

1 O LORD, you have searched me
and you know me.

2 You know when I sit and when I rise;
you perceive my thoughts from afar.

3 You discern my going out and my lying down;
you are familiar with all my ways.

4 Before a word is on my tongue
you know it completely, O LORD.

13 For you created my inmost being;
you knit me together in my mother's womb.

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

23 Search me, O God, and know my heart;
test me and know my anxious thoughts.

24 See if there is any offensive way in me,
and lead me in the way everlasting.

Psalm 139:1-4, 13-14, 23-24

NOTES

Formula For Growth ---- Psalm 139:23-24 (Four Requests)

Request #1

"Search me, O God, and _____ my _____."

Psalm 139:23a)

****Three self-questions to know my heart****

1) What's on my mind?

2) What am I treasuring?

19"Do not store up for yourselves treasures on earth,
where moth and rust destroy, and where thieves break in and
steal. 20 But store up for yourselves treasures in heaven, where
moth and rust do not destroy, and where thieves do not break in
and steal. 21 For where your treasure is, there your heart will be
also

Matthew 6:19-21

3) What is in my conversation?

For out of the overflow of the heart the mouth speaks. 35
The good man brings good things out of the good stored up
in him, and the evil man brings evil things out of the evil stored up
in him.

Matthew 12:34b-35

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Request #2

"Test me and Know my _____"
(Ps. 139:23b)

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Request #3

"See if there is any _____ way in me" (Ps. 139:234)

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Request #4

"Lead me in the _____."
(Ps 139:24b)

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Study Guide
Morning Worship
August 24, 2008



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All scriptures NIV unless otherwise noted.