Pray together to enter the study
Read text aloud (2-3 verses per person)

FRAME *2 min to read aloud*

A poem/song written by David, a king who followed God.

David went through many trials while being king including being hunted and persecuted. He wrote the Psalms describing God and His character during both good and bad times.

OBSERVE

5 min to reflect alone, 5 min to all share

Imagine yourself in the story. What do you see, hear, and smell?

Look for repeated words, comparisons, contrasts, and cause and effect.

Note characters, relationships, locations, time, actions, and reactions.

INTERPRET

3 min to gather q's, 12 min to discuss

Develop some questions based on your observations. What stirs your curiosity?

Imagine the perspective of the people in the scene.

Answer your questions from the text and context.

SUMMARIZE & SPOTLIGHT

1 min to read the summary aloud

David writes how God is always with him, sustains him in all times, and how God knew him before he was born.

3 min to individually write a main point
2 min for all to share, end with leader

WEEK 12: RESTING WITH JESUS

Psalm 139:7 – 18 (NIV)

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.
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.
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.
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.

INVITATION

5 min for individual reflection, 5 min to share as a group

Healthcare workers and students rarely get a chance to just rest. What would help you remember God's presence is always with you? How could that help you to rest? Write down one practice for this week to remind you:

CONCLUDE

5 min to pray for each other and your applications

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