

BIBLE STUDY DISCUSSION GUIDE

When You Feel Insecure | Psalm 139

March 30, 2025

DISCUSSION
GUIDE



Welcome & Prayer. Ask God to open hearts and minds to His Word and to help participants understand their identity in Christ.

Introduction. Overcoming insecurity by understanding God's complete knowledge, constant presence, and intentional design of us.

Share a personal story or ask participants to share a moment when they felt truly known by someone.

Scripture Reading. Read Psalm 139 aloud as a group.

Discussion Questions:

1. What does it mean to you that God knows you completely (Psalm 139:1-4)?
2. How does this knowledge affect your view of yourself and your relationship with God?
3. Reflect on the story of the Samaritan woman in John 4. How did being known by Jesus change her life?
4. Discuss the significance of God being with us always (Psalm 139:7-10).
5. Share a time when you felt alone but realized God was with you.
6. How does the story of Jonah illustrate God's persistent presence?
7. What does it mean to be fearfully and wonderfully made (Psalm 139:13-14)?
8. How can understanding that God made you on purpose change your perspective on your abilities and limitations?
9. Reflect on Jeremiah 1:4-5. How does knowing God has a plan for you impact your sense of purpose?

Application & Action Steps:

1. Write down areas of your life where you feel insecure or unseen. Reflect on how the truths from Psalm 139 can speak into these areas.
2. Write down a Scripture from the session that speaks to your identity in Christ and place it somewhere visible.
3. Identify one area of your life where you've been hiding from God and commit to bringing it into the light through prayer.

Group Activity. Puzzle Piece Illustration. Provide each participant with a puzzle piece. Ask them to consider how their unique piece fits into God's larger picture.

Discuss how each person's unique design contributes to the community and God's kingdom.

Closing Prayer. Pray for the group, asking God to help each person embrace their identity as completely known, always loved, and purposefully designed by Him.

Further Reading. Read a chapter from a book like *"The Purpose Driven Life"* by Rick Warren or *"You Are Special"* by Max Lucado for further exploration of identity in Christ.

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