

Who am I?

Psalm 139 – Leaders version

A one hour study

Check in – with the group sitting in a semi circle go round and ask everyone, including leaders, how they are and how they're feeling about studying the Bible today.

1. **STICKERS** Who are you?

Ask the group to answer this on a sticker, without using any people's names (make sure you say 'people's names' as they would be allowed to use God's name, but don't put this idea into their heads!!).

What does the passage say and mean?

2. **SHOUT-OUT** Listen to Psalm 139:1-18 . How does the psalmist answer the question 'Who am I?'

List the observed answers to the question on the flip-chart.

3. Read v13-16 again. What does the psalmist understand about how he was made?

He understands that God made him, and that God's works are wonderful (NB wonderful things can get broken and a bit rusty, but their maker still thinks they are wonderful!). He recognises that God knew him from the moment of conception – before his mother even knew she was pregnant! It may be worth acknowledging that the psalmist had little knowledge of the science behind how he was made, but that didn't affect his understanding that God was behind the whole thing.

4. Read v16. If 'all the days ordained for me' are written in God's book, what does this tell us about how involved God is in our creation and our lives?

God is deeply involved both in creating each person and in our lives.

This verse could lead to a discussion about suffering, which we will do in another study, so try not go off the topic of identity. If you don't know an answer, just say that you'll try to find the answers for next time (and do find them!).

5. Read v1-4. What do these verses tell us about how interested God is in our lives? Why do you think he is this interested?

6. Read Isaiah 43:4. What does this verse tell us about how God feels about people?

God is talking in this verse, and saying that his people are precious and honoured in his sight, and he loves them. He says that he will rescue them (from the exile), by an exchange...

This is an apologetics study, so technically not an evangelistic study, but if your group are ready to take it to the next level and see how this verse foreshadows the gospel, go for it!

7. Read Isaiah 46:3-4. Again, this is God talking – what does he tell his people about how he feels for them?

God reminds them that he made them, has known them since conception, been with them since birth and will stay with them into their old age. He says he will sustain them and carry them – this shows us just how much he loves them. It may help to explain that the people God was talking to were going through an awful national crisis (the exile) and God was saying that even that did not stop him from loving them and rescuing them.

8. 1 John 4:19. Who makes the first move? What does this tell you about how God feels about people?

If God makes the first move, the implication is that he loves us when we are not worth loving and when we don't love him... His love must be immeasurable (and inexplicable)!

9. Based on what you have read in Psalm 139 and Isaiah, how do you think God would answer the question 'Who are you?' regarding you?

Make sure the answers are based on the text, and not on self-perception or ideas about God that did not come from the Bible. Use their answers, formulate a Biblically accurate reply from God and write it on the flip-chart.

10. Assuming the answer on the flip-chart is God's answer about you, how would this make you feel?

Keep this discussion focussed: don't let it become self-pitying or 'God couldn't love me', focus on the evidence – the Bible says that God created us, has a plan for us, says we are precious and honoured in his sight and he loved us before we loved, or even knew, him.

Check out – with the group sitting in a semi circle go round and ask everyone, including leaders, how they found the study and if they are safe to go back to the cell.



Who am I?

Psalm 139

1. **STICKERS** Who are you?

What does the passage say and mean?

2. **SHOUT-OUT** Listen to Psalm 139:1-18 . How does the psalmist would answer the question 'Who am I?'

3. Read v13-16 again. What does the psalmist understand about how he was made?

4. Read v16. If 'all the days ordained for me' are written in God's book, what does this tell us about how involved God is in our creation and our lives?

5. Read v1-4. What do these verses tell us about how interested God is in our lives? Why do you think he is this interested?

6. Read Isaiah 43:4. What does this verse tell us about how God feels about people?

7. Read Isaiah 46:3-4. Again, this is God talking – what does he tell his people about how he feels for them?

8. 1 John 4:19. Who makes the first move? What does this tell you about how God feels about people?

9. Based on what you have read in Psalm 139 and Isaiah, how do you think God would answer the question 'Who are you?' regarding you?

10. Assuming the answer on the flip-chart *is* God's answer about you, how would this make you feel?