

WELLSPRING

WORSHIP CENTER

Psalm 139:1-6 Reflection Questions 3/1/2026

1. Given that the Psalms were originally meant to be sung, discuss this concept: “Singing a song can move your heart before you actually understand the lyrics. You can sing your way into God’s truth and if you keep singing what is true, eventually your heart will catch up.”
2. In 139:1, we are told that God searches us. How did the message answer this question: “Why does the God who knows everything need to search anything?” Does God need to learn anything about us, or has He always known?
3. Romans 8 tells us that God searches us and that God is for us. Discuss this question: “What kind of God searches out our whole life and is still for us?”
4. Is it comforting or intimidating to know that God knows all that we do, all that we think, and all that we are going to say? Why might David celebrate God’s knowledge rather than fear it?
5. How is God’s knowledge different from human knowledge and how is His personal knowledge different from surveillance?
6. How many people would you say know the “real you”?
7. If God knows everything about you, how do you think He intends to use that information? What imagery is used in verse 5 when David says, “You hedge me in”? Is this phrase more about protection or restriction?
8. What is David’s emotional response in verse 6 and why does David describe God’s knowledge as “too wonderful”?
9. Discuss this statement: “When you reach the edge of your comprehension, don’t panic, just bow in worship.”
10. How do the first six verse of Psalm 139 speak to someone who feels unseen, misunderstood or lonely?
11. Since God does not just monitoring external behavior, but understands internal motivations, how should this reality encourage honesty before God?
 12. ae able to make a right judgment?