



THE WORD FOR TODAY

Psalm 139, verses 13-24

“For you created my inmost being”

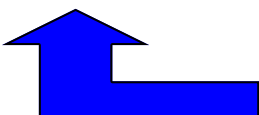


Psalm 139 is one of the many psalms written by King David, who ruled Israel a thousand years before Jesus came to earth. We looked at the first section of this psalm just before Easter, and now we read the second part.

David, whether as a shepherd boy, a mighty warrior, or a famous king, was always close to God. He relied on the unwavering love and mercy of the God he had known since childhood. He sought forgiveness for his sins and guidance for the future. He knew his God would always be with him.

By reading and thinking about David’s psalms we too can draw closer to the same God, who is with us today just as he was with David three thousand years ago. This psalm speaks with wonder and awe of our creator and his closeness to us.

Follow the words of the second half of this psalm, beginning on the north wall of this little building and then continuing anti-clockwise round the church building, perhaps pausing on the benches if the weather is good. We are using the New International Version of the Bible, which you can find on the internet under Bible Gateway, and the whole “Word for Today” is on the church website, which is www.libertonkirk.net You can also find meditations on other Bible passages in previous “Words for Today” which can be accessed through the website.



Turn immediately left to find the first verse of the Bible passage on the bench

“For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”

1



I remember some years ago we were talking about whether miracles happened today, and a friend said that every new baby was a miracle. When you look at those tiny fingers and toes you have to agree. We are all “fearfully and wonderfully made”, as are all the living things in God’s creation. Thanks to amazing wildlife photography we see more and more on our television screens to amaze us and to make us wonder at our creator.

*Lord, let me never take the gift of life for granted.
Help me to keep my sense of wonder in your creation
and in who I am as a human being—body, mind and soul.*

(No. 2 is on the bench facing us at the corner of the church building)



THE WORD FOR TODAY

*“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,
your eyes saw my unformed body.”*

2



When you consider the billions of people on this planet, it is truly mind-boggling to know that every one of them is unique. Look closely at your fingers—nobody else has a fingerprint exactly the same as yours.

In addition to being a unique human being, you are known and loved by God—always have been and always will be. Known by God in every detail, through and through. Loved by God no matter what you have done or said or thought in your life so far. How awesome is that!

*Lord, I am in awe of your knowledge of all your people
and of your love for each of us individually.
Help me to know you better and to keep loving you, I pray.*

(Turn round the side of the church to find No. 3)



THE WORD FOR TODAY

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

3



Have you ever wondered “Why am I here?” or “Where am I going?” If people have a faith that’s when they turn to God and ask him to make things clear and point them in the right direction. David had no doubts that God had his life mapped out for him—that it was not just coincidence which took him from his life as a shepherd boy to be King of Israel. David also knew that if he kept close to God he would have all the guidance and support he needed throughout his life.

***Lord, thank you for the comfort of knowing you have a plan for me.
Help me to trust you with my life.
Help me to look to you every day for support and guidance.***

(No. 4 is further along this side of the church)



THE WORD FOR TODAY

***“How precious to me are your thoughts,
O God! How vast is the sum of them!
Were I to count them, they would
outnumber the grains of sand.
When I awake, I am still with you.”***

4



God’s thoughts would outnumber the grains of sand—what a great way to remind ourselves that God is way beyond our understanding! Even a handful of grains of sand is uncountable!

Yet even if we exhaust ourselves trying to understand God, he will still be there, waiting for us to wake up to his presence. Even if we take time out from him, he will still be there, waiting for us to return, to recognise and acknowledge him.

***Lord, you are beyond my imagining, yet you love me.
Help me to feel that love always around me.
Help me not to stray from you, I pray.***

(Walk along the back of the church and turn left to find No. 5)



THE WORD FOR TODAY

***“If only you would slay the wicked, O God!
Away from me, you bloodthirsty men!
They speak of you with evil intent;
your adversaries misuse your name.***

5

***Do I not hate those who hate you, O Lord, and abhor
those who rise up against you? I have nothing but
hatred for them; I count them my enemies.”***



There is evil at work in our world for all to see—and it’s certainly true that many people today are actively against God and against Christianity. Why doesn’t God do something about this? Or is it down to us? Not to judge—that is for God—and not to hate, because Jesus, speaking a thousand years after David, has taught us that the better way is to love. Is it down to those of us who do know God to fight the evil, to speak about our faith, and above all to spread his love?

***Lord, there is evil in this world, and opposition to you all around.
Help me to be prepared to say what my faith means to me.
Help me to show your love in my life.***

(No. 6 is at the other side of the church tower)



THE WORD FOR TODAY

***“Search me, O God, and know my heart;
test me and know my anxious thoughts.”***

6



What a comfort it is that we can ask God into our lives knowing that he will understand that deep down we want to do his will. He will understand that although we wander away at times and follow our own way, we want to follow in Jesus’ footsteps.

He will sort out the turmoil of our thoughts, the things that shame us and the things that worry us, and, through it all, discern the desire of our hearts.

***Lord, come into my life and search my heart.
Bring the peace that only you can bring
and guide me into the future with you.***

(Turn left to find No. 7 at the front of the church)



THE WORD FOR TODAY

*“See if there is any offensive way in me,
and lead me in the way everlasting.”*

7



In a poem called “God the Architect” the poet Harry Kemp said: *“Thou hast put an upward reach in the heart of Man”*. I think we all have it—that desire to know our creator and that yearning for assurance that we will have a future with him for ever. Yet we have our doubts: will we make it, will we be acceptable? Only God can calm our doubts and keep us on the right track.

*Lord, I do hope for heaven when I die.
Please guide my steps as I go through life here on earth.
Keep me close to you, I pray.*

(There is hand sanitiser in the Offering House by the gate if you would like to use it.)

If anything you have read has prompted questions you would like to discuss, please contact John Young on 664 3067 or jyoung@churchofscotland.org.uk



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