

Our Father:

Through the Lens of Psalm 139

Dave Buehring June 26, 2016

Opening

- The image of God we carry around in our hearts and minds affects the way we live our daily lives!
- This image may come from wounds of the heart from imperfect earthly fathers who may have been:
 - Absent – whether physically or emotionally; *not interested/no heart connect*
 - Abusive – inflicting pain internally or externally; *no value or special place*
 - Accusing – points out every failure, rarely affirms; *longing for affirmation and approval*
 - Authoritarian – do what I say, said “no” to things important to you, not coming alongside you; *no warmth/nearness*
- Psalm 50:21 – “You thought I was one like yourself...” (He is not a big one of us; misrepresented)
- “Our Father” – Matthew 6:9 (Lord’s Prayer); “Heavenly Father” – “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” (Matthew 6:26)
- Today, we’ll see our Heavenly Father through the lens of Psalm 139.

Introduction to Psalm 139

- This is a Psalm of David. The anointed as a shepherd boy David. The David and Goliath David. The friend of Jonathan and hated by Saul David. The King of Israel David. The “I slept with another man’s wife” (Bathsheba) David. The worshipper, poet and writer of 75-80 of the Psalms in our Bibles David. That David!
- The superscription addresses the Psalm to the choir director. This is an indication that the Psalm was to be set to music for use in public worship. The entire congregation was to use the Psalm. Its utterances were to be adopted by every member of the congregation.
- It is broken in to 4 sections of 6 verses each. Today we will look at the first three of those four, vs.1-18.

Psalm 139:1-6 — Your Heavenly Father Knows and Loves You Completely

- **Psalm 139:1-6** The Omniscience of Our Heavenly Father (God's Knowledge)

*O Lord, you have searched me and known me!
You know when I sit down and when I rise up;
you discern my thoughts from afar.
You search out my path and my lying down
and are acquainted with all my ways.
Even before a word is on my tongue,
behold, O Lord, you know it altogether.
You hem me in, behind and before,
and lay your hand upon me.
Such knowledge is too wonderful for me;
it is high; I cannot attain it.*

- verse 1 – *searched* (Hebrew: means “to dig into”); God has dug deep into us and therefore knows and understands us beyond what we know and understand of ourselves. He digs you!
- verse 2 – He is aware of the conscious parts of our life: when we sit (passive life) and rise (active life). He knows the unconscious parts (hidden): from where our thoughts arise, even before they surface. God knows how we think and what we think about, even how our thoughts form and flow to our minds.
- verse 3 – He is familiar with our choices and habits, our ways of life. God is intimately acquainted with our ways, both inside and out.
- verse 4 – His knowledge of us is thorough. God understands us, He knows our language (mother tongue; what we mean when we talk) and He relates to us and loves us completely. He relates to me!
- verses 5-6 – He is timeless and infinite—*behind* (our past) and *before* (our future), and His hand upon me (present). His knowledge of us was too wonderful for the Psalmist, David, to comprehend. God knows our past, our present and our future and He has laid His hand on our lives. God knows us better than anyone.
- In His knowing you, your Heavenly Father loves and accepts you completely!
 - He has hand-made you – Isaiah 64:8 – “Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.”
 - He loves you as much as He loves Jesus – John 17:23,24 – “I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.”
 - He knows your name.

- Unconditionally loves and accepts you. Your response to His love doesn't change it!
- You have a Heavenly Father that is incredibly affectionate towards you!
 - He carries you on His shoulders – Deuteronomy 33:12 - “Let the beloved of the Lord rest secure in him, for He shields him all day long, and the one the Lord loves rests between his shoulders.”
 - Do you have any idea how attractive you are to your Heavenly Father? How beloved you are as sons? How beautiful you are as His daughters?
 - He fusses over us – proudly displaying us as a parent displays their child's successes.
 - He's the one watching over you when you get lost – leading you to that kind man or lady to help you.
 - You're always your Heavenly Father's little boy or girl!

Psalm 139:7-12 — Your Heavenly Father Is Ever Present with You

- **Psalm 139:7-12** The Omnipresence of Our Heavenly Father (God's Presence)

Where shall I go from your Spirit?

Or where shall I flee from your presence?

If I ascend to heaven, you are there!

If I make my bed in Sheol, 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.

If I say, “Surely the darkness shall cover me,

and the light about me be night,”

even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

- verses 7-8 – Two questions are asked here, both dealing with escaping God's presence. The answer is simply that no destination can separate us from God.
- verses 9-10 – When David writes about the “wings of the dawn,” he seems to be imagining riding on the rays of sunlight that shoot across the sky into the heavens at the speed of light as the sun comes up over the horizon each morning. He then imagines settling across the full expanse of the seas to the farthest point from God. No matter where we go, God preceded us and we will find Him as though He had been awaiting our arrival. His hand will be there to guide and hold us.
- verses 11-12 – *Darkness*, that which is of ultimate physical limitation, does not obscure His sight. The blackest night cannot conceal our whereabouts.

Absolutely nothing can hide us from God's presence. Darkness is as light to God.

