

Affirmed By God
Psalm 139
David Clayton, Sr.

Exercise Guide and Slides

Affirmed by God

Psalm 139

Scripture Exercises

Psalm 139:1-6	God knows who I am
Psalm 139:23-24	God search, test, and remove any offensive way in me.
Psalm 139:7-10	My God pursues and travels with me
Psalm 139:13-16	I am fearfully and wonderfully made
Psalm 139:17-18	My God thinks of me and puts His thoughts in me.
Hebrews 12:6	Lord, love me enough to discipline me.

Significant Statements

I am strong

I can do this

I believe in myself.

I AM doing this

Affirm: Accepting what is true; rejecting what is false

We see things the way we are and not as they are.

Remember, we do not live by bread alone; sometimes we need a little buttering up.

Most would rather be ruined by flattery than be saved by criticism.

Some people try to make themselves feel better by making you feel worse.

All criticism from someone is personal and subjective.

Criticism can kill the spirit- arm yourself against it.

Affirmation without discipline is delusional and useless.

PRACTICE

1. Read Psalm 139
2. Talk Psalm 139 to yourself in the mirror
3. Pray Psalm 139
4. Share Psalm 139 affirmation with someone who needs it.

Affirmed By God
Psalm 139:1-18

Introduction

Define what is meant by "Affirm."

Read Psalm 139:1-6

I am affirmed by God because He knows WHO I am

- Why would David ask God to search him, if God already knows everything about him? Hint: How does this relate to Satan being our accuser?
- Discuss from these verses some specific things God knows about you that are affirming to you.
- Which of these statements mean the most to you and why?
- Which one makes you the most uncomfortable and why?
- From verse 6, how can God's total knowledge of us be both terrifying and advantageous?

Read Psalm 139:7-12

I am affirmed by God because He knows WHERE I am

- Discuss the three opposites David uses to make his point that God is everywhere.
- Discuss some ways people try to get away from God.
- Discuss some ways people try to hold God at a distance from their life.
- How is verse 10 the opposite of what we might expect of how God would treat those who try to get away from him.
- How does verse 11-12 reveal God's ability to transform the darkest of situations?
- Share a time when you felt alone and how it helped to know that God is with you everywhere you travel in this life.

Read Psalm 139:13-18

I am affirmed by God because He knows WHAT I am

- When does God first establish a relationship with you.
- Discuss the significance and affirmation found in the words used in verse 13 and 15 about your life.
- Share how someone you know struggles with their life having a purpose or being something wonderfully made.
- From verse 17-18, share how God affirms us through the thoughts he give us or his thoughts about us.
- What value do you have when you read these verses?

Conclusion: The affirmation of God in Psalm 139 is not in knowing what He says about you, but in believing what he says about you.



Affirmation

By God

I AM
strong.

I CAN
do this.*

I believe
in myself.

* I Am doing this.

Affirmation

(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.

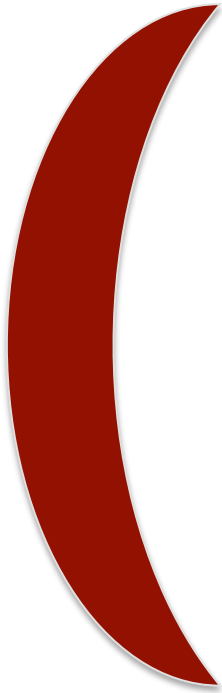
(5) You hem me in behind and before,
and you lay your hand upon me.

