

**Living
Church.**

Psalm 139 (10th - 16th May)

Family Discipleship Guide

Hi Families!

Family Discipleship is kind of a big deal. Deuteronomy 6:4-7 instructs parents to make God front and centre in home life; talking with children, impressing upon them and writing with them at all times of the day and night. Put simply a parent's primary ministry is to raise their children to be disciples of Jesus.

For some of you it's already a regular part of the rhythm of your family's week; keep up the good work. Some of you will feel like you could be doing better; keep on trying, practice builds confidence and competence. And some of you feel overwhelmed and don't know where to start; that's ok, your church family is here to help.

Our prayer is that this Family Discipleship Guide will give you some helpful tools in developing a weekly rhythm of discipleship practices to help you and your family to grow together in love and service of God.

We've broken the guide in into 5 parts each with its own specific way of engaging the bible passage that week:

REFLECT encourages family members to reflect on the bible passage and what it means to them.

REACT engages your emotions and helps bringing those reactions before God.

RELATE encourages families to share honestly, and listen deeply to how one another are growing as disciples.

RESPOND helps families to work out real and practical ways they can respond to God in light of the weekly bible passage.

REVIEW encourages families to review the bible passage for the week and engage with it in a different way.

You might like to use these as 5 separate daily devotions, OR you might like to group some of the sections together to make a couple of family devotional times but leave yourself room to use other resources you've found elsewhere. Remember these are a collection of tools, not rules, for family discipleship.

Don't forget to show us how your family are discipling one another by sharing your photos and reflections on our social media pages with the hashtag #WeAreLivingChurch.

Psalm 139

BIBLE PASSAGE

Psalm 139

BIG IDEA

The God who knit you together in your mother's womb knows you intimately, loves you and his presence will always be with you in Jesus Christ and through the Holy Spirit.

APPLICATION

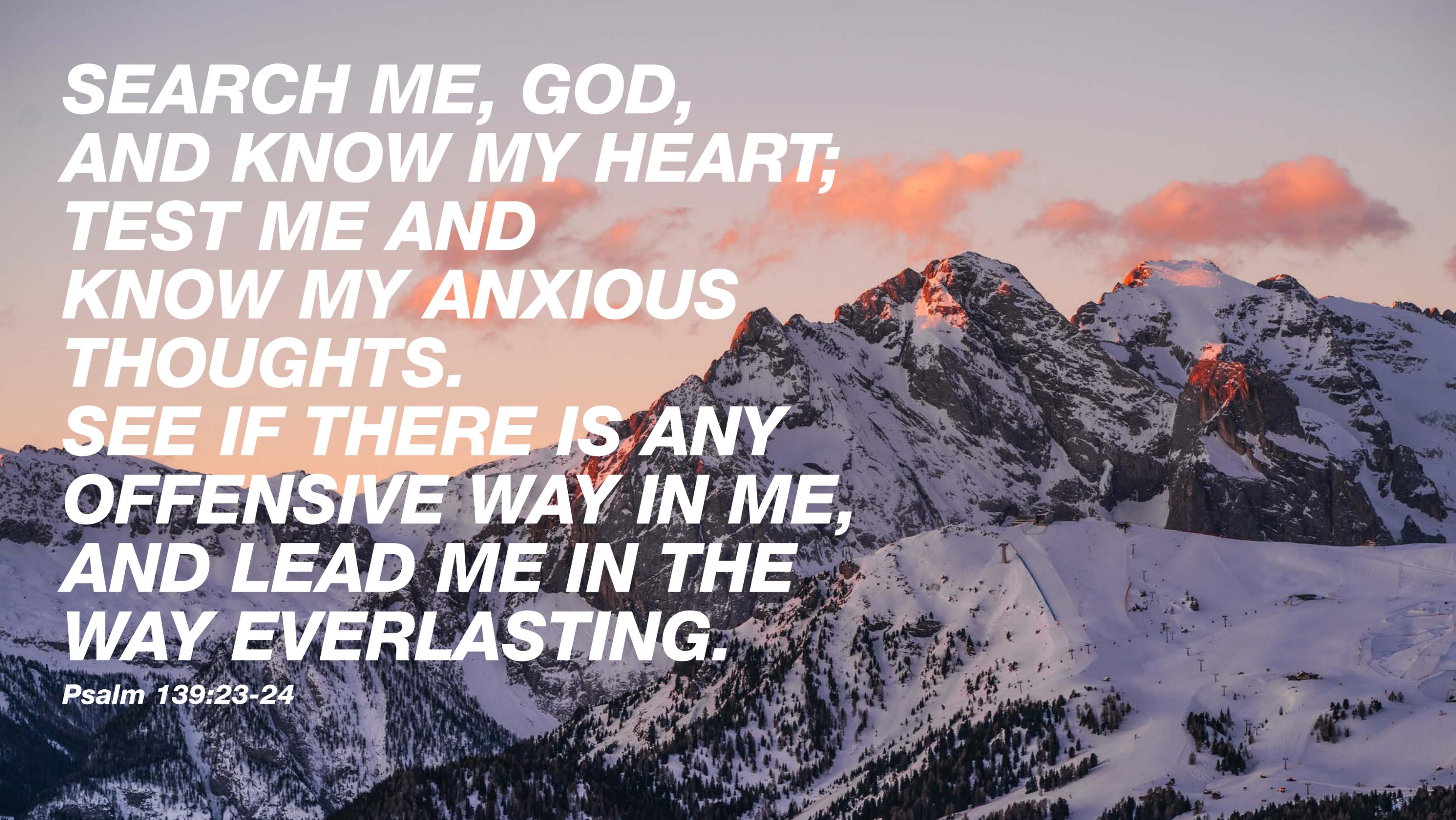
Ask the God who knows you to search your heart and lead you in His ways for your life now and forever.

