**Leader Copy | Knit me together | January 11, 2017**

Creational Text – Large Group

**Intro activity – the *How Well Do Your Parents Know You?* game**

As you can see these parents know their kids pretty well, but as David writes in Psalm 139, God knows us way more. While some Psalms do talk about how God can seem silent or distant, today we will talk about how well God knows us and how much he cares for us.

**Creational Text – Small Group**

What person knows you the best? How would they have done on the game?

How does it feel when someone really knows you, when they really "get you"?

Through the media we are surrounded by famous movies star, larger-than-life athletes, brilliant thinkers, and skillful musicians. Do you ever feel unimportant, over-looked, or insignificant?

**Scriptural Text – Small Group**

**Psalm 139: 1-18**

For the director of music. Of David. A psalm.

1 You have searched me, Lord,

and you know me.

2 You know when I sit and when I rise;

you perceive my thoughts from afar.

3 You discern my going out and my lying down;

you are familiar with all my ways.

4 Before a word is on my tongue

you, Lord, know it completely.

5 You hem me in behind and before,

and you lay your hand upon me.

6 Such knowledge is too wonderful for me,

too lofty for me to attain.

7 Where can I go from your Spirit?

Where can I flee from your presence?

8 If I go up to the heavens, you are there;

if I make my bed in the depths, you are there.

9 If I rise on the wings of the dawn,

if I settle on the far side of the sea,

10 even there your hand will guide me,

your right hand will hold me fast.

11 If I say, “Surely the darkness will hide me

and the light become night around me,”

12 even the darkness will not be dark to you;

the night will shine like the day,

for darkness is as light to you.

13 For you created my inmost being;

you knit me together in my mother’s womb.

14 I praise you because I am fearfully and wonderfully made;

your works are wonderful,

I know that full well.

15 My 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.

16 Your eyes saw my unformed body;

all the days ordained for me were written in your book

before one of them came to be.

17 How precious to me are your thoughts,[a] God!

How vast is the sum of them!

18 Were I to count them,

they would outnumber the grains of sand—

when I awake, I am still with you.

Usually you read the text and then answer some questions about it. Today is a little different. Look at the following questions and find lines or verses that answer the question. Then try to put the answer to the question into your own words.

How well does God know you?

In your own words...

How close is God to you?

In your own words...

How carefully has God made you?

In your own words...

Which of the verses or ideas in Psalm 139 comforts you the most?

What does this Psalm teach us about our value to God?

**Connections – Small Group**

* In reality many singers, actors, writers, and scholors who seem so confident also struggle with feelings of insignificance and self doubt too. What would you tell them about their worth?
* When have you felt cared for by God?
* God knows us intimately and cares for us. What are some ways we can connect with God and know him more intimately?

Prayer - Share any prayer requests and pray together.

\*Portions of this study were informed by Charles Swindoll's book *Living Beyond the Daily Grind – Book II*