(6) Such knowledge is too wonderful for me,
too lofty for me to attain. Psalm 139:1-6

He
KNOWS
You



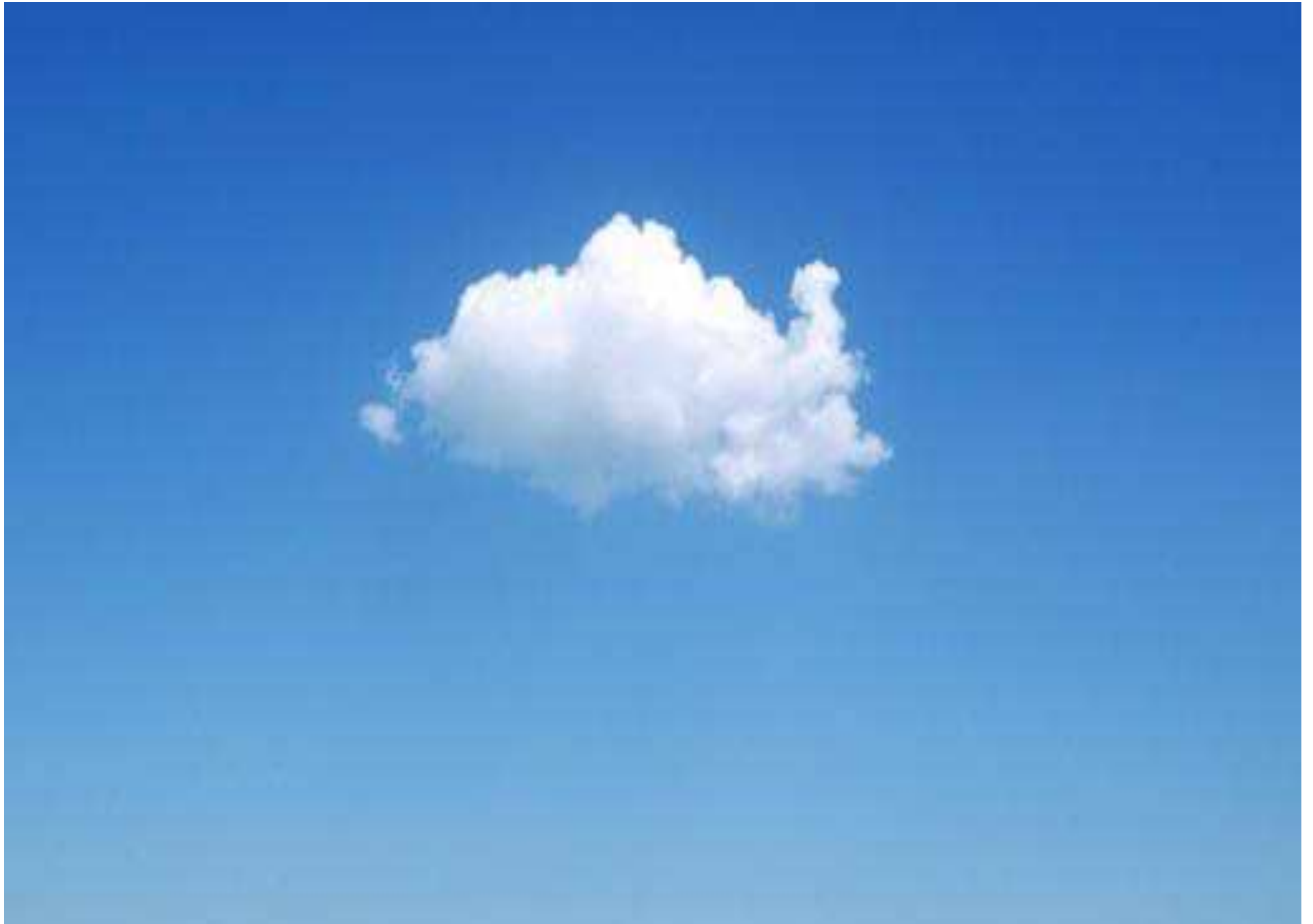
Affirmation



Affirm:

