we sometimes believe, when we are anxious?

6. List true observations about God, that are bringing comfort to the (sometimes) anxious writer of Psalm 139.

7. This Psalm has many beloved images. What is a line or word picture, that brings you comfort?

8. Share a verse or truth from this Psalm, as well as a specific way you can bring it to mind in the midst of a future anxious experience.

Let's Pray

Sermon Notes

"From Stress to
Spiritual Surrender"
Psalm 139
February 11, 2024
Pastor Scott Larson

Please make this correction to
Scott's email in the new directory:
Scott@GraceWaySaukPrairie.org
Sorry for our error and
miscommunication!

Intro

I. History, Background, Tone, and Progression of Psalm 139

a. A psalm written to counteract anxiety is an acknowledgement that we will experience anxiousness

b. How Psalm 139 uses theological truths about God to bring serenity and surrender

- God is omniscient (knows everything) Psalm 139:1-6

- God is omnipresent (everywhere) Psalm 139:7-12

- God is eternal (not bound by time) Psalm 139:13-18
- God personally intercedes in our prayers - Psalm 139:19-24

II. Transformative Encouragement from Psalm 139

- a. The poet infers that God knows everything within us, yet maintains a tender softness towards us (Psalm 139:1-6)
- b. The poet implies mistakes and injustice are impossible, as God is all places and sees all (Psalm 139:7-12)
- c. The poet has demonstrated how we can use the attributes of God as a way to exchange our anxious outlook for a more trusting and secure one (Psalm 139:23-24)

Conclusion and Summary

Growth Group Homework

For the week of 02-11-2024

Getting Started:

1. Share something that makes you anxious (tests, driving in heavy traffic, roller coasters, going to the dentist, etc). What do you do to lessen your anxiety towards your example?

Digging Deeper:

Read Psalm 139.

2. Does it bring you any comfort to know that God recognizes we will become overcome with worry, from time to time? Explain.
3. Discuss the progression of Psalm 139, and how the writer is sharing a pathway out of anxiousness.
4. Psalm 139:1-6 describes that God knows everything about you, and His loving hand is still on you. Emote on this (share how it makes you feel). What is something you love more and more, the more familiar you become with it?