

Week two day 1

AS YOU GROW IN YOUR FAITH, it's important to know that God is always with you and knows you. God is *omniscient* which means He knows everything, including us. *Omni* means all, and *scient* means *knowledge*, so He knows everything. This truth can comfort us when we are struggling or experiencing the growing pains of growing up.

*"You have searched me, Lord,
and You know me.
You know when I sit and when I rise;
You perceive my thoughts from afar."*

PSALM 139:1-2

Heart  treasure

Lord, Thank You that I am Held.
And thank You that You know me so well
and love me.
In Jesus' name, amen.

For each letter in the word omniscient, write one thing God knows about you by finishing the following sentence (a few examples have been done for you): God knows when you are ...



VER THE MOON HAPPY



RYING



Week two day 2

NO ONE IS PERFECT LIKE JESUS IS. We love well sometimes, and other times, not so well. He is familiar with all our ways. And even though God knows that we fall short sometimes, He still loves us.

*“You discern my going out and my lying down;
You are familiar with all my ways.
Before a word is on my tongue
You, Lord, know it completely.”*

PSALM 139:3-4

Heart  treasure

Lord, Thank You that I am Held.

It amazes me that You know me so well
and love me always.

In Jesus' name, amen.

Verse 3 says, “You discern my _____ out and my _____ down. You are familiar with _____ my ways.”

What do you think this verse means?

1. Which correctly finishes the Scripture:

_____ a word is on my tongue, You, Lord, know it completely.



MINUTES AFTER



YEARS AFTER



BEFORE

2. Since God knows what we’re thinking and the words we’ll say before we say them, we should:



TRY TO TRICK GOD AND ACT LIKE WE ARE ONLY THINKING AND SAYING GOOD THINGS.



BE HONEST SINCE HE KNOWS WHAT WE’RE THINKING ANYWAY AND BECAUSE WE LOVE HIM.



LIE BECAUSE GOD WON’T KNOW.

The answer is **B** because God wants us to be honest and He knows our thoughts anyway.

3. When we have a sinful thought, we should:



JUST KEEP THINKING THOSE THOUGHTS SINCE WE’VE SINNED ANYWAY.



CONFESS IT TO THE LORD AND HE WILL FORGIVE US.

GOD WANTS OUR HEARTS TO BE CHANGED AND TO BECOME LIKE HIM. SO, WHEN WE SIN, HE WANTS US TO CONFESS OUR SINS TO HIM. AND HE PROMISES TO FORGIVE US.

Week two day 3

IN PSALM 139:5-6, THE NIV BIBLE VERSION USES **THE WORD HEM**, while another version uses the word *encircle* and another uses the word *cover* to describe God's presence with us. So God surrounds us, encircles us, and covers us. God is not on one side of us, He encircles us, and takes care of us always.

*"You hem me in behind and before,
and You lay Your hand upon me.
Such knowledge is too wonderful for me,
too lofty for me to attain."*