Accepting what is true

Rejecting what is false



We see things the way we
are not as they are

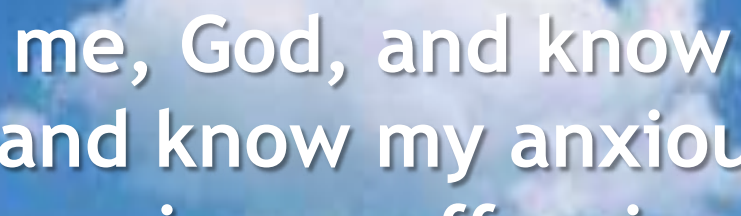


We see things the way we are not as they are

He

KNOWS

You



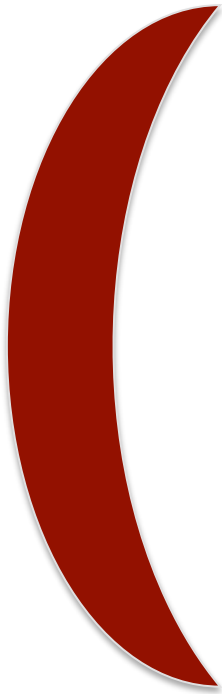
Search me, God, and know my heart:
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting
Psalm 139:23-24

(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.

He
PURSUES
You



Affirmation



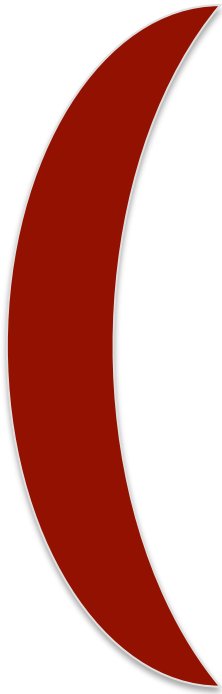
**Remember, we do not
live on bread alone:
sometimes we need a
little buttering up.
- John Maxwell**

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You



Affirmation



**Most would rather be
ruined by flattery than
be saved by criticism**

(11) If I say, “Surely the darkness will hide me
and the light become night around me,”

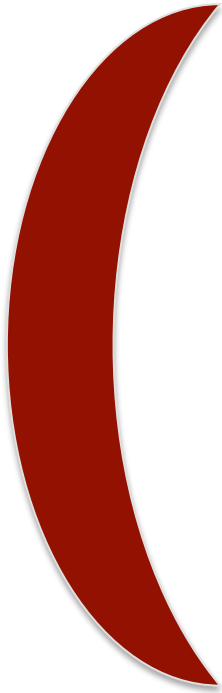
(12) even the darkness will not be dark to
you;

the night will shine like the day,
for darkness is as light to you.

He
PURSUES
You



Affirmation



**Some people try to
make themselves feel
better by making you
feel worse.**

(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. Psalm 139:13-16

He
MADE
You



Affirmation

17 How precious to me are your thoughts, 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.

Psalm 139:17-18

He
THINKS
Of You



Affirmation



**All criticism from
someone is personal
and subjective.**



**Criticism can kill the
spirit- arm yourself
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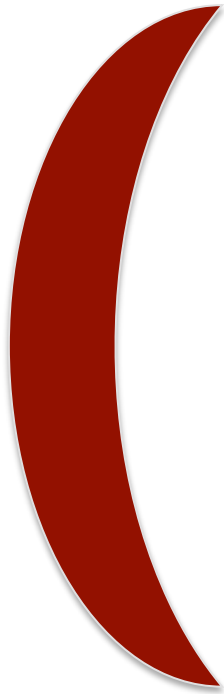
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Psalm 139:17-18

He
THINKS
Of You



Affirmation



**Affirmation without
discipline is delusional
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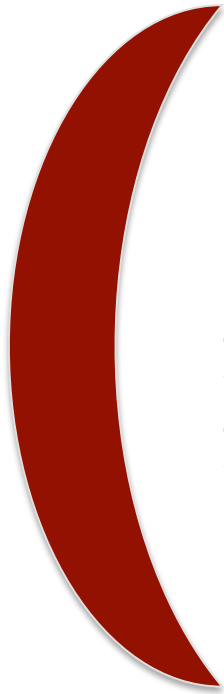
**Affirmation without discipline is delusional
and useless**

**. . .the Lord disciplines the
one he loves . . .**

Hebrews 12:6



Affirmation



Read Psalm 139

Pray Psalm 139

Speak affirming words to yourself

Share affirming words to others



Affirmation

By God