KIDS BIG IDEA

God knows you better than anyone else and promises to always be with you.

KIDS APPLICATION

Ask God to work in you and help you to live for him now and forever.

A scenic view of a snow-capped mountain range at sunset or sunrise. The sky is filled with soft, orange and pink clouds. The mountains are covered in snow, with some rocky peaks visible. In the foreground, a ski resort is visible with ski lifts and snow-covered slopes. The overall atmosphere is peaceful and majestic.

***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

Reflect

As parents, encourage your family to personally reflect on the Bible passage, and what it means for them. Try to guide this so it lands close to the big idea.

KIDS

Read Psalm 139 (perhaps read the NIRV) together. If you can, print out a copy for everyone to have.

IF YOU HAVE PRINTED COPIES:

Use pens to circle each time “You” is found in the passage. The “You” in this passage refers to God, our Father.

What does this passage tell you about God?

Use a different coloured pen to circle in each time “I” is found in the passage. The “I” in this passage refers to David, the writer and also us, as Gods children.

What does this passage tell you about yourself?

IF READING IT ALOUD:

Stop after each verse.

Is there a “You” or “I” in the verse? (The “You” refers to God; the “I” refers to David, the writer and also us)

What does the verse tell you about God or yourself?

YOUTH

Read Psalm 139 together. Take a verse each until you finish the passage.

There is lots of pronouns used in this Psalm.

Have a look at all the “You” statements that David proclaims.

The “You” in this passage refers to God, our Father.

What does this passage tell you about God?

Now have a look at all the “I” statements that David proclaims.

The “I” in this passage refers to David, the writer and also us, as Gods children.

What does this passage tell you about yourself?

UNDERSTANDING VERSES 19-22

These verses can seem out of place in this Psalm. David moves from praising God to hating evil people. Because David loves God, he now sees God’s enemies as his enemies. David’s emotional reaction is he wants justice against these enemies of God.

However, when we read these verses’ we should remember that we also were once enemies of God, separated by our sin. But because of God’s grace, Jesus came to die for his enemies so that we can be made righteous before God. We should long for justice against evil, but also be holding out to others the forgiveness and grace that is freely given through Jesus.

PRAY

Spend some time reflecting on what you just read together as a family. Praise God for what stood out to you from the Psalm, it might be something that you coloured or talked about as a family.

Here’s some examples.

Lord, thank you that you know me.

Lord, thank you that you are with me always.

Lord, thank you that you created me – fearfully and wonderfully.

React

As parents, encourage your family to see how they are reacting emotionally to the Bible passage. Engage emotionally and bring it before God.

TOGETHER

Play this game to show that we might know each other well, but God knows everything about us. It would be a good game to play around the dinner table.

Choose one person to be first. Ask them a good “get to know you question” (see below for some suggestions). Tell them to not say their answer out loud yet. Everyone around the table must try to answer the question for them. Finally, allow the chosen person to reveal the true answer to the question and find out which family members knew the correct answer.

Possible Questions:

What is my favourite food?

What is something that makes me happy?

What would I love to do when I am older?

Who is my best friend?

What is my favourite game?

What is my least favourite subject at school?

KIDS

Read Psalm 139:1-6

God knows each of us so intimately – more than anyone else knows us, more than we know ourselves. God also loves us more than we can imagine. To be known and loved by God is an incredible thing.

How do you feel knowing that God knows you completely, more than anyone in the world?

How do you feel knowing that God knows even the hurtful, bad things that you've done?

YOUTH

Read Psalm 139:1-6

God knows each of us so intimately – more than anyone else knows us, more than we know ourselves. God also loves us more than we can imagine. To be known and loved by God is an incredible thing.

