

Psalm 139 is one of my favourite psalms, as it tells of God's amazing knowledge of us and His guidance through the darkness. Here are a few verses from the Psalm.

"You have searched me, Lord, and you know me." Psalm 139:1

God knows everything about us, past, present and future. He knows our hopes and dreams, our sins and failures, and our thoughts that maybe nobody else knows. Still he loves us and is delighted with us as his precious children. He is merciful and wants to give us good gifts.

"Even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you." Psalm 139:12

Jesus is the light of the world, lighting up even the darkest corners of our heart. We can have a clear view of ourselves according to what God really thinks of us and be shining lights for His glory. Jesus' light is far greater than the darkness, even when it may not appear so.

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14

In our pharmacy degree we have been learning about the intricacies of genetics, including the way in which we were created and how cleverly designed we are. All this points towards the existence of Creator, who thought carefully about what He was making.

An interesting book to read takes its title from the Psalm, and is called, 'Fearfully and Wonderfully Made' by the surgeon Paul Brand and writer Philip Yancey. It tells of Brand's work with patients with leprosy, as well as the mysteries of the human body. You can now get it as an Audiobook as well.

"How precious to me are your thoughts, God! How vast is the sum of them!" Psalm 139:17

God is infinitely more knowledgeable and wise than we are and we can never know everything that He does. We are fortunate that he allows us to share in his Kingdom and partner with Him in many ways. As I have learned in home group, sometimes when we are suffering we need not ask why, but trust that God has things under control and grow closer to Him.

"Search me, God, and know my heart; test me and know my anxious thoughts." Psalm 139:23

God's light shines through our hearts and exposes our thoughts like a refiner's fire. It is good to have a healthy fear of God without being anxious about our faith, as God already knows what we are thinking. We can ask God's Holy Spirit to show us if there is any, "offensive way", within ourselves, such as racism, pride, greed or laziness to name but a few. God is forgiving and will help us to combat any sins we may experience.

"...and lead me in the way everlasting." Psalm 139:24

Jesus points the way for us to follow and gives us eternal life. We can be confident in our salvation because it does not depend on ourselves but on God's grace. Reading God's Word, praying and connecting with other Christians helps us to keep going in our faith and to continue trusting in Him.