

God's Personal Concern for You

(Psalm 139)

Pre-Session Warm Up

What is something about yourself that others may not know or see right away? Perhaps you have a hobby or a special talent. Each of us has unique things about ourselves that might not be so apparent to others.

Who is someone that knows you very well? How does it make you feel that he or she knows you so well? Some of our friends or family members may know us well enough to finish our sentences! But there is someone who even knows what we're thinking before we speak—God!

We have a creative God who has such power that all He had to do was speak our universe into existence. His word is so powerful that all he had to do was say, "Let there be light!" and there was light! Have you ever wondered how a great and powerful God could know and care about you the way your Mom and Dad do?

A long time ago, a man named David wrote a song telling about God's greatness and His personal concern for us.

Opening Prayer

Father, it is truly amazing that You know each of us so well that You can keep track of how many hairs we have on our heads! You have every tear we've ever shed in a bottle. You are a great and awesome God. I pray that today You will capture the hearts of the children in this class so that they will stand in awe of You. In Jesus' name, we pray. Amen.

Memory Verse

Thank you for making me so wonderfully complex! Your workmanship is marvelous. (Psalm 139:14)

Lesson

The Psalms are a collection of prayer and praise songs written mostly by David, the shepherd boy that killed the giant, Goliath. He wrote most of them while he was out tending the sheep. He would spend hours out in the field alone with the sheep, surrounded by God's creation. As David spent time thinking about God's creation, it prompted him to praise God. It helped him see God's power and greatness and gave him reason to thank Him. He was in awe of God!

The Psalms have been used for hundreds of years during worship services to sing praises to God. Even today, many of our praise songs use the Psalms in their lyrics.

In Psalm 139, David was praising God for being **all-knowing**.

Psalm 139:1-3

O Lord, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my thoughts even when I'm far away. You see me when I travel and when I rest at home. You know everything I do.

God knows everything—past, present, and future. He knows all about you—even what you are thinking. He knows your deepest needs and desires, and He knows how to meet them.

Psalm 139:4-6

You know what I am going to say even before I say it, Lord. You go before me and follow me. You place your hand of blessing on my head. Such knowledge is too wonderful for me, too great for me to understand!

It's comforting to know that God knows where you are at all times. He knows about every detail of your life. He knows the things you plan to do each day. He knows if you're going to have a test at school, or if you're going to see the doctor. He knows if you have an important sports activity coming up. And He sees you do your chores at home and He knows if you are doing your homework or not!

The things that happen to you in life are never a surprise to Him. He knows before you have an accident and He knows if you are about to receive a special gift!

Day and night God is aware of everything that happens to you. He knows what is in your heart, so He understands why you do certain things. God knows what words you are going to say before you even say them. How wonderful to know that your all-knowing God is personally concerned about you!

When David thought about the fact that God is all-knowing, he was amazed (perhaps even a little fearful) that's why he said in verse 6, "Such knowledge is too wonderful for me, too great for me to understand!"

Psalm 139:7-10

I can never escape from your Spirit! I can never get away from your presence! If I go up to heaven, you are there; if I go down to the grave, you are there. If I ride the wings of the morning, if I dwell by the farthest oceans, even there your hand will guide me, and your strength will support me.

Not only does God know everything; He is **everywhere at all times!**

Psalm 139:11-12

I could ask the darkness to hide me and the light around me to become night—but even in the darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you.

There is no place you can go to hide from God!

Perhaps there were times when David wanted to hide from God because he didn't want God to know about his sin. But, David knew that he could never hide from God. Maybe you, too, have wished that there was somewhere you could go so God wouldn't know where you are. That way you could do what you wanted without God finding out. But God always sees the sinful things you and I do.

We were born with a *want to* do things our own way instead of God's way. We call that sin (Isaiah 53:6). God says that we deserve to be punished for our sin. But, God came to earth to die on the cross for your sin and mine. He gave His life's blood so you could be forgiven (Revelation 1:5b). Jesus died for you because He loves you and you are very special to Him.

