

“Love Lifted Me Recovery Ministries”

Favorite Psalms Bible Study - Part 2

Psalm 139:1- 10 Lesson #14

**INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God’s word. Most Scriptures are from the New King James Version.

1-4 O Lord, **You have SEARCHED me and KNOWN me.** You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways. For **there is NOT a WORD on my TONGUE, but behold, O Lord, YOU KNOW it** altogether.

•**Romans 8:27** “Now He who _____ the _____ knows what the mind of the Spirit is, because He makes intercession for the saints according to the _____ of _____.”

•**Proverbs 16:2** “All the _____ of a man are _____ in his _____, but the _____ weighs (judges) the spirits (motives).”

•**I Chronicles 28:9** “As for you, my son Solomon, know the _____ of your father, and serve Him with a _____ heart and with a _____ mind; for the Lord _____ all _____ and understands all the _____ of the _____. If you seek Him, He will be found by you; but if you forsake Him (if you reject Christ), He will cast you off forever.”

Definition: “You have SEARCHED me and KNOWN me” – Only God can **know our innermost thoughts and motives.** Sometimes, the Bible calls these **“The thoughts and intents of the heart” (the “heart” being another name for the soul or spirit of a person).** The Bible tells us that we are made up of spirit, soul and body (I Thess. 5:23). The SOUL is made up of MIND, WILL and EMOTIONS. God’s word often refers to the spirit as our HEART, and the soul as our MIND. The **“natural man” is governed ONLY by his soul and bodily appetites,** because he is spiritually dead (I Cor. 2:14; Eph. 2:1-5). We, as born-again Christians, have been made spiritually alive, and we are supposed to be governed and **controlled by the HOLY SPIRIT and our own born-again SPIRIT,** which is created in the image of God (Eph. 4:17-24 calls it the “new man”). We are NOT supposed to be controlled by our SOUL. Our soul, which includes our EMOTIONS, is **UNRELIABLE, we must not trust it.** We MUST renew our minds with the word of God (Romans 12:1-2; Eph. 4:23) and we are RESPONSIBLE (using our FREE WILL) to be careful of what we put before our eyes and allow to enter our minds, because that will AFFECT our EMOTIONS (see Phil. 4:6-9). If you find that your MIND (thoughts) or EMOTIONS are **out of line with what God says,** you MUST NOT allow your SOUL to be the final authority. God’s word must be the FINAL AUTHORITY, and **we are told to “take EVERY THOUGHT captive to the OBEDIENCE of Christ”** (II Cor. 10:3-5). This means we must deal with our thought-life and emotions, rather than ALLOWING them to rule and reign over us. All of this is OUR OWN CHOICE to obey what God says in His word, or not.

•**Hebrews 4:12** “For the _____ of _____ is living and powerful, and sharper than any two-edged sword, piercing even to the _____ of _____ and _____, and of joints and marrow, and is a _____ of the _____ and _____ of the _____.”

•**Psalm 7:9** “Oh, let the wickedness of the wicked come to an end, but establish the just (righteous ones); for the _____ God _____ the _____ and _____.”

•**Psalm 26:2** “Examine me, O Lord, and prove me; try (test) my _____ and my _____.”

- _____.”
- **Psalm 139:23-24** “_____ me, O God, and know my _____; try (test) me and know my anxieties; and see if there is any _____ way in me, and lead me in the way _____.”
 - **Jeremiah 17:9-10** “The _____ is deceitful above all things, and desperately _____; who can _____ it? I, the Lord, _____ the _____, I test the _____, even to give every man according to his ways, and according to the fruit of his doings.”
 - **I Corinthians 2:10-11** “But God has revealed them to us through His _____. For the Spirit _____ all things, yes, the deep things of God. For what man knows the things of a man except the _____ of the man which is _____ him? Even so no one _____ the things of God except the _____ of God”
 - **Matthew 12:36-37** “But I say to you that for every idle _____d men may _____, they will give _____ of it in the _____ of _____. For _____ your _____ you will be _____, and by your _____ you will be _____.”

