

Introduction: Michael's Story

- A ferocious bark ...
- A pounding door ...
- A terrified child ...
- A little light ...
- A timeless principle ...

Our Perceptions Determine Our Responses:

Five Things to Remember: When You Feel Like a Nobody, Going Nowhere

1. God knows you!

¹O LORD, you have searched me and you know me. ²You know when I sit and when I rise; you perceive my thoughts from afar. ³You discern my going out and my lying down; you are familiar with all my ways. ⁴Before a word is on my tongue you know it completely, O LORD. ⁵You hem me in-- behind and before; you have laid your hand upon me. ⁶Such knowledge is too wonderful for me, too lofty for me to attain.

➤ You are _____ by God.

2. God is pursuing you!

⁷Where can I go from your Spirit? Where can I flee from your presence? ⁸If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰even there your hand will guide me, your right hand will hold me fast. ¹¹If I say, "Surely the darkness will hide me and the light become night around me," ¹²even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

➤ You are _____ by God.

3. God made you!

¹³For you created my inmost being; you knit me together in my mother's womb. ¹⁴I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵My 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, ^{16a}your eyes saw my unformed body.

- You are _____ in God's sight.

4. God has a plan just for you!

^{16b}All the days ordained for me were written in your book before one of them came to be. ¹⁷How precious to me are your thoughts, O God! How vast is the sum of them! ¹⁸Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

- You are _____ to God.

5. God's world is warped with wickedness!

¹⁹If only you would slay the wicked, O God! Away from me, you bloodthirsty men! ²⁰They speak of you with evil intent; your adversaries misuse your name. ²¹Do I not hate those who hate you, O LORD, and abhor those who rise up against you? ²²I have nothing but hatred for them; I count them my enemies. ²³Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

- You have a _____ to make.

Action Steps:

For personal, family, growth groups, and ministry team use.

1. When was the last time you felt like a “nobody . . . going nowhere?”
2. What factors do you think cause you to think this way about yourself?
3. Which of the first “four things to remember” from **Psalm 139** connected most deeply with your soul? Why do you think that particular point was significant to you?
4. How does getting “God’s perspective” of who we are change us? What are some practical ways for you to build on today’s message and get God’s view of you?
5. Did you pray verses 23 and 24? Did God show you anything? Who might help you take steps of faith to act on what God showed you?