

God Knows the Truth

Devotional Study Guide Journal

From: Good News in Times of Trouble

From Day 9 of Overcoming the Overwhelming

Chapter 2: God Knows the Truth: Devotional Study Guide
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Almost everyone faces situations that are intensely private for one reason or another. Some examples of difficulties which someone might consider too personal to share are marriage troubles, parenting frustrations, health problems, financial stress, mental or physical weakness, failure, insecurities, and depression. Is there an area in your life you do not usually talk about with others?

Sometimes it is wise to talk with someone you trust or seek out professional care. Other times, it might be more prudent to keep certain things more private, perhaps only sharing with one trustworthy person. The good news is, God knows the truth. He will help you know whom you can trust, lead you to a healing professional, or help you through it privately. How can knowing and acknowledging that God knows the truth bring us peace? Why might it be safer that God is our only confidant in some areas we face?

Read Psalm 139 and respond to these questions.

What knowledge is too wonderful for the Psalmist (verses 1-6)?

Why would it be unreasonable to try and conceal our problems from our Father (verses 7-12)?

In verses 13-16, the Psalmist speaks of how intimately God knows us. Elaborate.

In verses 17-18, he says,

*How precious also are Your thoughts to me, O God!
How great is the sum of them!*

*¹⁸ If I should count them, they would be more in number than the sand;
When I awake, I am still with You.*

How amazing is it that God, who knows all, is thinking about us personally and often?

Verses 23-24 pair well with Philippians 2:13.

What correlations do you see?

The Psalmist was under the Old Covenant. How is being under the New Covenant better when considering how God works in our hearts? See Hebrews 8:6.

Let's Review!

God, You see me.

You hear me.

I am not alone.

Thank You for knowing the truth about this situation.