Definition: “There is NOT a WORD on my TONGUE, but behold, O Lord, YOU KNOW it” – God knows every word we speak, even if we think it is in secret. Jesus said we would be judged for “every idle word” that we speak. There are many, many Scripture verses about the words we speak and how we use our mouth and tongue. Proverbs 8:13 talks about the “PERVERSE MOUTH.” A perverse mouth is one of the things GOD HATES, because He knows how much damage it can do. Perverse means “turned away from, or opposing what is right or good; **CORRUPT**; improper, stubborn, obstinate.” Ephesians 4:29 also tells us that **the words that come out of our mouth** should be “what is good” and for edification. Edification means to build up - the opposite of “tear down”, which OUR TONGUES do many times with harsh, sarcastic, angry words. The way to counteract someone else’s harsh angry words is found in Proverbs 15:1, “A soft answer turns away wrath, but a harsh word stirs up anger.” Sowing seeds of kindness by speaking “a soft word” instead of more angry words, will cause you to reap a harvest of blessing. Sowing more “seeds” of anger into a situation **by speaking more angry words will only add fuel to the fire**, and that is what it means when it says in James, “See how great a forest a little fire kindles!” Our tongues have the capacity to start a “forest fire” of evil, if we don’t control what words we speak. Just as an actual forest fire can be started by one small match or lit cigarette, our tongues, when not under the control of the Holy Spirit, can cause great damage.

- **Ephesians 4:29** “Let no _____ communication (words) proceed out of your _____, but what is _____ for necessary edification, that it may impart grace to the hearers.”
- **Psalm 39:1** “I said, ‘I will guard my ways, lest I _____ with my _____; I will restrain my _____ with a muzzle, while the wicked are before me.’”
- **Psalm 34:13** “Keep your _____ from evil, and your _____ from speaking guile (dishonesty, deceit).”
- **Proverbs 15:1-2** “A soft answer turns away wrath, but a harsh _____ stirs up anger. The _____ of the wise uses knowledge rightly, but the _____ of _____ pours forth foolishness.”
- **Proverbs 8:13** “The fear of the Lord is to _____ evil; _____ and arrogance and the evil way and the perverse _____ I hate.”
- **Psalm 39:1** “I said, ‘I will guard my ways, lest I _____ with my _____; I will restrain my _____ with a muzzle, while the wicked are before me.’”

5-6 **You have HEDGED me BEHIND and BEFORE**, and laid Your hand upon me; it is high, I cannot attain it.

• **Job 1:9-10** “So Satan answered the Lord and said, ‘Does Job fear God for nothing? Have you not made a _____ around him, around his household, and around _____ that he _____ on every side? You have _____ the work of his hands, and his possessions have increased in the land.’”

• **Hosea 2:6** “Therefore, behold, I will _____ up your _____ with _____, and _____ her in, so that she cannot find her paths.”

Definition: “You have HEDGED me BEHIND and BEFORE” – The idea of putting a hedge around someone means that **God is protecting that person, such as in the case of Job**. Satan wanted to attack Job, but he complained to God that He had put this hedge of protection around Job and all that he owned, so he (Satan) was not able to attack him. Job did go through a time of testing, and God took away the hedge of protection temporarily, but later God blessed Job with twice as much as he had before. **In Hosea, it talks about a “hedge of thorns”** which means God put obstacles in the way of a person, so that they could not continue in the sin that they were doing. In this case, Hosea’s wife had left him to live a life of prostitution, and God put the **hedge of thorns** around her to get her to come back to her husband and leave that sinful lifestyle.

• **Lamentations 3:7** “He has _____ me _____ so that I cannot get out; He has made my _____ heavy.”

7-10 **Where can I go from Your Spirit?** Or where can I flee from Your presence? If I ascend into heaven, You are there; **if I make my bed in hell, behold You are there**. If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and **Your RIGHT HAND shall HOLD me**.

• **Ephesians 3:16** “That He would grant (give) you, according to the riches of His glory, to be strengthened with might through His _____ in the _____,”

• **II Corinthians 1:21-22** “Now He who establishes us with you in Christ and has anointed us is _____, who also has sealed us and _____ us the _____ in our _____ as a deposit.”

• **Ezekiel 36:26-27** “I will give you a new _____ and put a new _____ within you; I will take the _____ of stone (hardened heart) out of your flesh and give you a _____ of flesh (a CARING, COMPASSIONATE HEART). I will put My _____ within you and _____ you to walk in My statutes (laws), and you will _____ My judgments and _____ them.”

