

9

Read Psalm 139:19–22

What do you think might have made the author write these words?
Are they helpful to you?
When might they be helpful to you?

CHALLENGE

Read some of the life of David and see if you can spot a time when he might have written these words. (See 1 Samuel 16 – 2 Samuel 24)

10

Read Psalm 139:23–24

What might it feel like for God to be looking at what's in your heart?
When might you ask for God's help living his way?

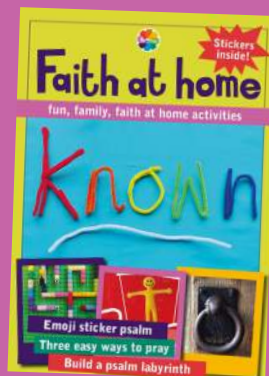
CHALLENGE

Are you bold enough to pray this prayer to God? Spend some moments in quiet and see what you feel God might be saying to you.

You could use this resource alongside the creative activities in the *Known* edition of the *Faith at home* mini-mag from GodVenture.

You can get individual copies for £4 or get a pack of 10 to share at:

www.GodVenture.co.uk



Explore Psalm 139

An intergenerational resource

Read or listen to Psalm 139. Scan the QR code to access the psalm being read in different versions. Use the questions with your family or church community.

This resource works well with the creative activities in the *Known* edition of *Faith at home*



1

Read Psalm 139:1–4

How do you feel about these verses?
Which one do you like most?
Which one do you like least?

CHALLENGE

Draw a Venn diagram of things about you and who knows them!

2

Read Psalm 139:5–6

Compare these verses in different Bible versions.
What differences do you notice?
Which do you prefer and why?

CHALLENGE

Learn verses 1-6 off by heart.



3

Read Psalm 139:7–8

Have you ever wanted to escape?
Can you think of people in the Bible
who want to escape from God?

CHALLENGE

Have a competition to
see which is the highest
and lowest place you can
think of on planet earth.

6

Read Psalm 139:13–14

Which part of these verses do you like
most? Which speaks to you?
Can you honestly say verse 14?
Why or why not?

CHALLENGE

Write a list of all the
wonderful ways God has
you. You can always ask a
friend or family member
for help, maybe swapping
lists!

4

Read Psalm 139:9–10

Where is the furthest east and west
you have travelled?
Can you remember a time you felt
God's hand was with you?

CHALLENGE

Make a picture to
represent God's
guidance and assistance
being close to you in the
far east and west.

7

Read Psalm 139:15–16

What jumped out at you in these
verses? How does it feel to know God
knows all your days?
Do you think God has a physical book?

CHALLENGE

Use the ideas in verses
13-16 to make a poem
or card for someone who
is pregnant or who has a
young baby.

5

Read Psalm 139:11–12

What other parts of the Bible talk
about light and how do they relate
to these verses?
What might darkness be for you?

CHALLENGE

Invent a story about
someone who tried to
hide in darkness, but
discovered darkness
was like light to God.

8

Read Psalm 139:17–18

What do you think inspired the author
to write about God's thoughts?
How might we find God's thoughts?

CHALLENGE

Have you ever imagined
what God might think
about you? Spend some
time in quiet asking Him!