David realized that no matter where he went he couldn't hide from God. Even the darkness cannot hide you from God—you are never beyond His care. He is with us wherever we go. Even in the darkest times of your life, when nothing seems to be going right, God is right there with you.

What are some difficult times when you can remember that God is with you? [Teacher, discuss hard times at home and school, being alone, natural disasters, lightening & thunder storms, nightmares and so on.] Thank God that He is everywhere at all times!

Not only does God know everything and He is everywhere at all times, He also **has all power in heaven and earth.**

Psalm 139:13-14

You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.

By His power God created you in a special way and by His power God controls all the events of your life.

Psalm 139:15-16

You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

It is a comfort to know that God is all-powerful. Since there is nothing in the universe that is beyond God's control, He can use His power in your life. His power can control you on the inside. That is, He can help

you keep your temper under control, be patient, be content with what you have, or even speak up for God.

God's power also controls the circumstances around you. He can accomplish His plans for you. If you are willing to follow God's direction in your life, He will use His power to work out the details (in school, your future occupation, your marriage, and so on). Because God is personally concerned about you, He will use His power to do what is best for you.

David praised God for being all-powerful and for His loving thoughts toward him.

Psalm 136:17-18

How precious are your thoughts about me, O God. They cannot be numbered! I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me!

With all this in his mind—knowing that God knows everything and He is everywhere at all times, and He has all power in heaven and earth—David asked God to show him where his thoughts, words or actions have been offensive to God.

Psalm 139:23-24

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.

God is personally concerned about you! That gives us reason to praise Him for His greatness—He knows every aspect of your life, He is everywhere with you, and He has all power to control your life.

Closing Prayer

[Teacher, have the children say sentence prayers of praise to God specifically for the three attributes taught in this lesson.]

Father, thank You for making me so wonderfully complex! Your workmanship is marvelous. There is no place I can hide from you so, please, Lord, clean my heart so that everything that I think or say or do is pleasing in Your sight. In Jesus' name, we pray. Amen.

Learning Activities

Craft Corner

Self Portraits

Make life size self-portraits - Before class tape big pieces of butcher paper (paper used to cover bulletin boards) about 2 feet wide, one next to the other, on the wall. Write the memory verse on each sheet of paper. Have each child stand in front of the paper and outline his or her body onto the paper and then let them color it. When they are finished, roll them up, and tape them closed so they can take them home. If you have children in your class who are beginning to read, you can also have these children label the different body parts on their pictures. Write the different body parts on labels and then have the children place the appropriate label on each body part. Use words such as: head, hand, mouth, nose, ear, foot, etc.

Game Center

These two games help test how well we really know each other!

Happy Birthday

Divide group into teams of five or six students. At your signal, team members quickly arrange themselves in a line according to birth month order. Quickest team to arrange themselves in the correct order wins! Then have everyone sing *Happy Birthday* to the children who have birthdays in the current month.

Who's Shoes?

1. Children take off their shoes and put them in a big tub or box in the middle of the playing area. Mix them up. Divide the class into two teams. Teams line up shoulder-to-shoulder on opposite sides of the playing area. Assign numbers to students.
2. Call out two numbers. Students with those numbers from each team run to the shoe pile and collect as many shoes from their team as possible within three seconds. Call "Stop" when time is up. Students return to the teams with the shoes they've collected from the pile and distribute the shoes to the correct owners. Students return the unmatched shoes to the pile.
3. Team that got the most correct matches is the winner.

Or, use the following review questions in a time of discussion or a game of your choice:

1. What is something God knows about you that others may not know? (Teacher, share with children your own answer, and let children know they do not have to answer the question aloud.)
2. Read Psalm 139:14. King David wrote Psalm 139, praising God for making and knowing him. God knows everything about you and still loves you! What do you think it means that God knows everything about you?
3. What are some things that are easy to know about a person? (What color eyes they have. How tall they are.)
4. What are some things that are more difficult to know about a person? (Their thoughts. What they like or dislike. Their age.)