

**GOD CREATED AND KNOWS US**

Old Testament Lesson #179

This is a beautiful psalm composed by David. David was a king who greatly appreciated all that God had done for him. Throughout his life, God was always there protecting him and watching over David and his activities.

In this psalm David thinks about how deeply God knows him. David understood how God had formed him in his mother's womb. He says, "For you created my inmost being; you knit me together in my mother's womb" (v. 13). From that very time, God was watching over David. He writes, "your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be" (v. 16).

At every level of David's life he is aware of God's presence. He appreciates that God knows him so thoroughly. God has searched him and knows him. He says of God that He knows his thoughts, regardless of where David is (v. 2). "You discern my going out and my lying down; you are familiar with all my ways" (v. 3), says David about God. David is amazed at this. He says, "Such knowledge is too wonderful for me, too lofty for me to attain" (v. 6).

This gives David great confidence to live his life. God will never leave him nor forsake him. Even if David wanted to hide from God, it wouldn't work, because wherever David is, there is God.

Because of the goodness of God toward David, he acknowledges that all of God's thoughts and teachings are "precious" to him (v. 17). David sees them as being more numerous than "the grains of sand" (v.18).

Not everyone appreciates God the way David does. Those who oppose God and go against Him, are seen by David as God's enemies. If they are God's enemies, then David says, "I count them my enemies" (v. 22). He longs that God will do away with the wicked because they speak evil against his God and they misuse God's name.

David ends the psalm by asking God to once again search his mind. He wants God to understand his innermost thoughts and the things that are troubling

him. He also wants God to help him find anything that is not what God would want in him. He says to God, "See if there is any offensive way in me, and lead me in the way everlasting" (v. 24).

God knows us as thoroughly, too. He designed and made us. Nothing we think or do is hidden from Him. God's thoughts are precious to us as they were to David. He loves us greatly, so we should follow David's example and pray for God to lead us in the way everlasting.

**POINTS TO CONSIDER:**

- David composed many of the psalms that we have in the Old Testament. One of his psalms of praise is found in Psalm 145. In this psalm David declares that, "Great is the LORD and most worthy of praise; his greatness no one can fathom" (Psalm 145).
- In many of his psalms, David often reflected upon the greatness of God's creation. He writes in Psalm 19: "The heavens declare the glory of God; the skies proclaim the work of his hands" (Psalm 19:1). Another psalm that considers the creation of men and women is Psalm 8. David sings praises to God for His goodness in creating mankind and placing him over the rest of His creation.

**ANSWER KEY:**

All the days ordained for me were written in your book before one of them came to be.

You created my inmost being. You saw my unformed body. You perceive my thoughts. You know my words. You searched my heart. You discern my going out and lying down. You are familiar with all my ways. You knit me together.

after, decay, happy, proud, often, musty, close, alike, dying, awful, loose, under, edify, fever, grand, affix, lucky, slick, clean, lying, smile, vague, admit, repel,

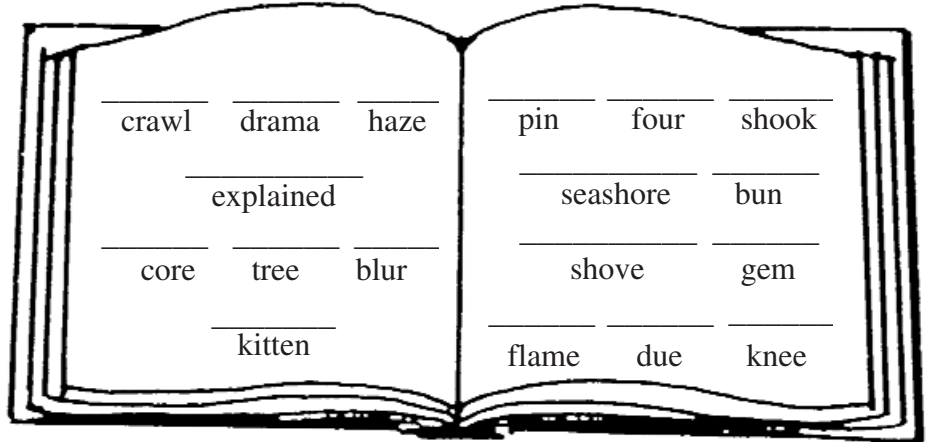
fearfully and wonderfully made

**T**hrough all our lives, God's hand will guide us.

To find what is in God's book, write a word from the list that rhymes with the word that is given.



be	for	came
in	one	were
of	the	your
me	days	before
to	them	written
all	book	ordained



Find how God relates to us. Look up the words on the grid according to their numbers. Cross off each word as it is used. (The first word is given as an example.) Write the leftover letters in the blanks.

	1	2	3	4	5	6	7	8	9	10	11
1	G	A	L	L	T	S	O	M	N	I	O
2	E	V	I	E	C	R	E	P	S	G	B
3	D	K	N	O	W	D	D	L	T	O	E
4	E	C	R	E	A	T	E	D	H	I	I
5	M	B	O	D	Y	U	H	O	G	N	N
6	R	O	W	A	S	O	C	W	U	G	G
7	O	D	I	S	C	E	R	N	O	H	T
8	F	A	M	I	L	I	A	R	H	T	I
9	N	S	D	R	O	W	E	V	T	I	N
10	U	H	E	A	R	T	S	E	S	W	K
11	Y	T	O	G	E	T	H	E	R	O	U

You **CREATED** my                  . You          my         .  
2/4 - 8/4      10/1 - 5/1      11/2 - 11/6      5/6 - 3/6

                 . You          my         .  
1/10 - 1/3      2/5 - 5/5      8/2 - 1/2      9/9 - 9/2

You          my         . You          my         .  
2/3 - 5/3      6/9 - 2/9      7/10 - 7/3      2/10 - 6/10

You          my          and lying         .  
2/7 - 8/7      10/2 - 10/6      6/6 - 6/4      8/4 - 8/7

You are                   my         .  
1/8 - 8/8      10/10 - 10/7      2/1 - 4/1      5/3 - 5/6

You          me         .  
11/10 - 11/7      2/11 - 9/11

                                            .

