



Rescued from fear #3  
Trusting God who knows everything  
Psalm 139:1-18

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account." Hebrews 4:13 NIV

"Great is our Lord and mighty in power; his understanding has no limit." Psalm 147:5 NIV

I. THE SCOPE OF GOD'S KNOWLEDGE

**1. God knows all about \_\_\_\_\_.**  
"God saw all that he had made, and it was very good." Genesis 1:31 NIV

"Not even a sparrow, worth only half a penny, can fall to the ground without your Father knowing it." Matthew 10:29 NLT

**2. God knows all about \_\_\_\_\_.**  
"I make known the end from the beginning, from ancient times, what is still to come. I say: My purpose will stand, and I will do all that I please." Isaiah 46:10 NIV

**3. God knows all about \_\_\_\_\_.**  
"O LORD, you have examined my heart and know everything about me. You know when I sit down or stand up. You know my every thought when far away." Psalm 139:1-2 NLT

II. WHAT GOD KNOWS ABOUT ME

**1. God knows all my \_\_\_\_\_.**  
"You (God) have listened to my troubles and have seen the crisis in my soul." Psalm 31:7 LB

"You know how troubled I am; you have kept a record of my tears." Psalm 56:6 GN

"He is like a father to us, tender and sympathetic... for He knows what we are made of dust." Psalm 103:13-14 LB/GN

"When I am ready to give up, He knows what I should do." Psalm 142:3 GN

**MY RESPONSE: Give God my \_\_\_\_\_.**  
"Cast all your anxiety on him because he cares for you." 1 Peter 5:7 NIV

**2. God knows all my \_\_\_\_\_.**  
"The days allotted to me had all been recorded in your book before any of them ever began." Psalm 139:16 GN

**MY RESPONSE: I should ask for His \_\_\_\_\_.**  
"Call to me and I will answer you and tell you great and unsearchable things you do not know." Jeremiah 33:3 NIV

**3. God knows all my \_\_\_\_\_.**  
"So do not worry saying, 'What shall we eat?' ... or 'What shall we wear?' For the pagans run after all these things, and your Heavenly Father knows that you need them." Matthew 6:31-32 NIV

"Since God did not spare even his own Son for us but gave him up for us, won't he also surely give us everything else we need?" Romans 8:32 LB

"Your Father knows what you need before you ask Him." Matthew 6:8 NIV

"The LORD is my shepherd; I have everything I need." Psalm 23:1 NLT

**MY RESPONSE:** I \_\_\_\_\_.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 NLT

**4. God knows all my \_\_\_\_\_.**

"Be careful not to do your acts of righteousness before men, to be seen by them ... Then your Father, who sees what is done in secret, will reward you." Matthew 6:1, 4 NIV

**MY RESPONSE:** Don't be \_\_\_\_\_!

"We should not grow weary in doing good because we will reap a harvest if we do not give up." Galatians 6:9 NIV



Watch and listen to the message again, or an archived message by going to [www.youtube.com/cowplainchurch](http://www.youtube.com/cowplainchurch).



SMALL GROUP SERMON DISCUSSION

Each week we will produce the Talk It Over sermon discussion questions, as we would do normally. But as these aren't normal times, we encourage you to use the Talk It Over sermon discussion questions in a different way. Here are some suggestions:

- Immediately after the online experience has ended, grab a cuppa and then sit and discuss the questions with your husband/wife/family. If you are on your own, arrange to ring another person and chat through the questions over the phone or Skype etc.

- If you are able, meet virtually as a small group through the various free online conference resources such as Microsoft teams, Skype, Zoom etc.
- Personally, take some time through the week to quietly reflect and go through the questions on your own and apply the message to your life.

### Discussion Questions:

1. Read Hebrews 4:13 and Psalm 147:5. How do these verses make you feel about God's knowledge of everything?
2. What are some of the ways that we can be honest with God? Read Psalm 139:23-24. Do we really want God to do what these verses say, why or why not?
3. Read Psalm 31:7 and Psalm 56:6. When we are hurt and in pain, sometimes we can feel that nobody cares or understands. How does knowing that no hurt goes unnoticed by God help us during those times?
4. Why does 1 Peter 5:7 make sense when we aren't in pain, but often it's not the first thing we do when we are in the middle of a difficult and painful circumstance or situation?
5. Why do many people in our society try all sorts of ways to know what the future holds?
6. Why are people fearful about the future? How does Psalm 139:16 and Jeremiah 29:11 help us in this?
7. Pastor Phill said in the message, "Worry is not trusting God. In fact, worry always shows that I don't really understand what God's like. And, if I misunderstand what He's like then I can't trust Him, and if I can't trust Him, then I'm going to worry." Do you agree or disagree? Is being concerned about something or someone different from worry? See Matthew 6:31-32 and Romans 8:32.
8. At times we can feel discouraged in life. It may be because we have been seeking to live for God by serving or making the right choices etc and no one seems to notice. How does Matthew 6:1&4 and Galatians 6:9 help us to keep on keeping on?