

Program: SS Panel 2024 1 Q

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Lesson Title: #4 THE LORD HEARS AND DELIVERS

Section title: Sunday - My Frame Was Not Hidden From You

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Next week Lesson #5: SINGING THE LORD'S SONG IN A STRANGE LAND

THE LORD HEARS AND DELIVERS

Read for This Week's Study: Ps. 139:1–18; Psalm 121; Ps. 17:8; Matt. 23:37; 1
Cor. 10:1–4; Heb. 4:15, 16.

Memory Text: "The righteous cry out, and the LORD hears, and delivers them out
of all their troubles" (Psalm 34:17, NKJV).

SABBATH AFTERNOON

Again and again, the Psalms highlight the truth that the sovereign Lord, who created and sustains the universe, also reveals Himself as a personal God who initiates and sustains a relationship with His people.

Psalm 73:23 Nevertheless I *am* continually with You; **You hold me** by my right hand.

Psalm 145:18-19 **18** The Lord is near to all who call upon Him, To all who call upon Him in truth.

19 He will fulfill the desire of those who fear Him; He also will hear their cry and save them.

Psalm 119:151 You *are* near, O Lord, And all Your commandments *are* truth.

Psalm 34:18 The Lord *is* near to those who have a broken heart, And saves such as have a contrite spirit.

God is close to His people and to His creation, both on heaven and on earth (Ps. 73:23, 25). Though He “has established his throne in heaven” (Ps. 103:19, NKJV) and “rides on the clouds” (Ps. 68:4, NKJV), He is also “near to all who call upon Him, to all who call upon Him in truth” (Ps. 145:18, NKJV). The Psalms unwaveringly uphold the truth that the Lord is the living God, who acts on behalf of those who call upon Him (Ps. 55:16–22). The Psalms are meaningful precisely because they are prompted by, and are addressed to, the living God, who hears and answers prayers.

*****READ*****

We should remember that the proper response to the Lord’s nearness consists in a life of faith in Him, and of obedience to His commandments. Nothing short of this faith and obedience will be acceptable to Him, as the history of Israel often revealed.

**Study this week’s lesson to prepare for Sabbath, January 27.*

SUNDAY

January 21

My Frame Was Not Hidden From You

Read Psalm 139:1–18. How does it poetically depict God’s power (Ps. 139:1–6), presence (Ps. 139:7–12), and goodness (Ps. 139:13–18)? What does God’s greatness say about God’s promises?

You have searched me and known me

Psalm 139:1-6 1 O Lord, You have searched me and known *me*.

2 You know my sitting down and my rising up; **You understand my thought** afar off.

>> God is omnipotent, omnipresent, omniscient God = “all-powerful, all-knowing, and “all-present” or “present everywhere”

Psalm 139:3-4 3 You comprehend my path and my lying down, And are acquainted with all my ways.

4 For *there is* not a word on my tongue, *But* behold, O Lord, You know it altogether.

1 **Peter 5:6-8** 6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

7 **casting all your care upon Him, for He cares for you.**

8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

John 10:10 The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.

You have hedged me

Psalm 139:5 NKJV You have hedged (KJV beset = hedged) me behind and before, And laid Your hand upon me.

6 *Such* knowledge is too wonderful for me; It is high, I cannot *attain* it.

Hedged = beset

>> This Hebrew word can have a negative or positive meaning

Hedged = beset: **H6696** (Brown-Driver-Briggs) tsûr

BDB Definition:

1) **to bind, besiege, confine, cramp**

1a) (Qal)

1a1) **to confine, secure**

1a2) to shut in, beseige

1a3) to shut up, enclose

2) (Qal) to show hostility to, be an adversary, treat as foe

3) (Qal) to form, fashion, delineate

Hedged = beset, Theological Wordbook of the OT: Can be used adjectively, to refer to a siege itself or to siege works, either defensive or offensive. The psalms draws on the image of a besieged city to describe a tremendous blessing the Lord gave him by manifesting his steadfast love so that the siege by his troubles was lifted.

Psalm 62:7-8 7 In God is my salvation and my glory; The rock of my strength, And my refuge, is in God.