PSALM 139:5-6

Heart  treasure

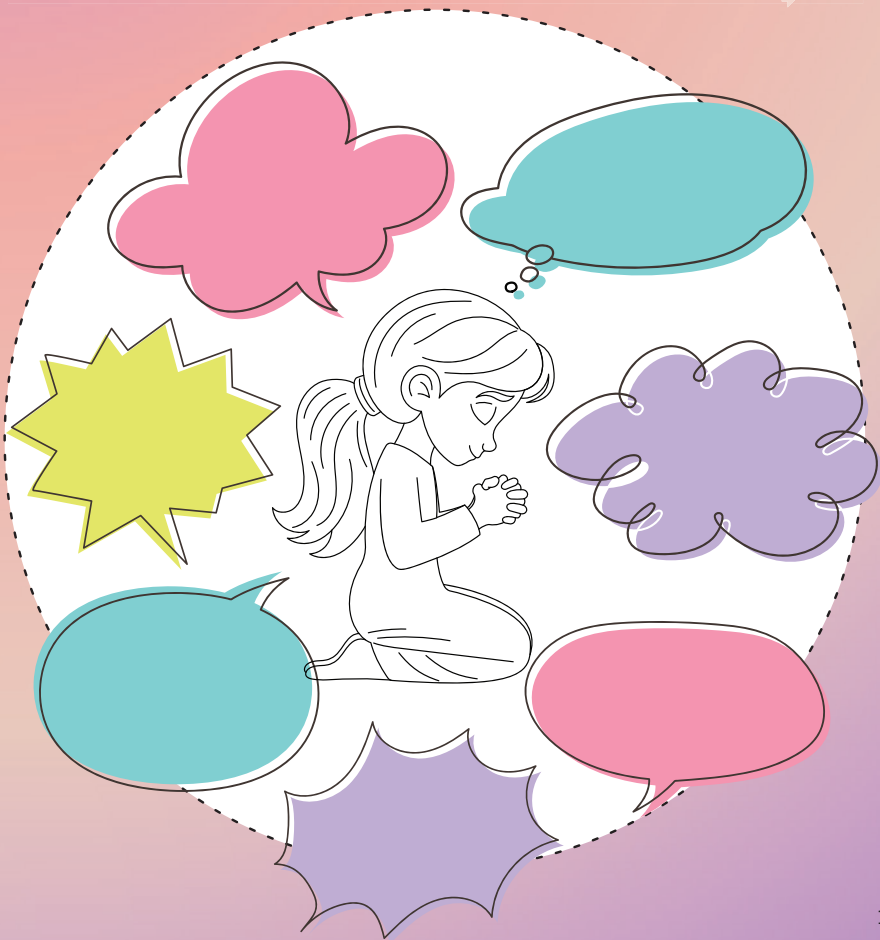
Lord, Thank You that I am Held.

Thank you that You surround me,
encircle me and cover me.

In Jesus' name, amen.

WRITE THINGS IN YOUR LIFE THAT MAKE YOU FEEL WORRIED, STRESSED, EXCITED, SAD, OR OTHER FEELINGS, IN THE BUBBLES.

Examples: hard things (missing someone), great things (like a birthday), things you're worried about (like try outs for a sport or friend problems), or anything else. Then trace the big circle around the picture as a reminder that God encircles you and will take care of you.



Week two day 4

HAVE YOU EVER WALKED THROUGH A CORNMAZE—

you're not able to see where you're going and it can be confusing. Life can be like that sometimes, but thankfully, we have God to lead us and guide us! There is nowhere we can go that God will not be with us.

*“Where can I go from Your Spirit?
Where can I flee from Your presence?
If I go up to the heavens, You are there;
if I make my bed in the depths,
You are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there Your hand will guide me,
Your right hand will hold me fast.”*

PSALM 139:7-10

Heart



treasure

Lord, Thank You that I am Held.

Thank You that when I feel like my life is a maze, You still hold me and guide me.

In Jesus' name, amen.

Fill in the blanks based on Psalm 139:7-10:

If I go up to the heavens, _____ are there.
if I make my bed in the depths, _____ are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea.

Even _____ Your hand will _____ me,
Your right hand will _____ me fast.

What truth do we learn about God from Psalm 139?

A IF WE TRAVEL FAR, GOD WILL NOT BE WITH US.

B IF WE MAKE MISTAKES, GOD IS NOT WITH US.

C NO MATTER WHERE WE GO, GOD IS THERE WITH US.

There is another awesome truth in this Scripture—
two things that God will do for us, no matter where we are.
Unscramble the words to find out what they are.

1. _____ us
UIGDE

2. _____ us
DLOH

How does knowing that God supports us in these two ways help you
when you feel uncertain?

.....

.....

.....



Week two day 5

DAVID WROTE PSALM 139. He was in awe of God and how His thoughts outnumber the grains of sand—that’s a whole lot. And you are someone who takes up many of those thoughts! He cares deeply for you.

*“How precious to me are Your thoughts, God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with You.”*

PSALM 139:17-18

Heart



treasure

Lord, Thank You that I am Held.

Thank You that during the day I am with You, when I go to sleep, I am with You, and when I awake, I am still with You.

In Jesus’ name, amen.

The Psalmist says in Psalm 139 that if we were to count all God's thoughts, they would _____ the grains of _____.

How amazing that God has even more thoughts than all the grains of sand! Let's reflect on God and His heart and thoughts. *In the sands below, write some of the thoughts you think God has. They could be about you, His creation, what's going on in the world or anything else.*