• **Psalms 51:10** “_____ in me a clean _____, O God, and renew a steadfast (faithful) _____ within me.”

Definition: “if I make my bed in HELL, behold YOU are THERE” – God cannot be with someone in the hell that is the Lake of Fire, for the unrighteous dead (non-believers). However, the original **Hebrew word for hell here is Sheol**, which also included the place where the righteous dead were **waiting for the coming of Christ** and their resurrection (Jesus took them up to heaven after His resurrection), so God could certainly be there with the righteous dead. When it says, **“Where can I go from Your Spirit?”** it is speaking of Believers in Christ, because non-believers who end up in hell will be separated from God and His Spirit for all eternity. Before Jesus was resurrected, the place of the dead was located in the center of the earth, and called **Hades** (Greek) or **Sheol** (Hebrew). Hades was divided into two parts: (1) a place of **torment for the unbelievers**; and (2) a place called “Abraham’s bosom” in Luke 16, which was a place of **comfort for Believers**. Jesus went into Hades

(for the three days between His death and His resurrection) and took out all the spirits (souls) of those who had **died believing God and trusting in Him**, and took them up to heaven. The only ones left in Hades NOW are the unbelievers, those who died rejecting Christ, and for them it is a place of torment. Their spirits are waiting for the resurrection and Judgment Day. Before Jesus' death and resurrection, Believers did not go directly into the presence of God when they died. Now, the **spirits** of ALL BELIEVERS IN CHRIST go directly and immediately to heaven, and there they wait for the resurrection of their BODIES.

•**Psalm 16:10** "For You will not _____ my _____ in Sheol, nor will You allow Your Holy One (Christ) to see corruption."

•**Psalm 28:1** "To You I will cry, O Lord my Rock; do not be silent to me, lest, if You are silent to me, I become like those who go _____ to the _____."

•**Psalm 49:15-17** "But God will redeem my _____ from the power of the grave (Sheol), for _____ shall _____ me."

•**Luke 16:22-23** "So it was that the beggar died, and was carried by the _____ into Abraham's bosom (place of safety & comfort). The rich man also died and was buried. And being in _____ in _____, he lifted up his eyes and saw Abraham afar off, and Lazarus in his bosom."

•**Matthew 12:40** "For as Jonah was three days and three nights in the _____ of the great fish, so will the Son of Man (Jesus) be _____ days and _____ nights in the _____ of the _____."

Definition: "Your RIGHT HAND shall HOLD me" – Usually, in Old Testament passages, the right hand of the Lord just **refers to His power and victory in battle** against the enemies of Israel. **In the New Testament, we see Jesus is sitting at the RIGHT HAND of God the Father**, and He is the personification of God's power and victory over sin, death and the devil. In this Scripture, where it says, **"Your RIGHT HAND shall HOLD me"**, it is speaking of **God's power to guard, keep and protect us for all eternity.**

•**Hebrews 12:2** "Looking unto _____, the author and finisher of our faith, who for the joy that was set before Him _____ the _____, despising the shame, and has sat down at the _____ of the throne of God."

•**Hebrews 1:13** "But to which of the angels has He ever said, '_____ at My _____, till I make Your _____ Your footstool?'"

•**Ephesians 1:20-21** "Which He wrought in Christ when He _____ Him from the _____, and set Him at His own _____ in the heavenly places, far _____ all principality, and _____, and might, and dominion, and every _____ that is _____ not only in this world, but also in that which is to come."

•**John 10:27-29** "My Sheep hear My voice, and I know them, and they follow Me. And I give them _____ life, and they shall _____ perish; neither shall anyone snatch them out of My _____. My Father who has given them to Me, is greater than all; and _____ is able to _____ them out of My Father's _____."

Definition: "My Father who has GIVEN them to Me, is GREATER than ALL" — No one, not even Satan, can take you out of God the Father's hand. Some people are so worried and fearful of losing their salvation, **as if their salvation depended on themselves!** It does NOT depend on you. It is **God Himself who is holding you carefully, yet firmly and securely in His hand**, and NO ONE or NO THING can separate you from Almighty God!