

Identity — known and created by God

Psalm 139

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does this psalm say about how God made and knows you?

2. What does it show me about people — and about myself?

How does it change things to know you were made on purpose by God?

3. What will I obey this week? (a concrete step, with a day)

How will you live this week as someone known and made by God?

4. Who will I tell?

Who doubts their worth that you could remind of this truth?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, thank you that you formed me and know me completely. Help me rest in being fully known and still loved by you.