Complete the sentence. In each column, write a 5-letter word that is opposite of the given word.

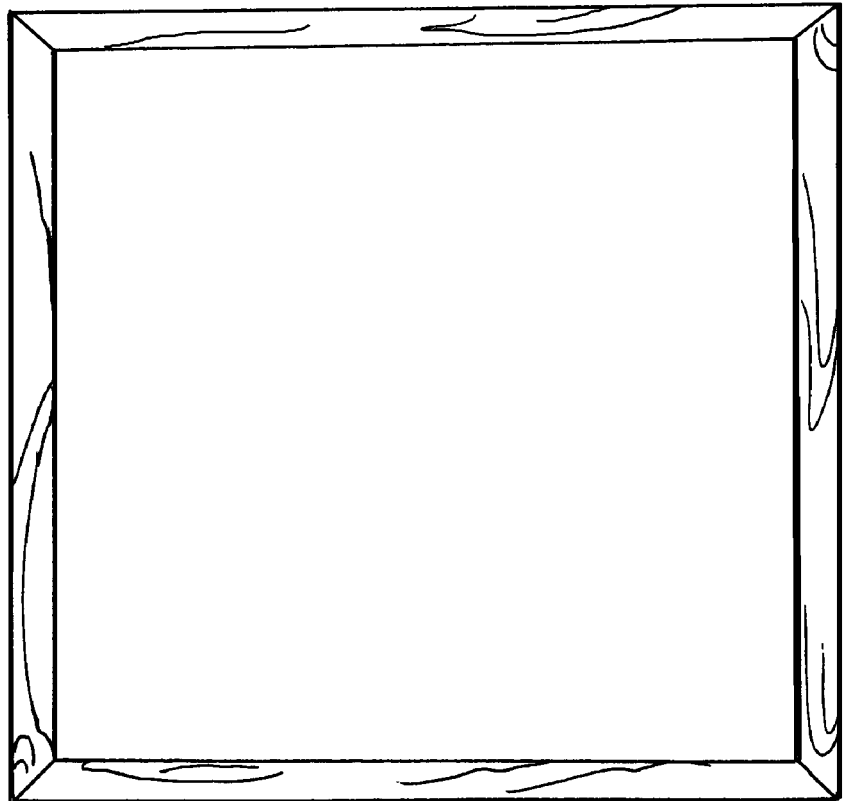
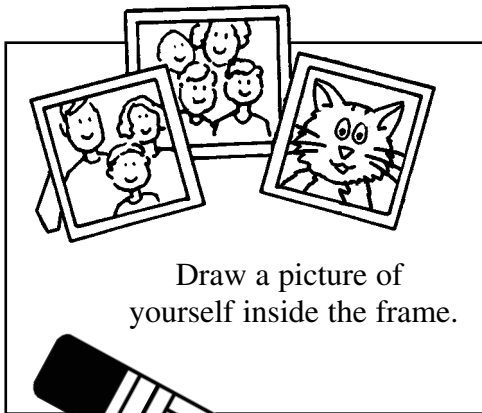
I praise you because I am ...



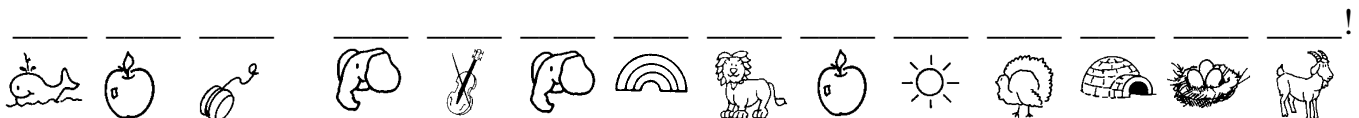
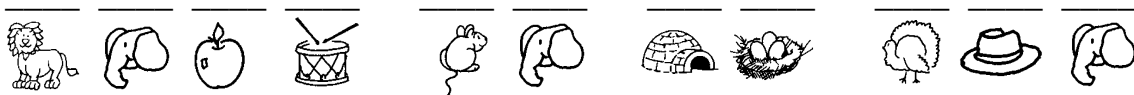
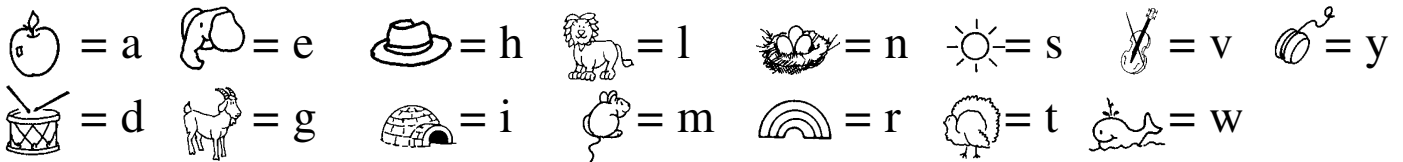
A																								
F																								
T																								
E																								
R																								
	before	renew	sad	humble	seldom	fresh	open	different	living	wonderful	tight	above	destroy	chill	lowly	remove	unfortunate	rough	dirty	honest	frown	definite	deny	attract

Name \_\_\_\_\_

**G**od created us. He is familiar with all our ways.



Use the code to fill in the message below.



Name \_\_\_\_\_