

For the Week Beginning May 31, 2026

“Hope Under Fire”

✿ Psalm 139:1-18

¹O LORD, you have searched me
and you know me.
²You know when I sit and when I rise;
you perceive my thoughts from afar.
³You discern my going out and my
lying down;
you are familiar with all my ways.
⁴Before a word is on my tongue
you know it completely, O LORD.
⁵You hem me in — behind and before;
you have laid your hand upon me.
⁶Such knowledge is too wonderful for
me,
too lofty for me to attain.

⁷Where can I go from your Spirit?
Where can I flee from your
presence?
⁸If I go up to the heavens, you are
there;
if I make my bed in the depths,
you are there.
⁹If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰even there your hand will guide me,
your right hand will hold me fast.

¹¹If I say, “Surely the darkness will
hide me
and the light become night around
me,”
¹²even the darkness will not be dark to
you;
the night will shine like the day,
for darkness is as light to you.

¹³For you created my inmost being;
you knit me together in my
mother’s womb.
¹⁴I praise you because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.
¹⁵My 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,
¹⁶your eyes saw my unformed body.
All the days ordained for me
were written in your book
before one of them came to be.

¹⁷How precious to me are your
thoughts, O God!
How vast is the sum of them!
¹⁸Were I to count them,
they would outnumber the grains of
sand.
When I awake,
I am still with you.

✿ Opening Question:

What does hope *feel* like to you — is it a quiet confidence, an excited expectation, or something else entirely?" If you could peek at one page of God's 'book' about your future (vs. 16), what area of life would you most want to see?"

✿ The Living Word: Please read our text for this week.

- Highlight words or phrases that stand out to you.
- Please narrate using your own words.

Verses 1–6

1. According to verses 1–4, what specific things does God know about David? List as many as you can. What does David mean when he says God has "hemmed him in behind and before"? How does David feel about it? How does being "fully known" by God bring you comfort and hope?

Verses 7-12

2. What locations does David mention in verses 7–10 where God's presence reaches? List them. Is David trying to *escape* God in verses 7–10, or is he making a different point? What do you think his purpose is in asking these questions?
3. What does verse 12 say about the difference between light and darkness from God's perspective? What does it mean practically that "darkness is as light" to God? How does this truth change the way we view our hidden or dark moments?

Verses 13-16

4. What do verses 13-16 reveal about how God made us? What does "fearfully and wonderfully made" mean in this context?
5. What is written in God's "book" according to verse 16? What does this suggest about God's knowledge of us? How does the truth that God "ordained" our days (v. 16) speak to the meaning and value of every person? How might your daily life look different if you lived fully convinced that you were intentionally designed by God with purpose?

Verses 17-18

6. How does David describe God's thoughts toward him in verses 17-18?
7. Why do you think David ends this section with "when I awake, I am still with you"? What is the significance of that image? How do verses 17–18 serve as a fitting conclusion to everything David has said in verses 1–16?

✿ Living the Word:

- In what area of your life do you most need to trust that God has a "written plan" (v. 16) — even when things feel uncertain?
- Is there any part of your life you have been trying to hide — from others or from God? How does this passage speak to that?