

Personal Reflection – Psalm 149

Jonathan Cleveland

January 5, 2020

Reflection & Discussion Questions

Personal reflection drives spiritual growth

But it can be a part of spiritual growth that is easy to overlook.

*How can making space for reflection drive spiritual growth?

*What is your typical attitude towards reflection? How have you seen it affect your spiritual growth?

Read and discuss Psalm 139(NIV)

¹ You have searched me, Lord,
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, Lord, know it completely.

⁵ You hem me in behind and before,
and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,

¹⁰ even there your hand will guide me,
your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"

¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

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;

*What does this passage show us about God? About people?

*your works are wonderful,
I know that full well.*

¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the
earth.

¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your
book
before one of them came to be.

¹⁷ How precious to me are your thoughts,^[a] God!
How vast is the sum of them!

¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

¹⁹ If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!

²⁰ They speak of you with evil intent;
your adversaries misuse your name.

²¹ Do I not hate those who hate you, Lord,
and abhor those who are in rebellion against
you?

²² I have nothing but hatred for them;
I count them my enemies.

²³ Search me, 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.

*What is this passage saying to you? Is there something here to share with someone else?

There are things about you that God knows but you don't

We need guidance.

*Where or who have you turned to for guidance to learn the dynamics of your soul?

Reflection gives you the space to know how you are doing spiritually

We need to measure our success against ourselves.

*Why can it be important to track your spiritual progress?

*What would it look like to develop spiritual confidence?

We humbly acknowledge that we need guidance from God and that we cannot grow without it

*God, where am I making spiritual progress?

*God, what is one way you are leading me forward?

*Is there another question(s) that would be helpful as you spiritually reflect?