

Journaling

PSALM 139

Journaling is about writing your thoughts, impressions, feelings, and questions. Journaling this Psalm, and the Scripture, is also about interpreting it, applying it, and then assimilating it into your life so that there is a deep “knowing” within your soul; and a growing relationship with God.

Pray. Ask God to reveal to you what He is saying to you and/or about you and Himself.

Remember, what you are reading is TRUTH! You can trust it to be true about you and about God. God cannot lie and this is His Word. God knows you are reading this particular Psalm, right now. He is fully aware of your desire to discover or experience a deeper relationship with Him. He has touched you or you would not be interested in pursuing a relationship with Him. Tell Him of your desire. Ask God to guide your thoughts. Where do your thoughts go as you read and ponder? It is God’s desire to speak to you through this Psalm.

Read through the complete Psalm.

Go back through the Psalm and identify any particular verse or section of verses that appear to be standing out or drawing you. If there is a verse or section of verses that seem to have significance, write down what you sense God is saying to you through those verses.

If nothing draws your attention, begin at the first verse or section and write what God is saying. Believe God is speaking this to you. Go verse-by-verse or section-by-section.

Section 1: verses 1-6. Ask yourself how you feel about God’s intimate knowing of you: your thoughts; your attitudes; where you go and what you do; the words you speak.

Section 2: verses 7-12. Do you really believe that God’s presence is with you everywhere you go?

Section 3: verses 13-18. How do you feel about God’s creation of you? You were fashioned just like a woman knits a sweater! Are there things you don’t like about how you were made? Ask Him. Talk to Him about it. Journal it!

Section 4: verses 19-22. These are seemingly odd verses within such an intimate Psalm. However, let us remember that David is writing this personal Psalm and has reflected on God’s personal knowledge of him, of God’s presence and now petitions God for protection against those who would seek his life. David often experienced the fear of being killed and expresses his own view (which is often our own) that God would just step in and get rid of all those who hate God.

This section brings an awareness of the strifes in life. There are those who may hate you or God. This is a good Psalm to express to God your own struggle regarding those who come up against the principles and teachings of God’s Word. They are God’s adversaries.

Section 5: verses 22-24. These verses express the desire and request for God to look into the heart and know you. Are you really willing for this? Is this a little intimidating?

As you proceed through this chapter, I trust that God will impress a truth on your heart. Write about what it says; what it is saying to you in particular with your background and struggles; how it is affecting you; what feelings you are experiencing. (Are there tears or smiles?) After journaling what God has impressed on your heart, please talk to God. (I often journal my prayers.)

Ask yourself if there is something in the way of your relationship with Him? If there is, confess it and ask Him to forgive you because of Jesus’ blood sacrifice on the cross for your sin. Thank Him for His forgiveness.

Thank Him for His personal knowledge, presence, and protection of you; and how intimately He knows you and loves you.

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