

WORSHIP

SUGGESTED WORSHIP SONGS:

He Knows My Name, God Omniscient God All Knowing, Majestic

WELCOME

What do you do nowadays to rest? If you work from home, how has this “new normal” been helpful or not to you in experiencing rest?

WORD

PSALM 139:1-12, 17-18, 23-24 (read the entire psalm)

O Lord, You have searched me and known me. ²You know when I sit down and when I rise up; You understand my thought from afar. ³You scrutinize my path and my lying down, And are intimately acquainted with all my ways. ⁴Even before there is a word on my tongue, Behold, O Lord, You know it all. ⁵You have enclosed me behind and before, And laid Your hand upon me. ⁶Such knowledge is too wonderful for me; It is too high, I cannot attain to it. ⁷Where can I go from Your Spirit? Or where can I flee from Your presence? ⁸If I ascend to heaven, You are there; If I make my bed in Sheol, behold, You are there. ⁹If I take the wings of the dawn, If I dwell in the remotest part of the sea, ¹⁰Even there Your hand will lead me, And Your right hand will lay hold of me. ¹¹If I say, “Surely the darkness will overwhelm me, And the light around me will be night,” ¹²Even the darkness is not dark to You, And the night is as bright as the day. Darkness and light are alike to You. ¹⁷How precious also are Your thoughts to me, O God! How vast is the sum of them! ¹⁸If I should count them, they would outnumber the sand. When I awake, I am still with You. ²³Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴And see if there be any hurtful way in me, And lead me in the everlasting way.

In this time of a global pandemic, our problems and challenges are not just about COVID-19: it is the impact of this pandemic – ANXIETY, FEAR, and all of these falls on the laps of two kinds of people: **The WORRIER, and those who are RESTED.**

Who are the worriers? They are always anxious. They are people who like to be in control, so when things seem to be out of control, they worry. The root problem of their worries goes back to their limited understanding of who God is. There’s another group of people: they stay calm, at ease, they are rested even when things spin out of control. Why? Because they realize that at the end of the day, it is God who is in control. Now, until you have surrendered your life to the Sovereignty of God, you will not experience rest.

Are you the type who is always stressed and anxious? Or can you, in the midst of crisis, stay calm and in peace?

What is the secret of rest? How can you avoid anxiety in times of stress? For most people, life is indeed very stressful especially these days. They think of their jobs, their health, their future, their financial wellbeing. Today we will look at **PSALM 139.**

THE SECRET OF REST: CULTIVATE INTIMACY WITH GOD.

We use the word CULTIVATE here because it takes effort to work on our intimacy with God. The most important thing about you, about me, is what you believe about GOD to be true. Do we really know God? Are we intimate with Him?

In the midst of stress, you can experience rest, calmness, and peace in your heart if you remember the following:

1. GOD KNOWS YOU INTIMATELY (GOD’S OMNISCIENCE)

The first six verses of this psalm highlights God’s amazing wisdom. The Lord “digs” down deep in our lives, from our thoughts to our actions; from our thoughts to our words. The psalmist is David, and he was writing based on experience. In the midst of fear and stress, David knew his theology. For David, his security and *restedness* was in the fact that God knows him intimately. Knowing that God is watching over us should comfort us. He watches us because He cares for our state. Jesus emphasized this in **Matthew 10:29-31**. If God concerns Himself with the state of even the simplest creations, how much more about human beings He has masterfully “woven” and “knitted together”? There is tremendous relief and rest knowing that God knows everything about us – and loves us just the same.

To be loved but not completely known is superficial and risky. To be known and not loved is quite sad, as makes you feel rejected. However, to be fully known and fully loved is something we all desire. That’s what we get from the love of GOD. He knows everything about you – past, present, and future – and in spite of that, GOD says “I love you”. This gives you overwhelming comfort, and you can be honest and transparent with God as you approach Him like David does in his prayers.

2. GOD IS ALWAYS WITH YOU (GOD’S OMNIPRESENCE)

Psalm 139:7-12 speaks of David’s recognition of God’s presence throughout his life. Can you see what the Bible is saying? God not

WORD (cont'd)

just sees everything; He is also omnipresent. There is no place you can run away from Him because He is intimate with us. **You can deny God's presence, you can pretend He's not there, But the truth is GOD IS ALWAYS WITH US TO PROTECT US.** Oftentimes, when we are tempted to sin, the very presence of God helps us choose to live a holy life instead. Moses understood this, in **Exodus 33:14-16** he declared that if God's presence will not be with His people, he will not lead the people forward. You see, **God's presence and our rest and calm do go together.**

In the New Testament, we hear the same promises in **Hebrews 13:5-6** – God's promise to always be with us and not forsake us should be more than enough for us to be satisfied and to continue trusting in Him. This is enough for us to be content!

3. GOD SPECIALLY MADE YOU (GOD'S OMNIPOTENCE)

Highlighting God's power, David starts to write about the wonders of God's creation in **Psalms 139:13-18**. David acknowledges the wonders of how the human body was created and formed, and how creation is attended to by the Lord from the very start! Reading through these verses will remind us that we are special because God has made us for a purpose. **Jeremiah (Jeremiah 1:4-5)** and **John the Baptist (Luke 1:14-17)** show us that the Lord indeed created and designed His people for a

purpose much bigger than just "to exist"! **Ephesians 2:8-10** reminds us of this beautiful word (Gk. POIEMA). God has a purpose for your life. You will never fully experience what God wants you to experience, until you come to know the purpose of God for your life. God made you especially for a purpose. Until you know God's purpose, you will not experience the fullness of life. When you are intimate with God, you know that God sees you and He cares, and is always with you, and He created you for a purpose.

Towards the latter part of this psalm (**vv.19-24**) we see that David responds to these discoveries about God. When you learn to love GOD, His desires become your desires. He spoke of the wicked (**vv. 19-22**) and how his love for God allowed him to see what was not pleasing in the sight of the Lord. As you live a life pleasing to Him, you will get to know Him more and more. What prevents us from enjoying this is sin and self-will... but we see from David's example that the right response to knowing God intimately is also desiring for real purity in the inner life. This brings "restedness" in our spirits, and it requires that we submit ourselves to His will, His commandments, and His service. As **JI Packer (1926-2020)** has said, **"Once you become aware that the main business that you are here for is to know God, most of life's problems fall into place of their own accord."**

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. **Self-Check.** Are you a worrier or are you more rested? What's causing you to worry?
2. **Setting It Right.** Our response to knowing GOD intimately is to desire what God desires. Have you been desiring the Lord's purposes for you? What do you think you need to do to have a greater desire for God's will?
3. **Living It Out.** How can you serve God as you cultivate intimacy with Him? Are there any opportunities for you to serve Him despite the pandemic?

WORKS

PRAY CARE SHARE IN ACTION

Pray that God will work in our hearts and the hearts of the people we pray for. Show care by taking the time to listen to those who have many worries and anxiety. Pray for them and with them for their concerns. Share how intimacy with God begins when we trust in Jesus Christ as Savior and Lord.

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- God-given wisdom for leaders and scientists to manage the pandemic and develop a COVID 19 vaccine
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends