**He will Hold me Fast**

Psalm 139

Remember the song by the Police, ***“Every breath you take?”*** “Every breath you take, every step you take, every move you make, every single day… I’ll be watching you.” It’s the song **written by and for STALKERS everywhere**. That is not a love song, it’s a creeper song. Should give us the shivers. And if you look more closely, it gets worse - it’s really about exposing hypocrisy - “every smile you fake, every bond you break, every game you play…”

Girls, if a guy ever sings that song for you, or gives it to you on a mix-tape / playlist - run.

The only One who can say these things to us and be loving in it - is **GOD HIMSELF**. He actually does watch us - every breath we take, every move we make, every single day. He actually does know the hypocrisy of our very fickle hearts and does pay attention to the smiles we fake, the promises we break, the games we play.

The original, and far better, “every breath you take” song was written by **King David** as Psalm 139.

* The boy who felt invisible and insignificant, just out with the sheep;
* The young man daring to face Goliath the giant;
* The new king leading his men into battle;
* The older king who broke his marriage vows and conspired to murder a dear friend;
* The even older king who watched his family fall apart into immorality, conflict, and murder…

Through every season and stage of life, David experienced the truth of this Psalm - beautifully summed up in verse 10:

“If I rise on the wings of the dawn, if I settle on the far side of the sea [dwell in the uttermost parts of the sea, ESV], even there your hand will guide me, ***your right hand will hold me fast***.” v. 9-10

Even if for some reason you had to dwell in the depths of the ocean - even if, like Jonah, you were flung into a raging hurricane and you were sinking deep underwater - even there, God’s right hand would hold you fast. What we will see in Psalm 139 - what we will pray through in this passage - are ***three comforting expressions of God’s infinite love for us***. First:

1. God knows you **perfectly**

“You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar… You are familiar with all my ways.” v. 1-3, NIV

Psalm 139 is a beautiful poem. It starts with the powerful assertion that ***God HAS searched us and DOES know us***. And it ends with the prayerful request to the Lord to continue that deep, interior exploration of our hearts. But the inescapable fact is that God - being omniscient - knows our every thought, every desire, every attitude.

1. God knows you **perfectly**
	* Your Creator made you **Exactly** as He wanted to

“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.” Psalm 139:11-12

No one knows something inside and out like the One who MADE IT. God is the One who made you - so He knows you like no one else can. Be encouraged! The Creator of all things created YOU exactly as He meant to. You are His unique masterpiece, created for good works that only you can perform. Secondly:

2. God protects you **Completely**

“You hem me in behind and before, and you lay your hand upon me… your right hand will hold me fast.” Psalm 139:5,10

Picture David with enemies all around Him - aiming arrows, swords and spears directly at him. But then picture **the HANDS OF GOD placed around David** - sheltering him from every danger, every threat. “No weapon formed against us shall prosper” (Is. 54:17), “All those who rise up against us shall fall. I will not fear what the devil may bring me - I am a servant of God.” Ok, that blurred from Isaiah into Petra, but it all comes right from the Bible.

2. God protects you **Completely**

* Your Lord is in **Control** of every detail of your life

“Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.” Psalm 139:16

What a comforting thought - before you were even conceived ***God had a detailed plan for you*** - every day was already written. Now, we don’t know how many days are decreed or what those days will contain - but I find it tremendously encouraging to know that God does know because He has planned them all out. God is not surprised by the bad things that happen to us - they have come through His loving hands as part of His eternal purpose for us and for history.

Your Creator knows you perfectly. Your Lord protects you completely. He will hold you fast. And third:

1. God is with you **Forever** (v. 7-9, 18)

“Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there.” Psalm 139:7-8

God is ***omniscient*** - He knows everything. God is ***omnipotent*** - He controls everything. And God is ***omnipresent*** - He is everywhere at all times. As Paul writes in Romans 8 - NOTHING can separate us from the love of God which is in Christ Jesus our Lord.

1. God is with you **Forever** (v. 7-9, 18)
* Your Savior will never **Leave** you or forsake you (v. 24)

“When I awake, I am still with you… lead me in the way everlasting.” Psalm 139:18,24

We fall asleep and wake up - but ***our loving Savior and sovereign Lord never sleeps or slumbers*** - He is always watching over us - always with us. He has promised to never leave us or forsake us - for we are HIS - we are His people, His bride, His very own BODY. At the moment that you called on Jesus to save you, you became ONE with Him. He could no more abandon you than He could abandon Himself.

So here is our summary and application:

|  |  |
| --- | --- |
| 1. God knows you **Perfectly**
2. God protects you **Completely**
3. God is with you **Forever**
 | “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” v. 23-24 |

God knows you - so ***don’t try to hide anything from Him!*** He designed your life like a master architect designing a house. C.S. says we would be content if he would just make us into a nice little English Cottage. But God is not content with such small construction plans. He is making you into a PALACE - because he plans to live in you and with you FOREVER!

So, in the meantime, ***construction continues!*** We are all works in progress. So don’t resist the progress. Invite the Master Builder into every corner of your heart and life and welcome the sledgehammer and the file, the blowtorch, and the fine paintbrush.

God doesn’t knock down a wall or pry open a closet to punish or harm you - but because He loves you so very much - He doesn’t want a moldy corner of your life to spread.

Part of the way ***we cooperate with God’s construction program is PRAYER***. We invite the God who knows us and loves us and protects us to do His work. We rejoice in it and joyfully respond to the leading of His Spirit. And we invite others into the project. The way everlasting is not a solo journey - it’s a community pathway. We walk this road together, continually lifting our voices - separately and in unity - in worshipful, wholehearted, fully surrendered and completely confident prayer.