8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us. Selah

REF:>> The relation between God and each soul is distinct. His care to you is as minute as though there were no other soul to claim his attention. The psalmist says, “Thou understandest my thought afar off. Thou compassest my path and my lying down, and art acquainted with all my ways. There is not a word in my tongue, but lo, O Lord, Thou knowest it altogether. Thou hast beset me behind and before, and laid thine hand upon me.” “Thou tellest my wanderings; put Thou my tears in thy bottle; are they not in thy book?” In the words of the psalmist is expressed the intimacy and tenderness with which God cares for his creatures. “For we have not an High Priest which cannot be touched with the feeling of our infirmities, but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy and find grace to help in time of need.” Messenger January 4, 1893, par. 2

God is omnipresent

Psalm 139:7-12 7 Where can I go from Your Spirit? Or where can I flee from Your presence?

8 If I ascend into heaven, You *are* there; If I make my bed in hell, behold, You *are there*.

9 *If* I take the wings of the morning, *And* dwell in the uttermost parts of the sea,

10 **Even there Your hand shall lead me, *And Your right hand shall hold me.***

11 If I say, “Surely the darkness shall fall on me,” Even the night shall be light about me;

12 Indeed, the darkness shall not hide from You, But the night shines as the day; The darkness and the light *are* both alike *to You*.

God created us - fearfully *and* wonderfully made

Psalm 139:13–18 13 For You formed my inward parts; You covered me in my mother's womb.

14 I will praise You, for I am fearfully *and* wonderfully made; Marvelous are Your works, And *that* my soul knows very well.

*****READ*****

But his energy is still exerted in upholding the objects of his creation. It is not because the mechanism that has once been set in motion continues to act by its own inherent energy, that the pulse beats, and breath follows breath; but every breath, every pulsation of the heart is an evidence of the all-pervading care of Him in whom “we live, and move, and have our being.” [Acts 17:28.] It is not because of inherent power that year by year the earth produces her bounties, and continues her motion around the sun. The hand of God guides the planets, and keeps them in position in their orderly march through the heavens. He “bringeth out their host by number; he calleth them all by names by the greatness of his might, for that he is strong in power; not one faileth.” [Isaiah 40:26.]. **CE 195.1**

Psalm 139:15 My frame was not hidden from You, When I was made in secret, *And* skillfully wrought in the lowest parts of the earth.

16 Your eyes saw my substance, *being yet unformed.* And in Your book they all were written, The days fashioned for me, When *as yet there were* none of them.

17 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.

you are of more value than many sparrows

Luke 12:6-7 6 Are not five sparrows sold for two copper coins? **And not one of them is forgotten before God.**

7 But the very hairs of your head are all numbered. Do not fear therefore; **you are of more value than many sparrows.**

Did you ever want to help someone but had no means? Likewise, some people tried to help you but did not understand your needs. Unlike even the most loving and best-intentioned people, God has both the perfect knowledge of us and of our circumstances, and also the means to help us. Therefore, His promises of help and deliverance are not shallow platitudes but firm assurances.

God's knowledge of the psalmist is so great and unique that even his mother's womb could not hide him from God (*Ps. 139:13, 15*). Divine knowledge pertains to time (*Ps. 139:2*), inner being (*Ps. 139:2, 4*), and space (*Ps. 139:3*)—the psalmist's entire existence. God's wonderful knowledge is the result of His creatorship and close acquaintance with people and is manifest in His care for them.

*****READ*****

This wonderful truth about God knowing us intimately should not scare us but instead drive us into the arms of Jesus and what He has accomplished for us at the cross. For by faith in Jesus, we have been given His righteousness, "the righteousness of God" Himself (*Rom. 3:5, 21*).

God's presence is highlighted by depicting God as reaching as far as "hell" (*sheol*, "grave") and "darkness" (*Ps. 139:8, 11, 12*), places not typically depicted as where God dwells (*Ps. 56:13*). His presence is also depicted as taking "the wings of the morning" (east) to reach "the uttermost parts of the sea" (west) (*Ps. 139:9*). What these images convey is the truth that there is no place in the universe where we can be out of God's reach. Though God is not part of the universe, as some believe, He is close to it all, having not only created it but sustaining it, as well (*see Heb. 1:3*).

As the One who knows all about us, God can help and restore us. The fresh realization of His greatness prompts an outburst of praise and renewed trust in the psalmist. He welcomes divine scrutiny as the means that can remove from his life anything that troubles his relationship with God.

Some might find the fact that God knows so much about them, even their darkest secrets, a rather frightening thought. Why is the gospel, then, our only hope?