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***In the midst of our busy and  
chaotic world, God is  
inviting us to take a breath.***



**O LORD, You have searched me and known me.**

**You know when I sit and when I rise;  
You understand my thoughts from afar.**

**You search out my path and my lying down;  
You are aware of all my ways.**

**Even before a word is on my tongue,  
You know all about it, O LORD.**

**You hem me in behind and before;  
You have laid Your hand upon me.**

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



**Where can I go to escape Your Spirit?  
Where can I flee from Your Presence?**

**If I ascend to the heavens, You are there;  
if I make my bed in Sheol, You are there.**

**If I rise on the wings of the dawn,  
if I settle by the farthest sea,**

**even there Your hand will guide me;  
Your right hand will hold me fast.**

**You hem me in behind and  
before; You have laid Your  
hand upon me. –Psalm 139:5 (BSB)**

**If I rise on the wings of the dawn,  
if I settle by the farthest sea,  
Even there your hand will guide me;  
Your right hand will hold me fast.  
–Psalm 139:9–10 (BSB)**

- Think of a person in your life who you feel supported, strengthened, and encouraged by because they have your back.
  - If you knew that person was how God was demonstrating his encircling protection and care of you, how would you respond? To God? To Them?
  - Think of an area of your life where choices (either ones you face now or ones you've already made) have opened you to your need to know God is holding you securely.
  - What would help you experience God's guiding hand in that area? Ask Him for that specific help. If you aren't sure what you need, you can ask God to meet the need you cannot name.
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