- Your Heavenly Father is always attentive to you!
 - Mind always on you – 1 Peter 5:7 – “Let Him have all your worries and cares, for He is always thinking about you and watching everything that concerns you.” He is not preoccupied – focused on you!!!
 - Detailed attention – Matthew 10:29-31 – “Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.”
 - With you always!
 - With you in the midst of divorce, deaths, disappointments, broken promises.
 - He has been there for every painful heartache and tender moment.
 - He was there when you took your first breath, first coos, first steps, first words!
 - Do you understand that He can hardly wait to be with you – for all eternity!
 - Always with you also means He does not abandon you! He is the Everlasting Father – Isaiah 9:6 – “For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, **Everlasting Father**, Prince of Peace.”

Psalm 139:13-18 — Your Heavenly Father Has Wonderfully Formed You for a Purpose

- **Psalm 139:13-18** The Omnipotence of Our Heavenly Father (God's Power)

*For you formed my inward parts;
you knitted me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well.
My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.
How precious to me are your thoughts, O God!
How vast is the sum of them!
If I would count them, they are more than the sand.
I awake, and I am still with you.*

- verses 13,14 – David recognized that he was uniquely and wonderfully created by God and is amazed at the complexity of his being, both inside and out. He recognizes from the design of his body that there is someone greater that is regulating even the physical systems of his life. His heart beats by itself. He breathes without deciding to do so. His inner organs function 24 hours a day, without deliberate thought. God has given us physical looks, a personality, abilities and gifts. David is in awe of God’s wondrous creation. While still in our mother’s womb, God created each of us according to His design as He desired.
 - verses 15-16 – My frame...woven together (in Hebrew means: embroidered); unformed body—all speak of God’s hand in the formation of our beings. God has uniquely hand-crafted each of us to enable us to fulfill His purposes in and through our lives. Therefore, we must be content in who God has made us to be and never compare ourselves with others.
 - verses 17-18 – precious thoughts... outnumbering the grains of sand—God is constantly thinking an uninterrupted stream of loving thoughts towards us as though no one else exists.
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- Your Heavenly Father has uniquely formed you for a purpose!
 - Desires to give you the Kingdom – Luke 12:32 - “Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.”
 - Your combination of natural abilities + acquired skills + spiritual gifts + upbringing/heritage + the call of God on your life = unique impact through you!

 - Your Heavenly Father looks at you with eyes of favor!
 - You are the apple of His eye! Psalm 17:8 – *“Keep me as the apple of your eye...”*
 - Generosity – Matthew 7:11 – “If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”
 - Gifts from Above – James 1:17 – “Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change.”
 - Many surprises ahead; HE IS TRUSTWORTHY!
 - Because His eyes are on you, so are His thoughts – The quartz crystal molecular structure oscillates at the speed of 9 billion movements per second. If God could think only that fast, it means He could easily think a loving thought towards you every single second without straining His ability to relate to every one of the other 7.4 billion people living on the planet!!!

Closing

- A child's greatest needs all met in our Heavenly Father:
 - *Love and acceptance (He knows and loves us completely)*
 - *Belonging and security (He is ever present)*
 - *Worth and purpose (He has wonderfully formed you for a purpose)*
- Applying This Truth To Our Lives
 - Download today's message for more scriptures
 - Highlight "Father" verses throughout the Scriptures
 - Download last summer's Iron Men's devotional on "Our Father"

Other scripture passages on your Heavenly Father

- Your Father has loved you when you were at your worst – Romans 5:8
- Your Father's love will never end – Jeremiah 31:3
- Your Father's love is a self-sacrificial love – John 3:16
- Your Father has adopted you in His family and made you heirs – Galatians 4:4-7
- Nothing can separate you from your Father's love – Romans 8:35-39
- Your Father calls you by name – John 10:3
- He is your "Abba" Father – Daddy God – Romans 8:15
- Your Father lavishes His love on you – 1 John 3:1
- Your Father will never leave or abandon you – Deuteronomy 31:6
- Your Father keeps you in His hands – John 10:29
- Your Father awaits your return – Luke 15:11-32
- Your Father doesn't want any of His little ones to perish – Matthew 18:10-14
- He is a Father to the fatherless and the protector of widows – Psalm 68:5
- Your Father receives you when you feel rejected or forsaken – Psalm 27:10
- Your Father knows your daily needs and provides for you – Matthew 6:11, 31-33
- Your Father is compassionate and desires to comfort you – 2 Corinthians 1:3
- Your Father disciplines you out of love, not anger – Hebrews 12:7-13
- Your Father doesn't compare you with others, He is impartial – 1 Peter 1:17
- Your Father loves to give you the desires of your heart – Psalm 37:3-5
- Your Father desires to lead you – Psalm 139:2
- Your Father sends you the Holy Spirit – John 14:26
- Your Father wants to make His home with you – John 14:23
- Your Father has prepared a special place for you in Heaven – John 14:1-3

Discussion Questions

1. What view do you have/or could you have of God, based on your earthly father?
2. Read John 17:23-24. How does it make you feel that God loves you even as much as He loves Jesus?

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3. What are the “pluses and minuses” of the omnipresence of God?
 4. Are you yielded to God, knowing that you are fulfilling His unique purpose for you? If not, what can you do about it?
 5. Read James 1:17. What are some of the good gifts God has given to you — small, as well as large — gifts that would be meaningless to someone else, but are precious to you... as God knows you as His child.