How do you feel knowing that God knows you completely?

How do you feel knowing that God knows all your sin?

PRAY

KIDS

Listen to Psalm 139 by Colin Buchanan
Praise God that he knows you more than anyone in the world and loves you more than anyone in the world.

YOUTH:

Listen to Psalm 139 by Shane and Shane
Praise God that he knows you more than anyone in the world and loves you more than anyone in the world.

MEDIA

Facebook Video - Psalm 139 - Colin Buchanan



Youtube - Psalm 139 - Far Too Wonderful - by Shane & Shane



Relate

As parents, encourage your family to share honestly, and listen deeply to how one another are growing as disciples.

TOGETHER

Parents it will be important for you to model honesty and vulnerability as you answer these questions, so your kids know they can do the same.

Allow time for everyone to reflect and answer each question openly and honestly.

Make sure you listen well to one another, and pray from the heart.

Have an ALL IN family discussion.

How well do you know the people in your family? Is there someone you don't know as well?

What can we do as a family to get to know each other better?

*What have you learned, or been reminded about God this week?
How well do you know God?*

How can we be praying for you this week?

PRAY

Spend time praying for one another. Work out who is going to pray for who. You could take a ball or soft toy and whoever has the object, it is their turn to pray. They then choose who to pass the object to.



Respond

As parents, encourage your family to work out real and practical ways they can respond to God in light of the Bible passage. Land the application in this section.

KIDS

Watch the Bible Story in the MEDIA section - The Woman at the Well (John 4)

In this story, we see that Jesus knows this woman completely – all her past mistakes and what she is hiding. We see that Jesus loves this woman despite her wrongs.

We read in Psalm 139 that God knows us completely, just like the woman at the well. Even all the bad things that we have done that no one knows. We are known by God, but we are loved by God.

Read Psalm 139:1; 23-24.

David knows that God knows him completely. He is asking God to show the him the “offensive ways” or “hurtful ways” within him. God knows us, even all our bad things and we should want Him to change us to be more like Jesus.

What things do you think God wants to change in you?

How can you grow to be more like Jesus?

YOUTH

Check out the spoken word in the MEDIA section - Woman At The Well

This spoken word is about the Woman at the Well, found in John chapter 4. We see in this story that Jesus knows the woman completely – all her past mistakes and what she is hiding. We see that Jesus extends such love and grace towards the woman despite her wrongs.

In Psalm 139, we read that God knows us intimately and completely. We are known by our creator and loved by our creator.

Read Psalm 139:23-24.

David knows that God knows him completely. He is asking God to show him his “offensive ways”. God knows us, even the depths of our sin and we should want Him to change us to be more like Jesus.

What does it look like for you to be open for God to change you?

How can you grow in your faith and maturity, to become more like Jesus?

PRAY

Ask God to be changing you by repeating verses 23 and 24 of the Psalm. If there are specific things that you’d like to pray for out of the conversation that you have as a family, pray for those as well.

*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.
Amen. (NIV)*

*God, see what is in my heart.
Know what is there. Test me.
See if there’s anything in my life you don’t like.
Help me live in the way that is always right.
Amen. (NIRV)*

MEDIA

Youtube - The Woman at the Well (John 4)



Youtube Spoken Word- Woman At The Well



Review

As parents, encourage your family to review the Bible passage for the week. Maybe find a way to engage with it in a different way.

KIDS

Use playdough, LEGO or pens and paper to create something together as a family – choose something you can all build different parts of eg. House, animal, object.

As you're creating something together, chat about what you've learnt from Psalm 139. God is our creator, he knows us and loves us more than anyone else.

Once you've finished your creation, why not take a photo and share it on the Living Church Facebook Page to be an encouragement to other families. If you do post it, be sure to use the hashtag **#wearelivingchurch**.

YOUTH

Read these quotes together:

“To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything.”
- Tim Keller

“If we want the rewards of being loved, we have to submit to the mortifying ordeal of being known.”
- Tim Kreider

Has someone ever known something about you and used it against you?

Have you accepted that it is a good thing for God to know you and love you? Why/Why not?

How can you be reminded that God knows you completely and loves you completely every day?

Is there a verse from Psalm 139 that you could memorise together as a family to help you remember this truth?

PRAY

Spend some time praying together around Psalm 139. Pray about the things you've learnt, pray about how you'd like God to change you, pray that you would remember that God is your creator – that he knows you and loves you completely.

God,

You are my creator, my maker. You know everything about me.

You know when I am awake or asleep; you know my thoughts and my feelings more than anyone else.

God, you love me completely and I can know that because of Jesus.

Would you be changing me, shaping me to be more like Jesus.

I praise you God because you are worthy.

Amen.

Family Discipleship Guide

Living
Church.

Living
youth.

Living
kids.