

HE  
IS



# Psalm 139:1-18

<sup>1</sup> O LORD, you have searched me and known me!

<sup>2</sup> You know when I sit down and when I rise up;  
you discern my thoughts from afar.

<sup>3</sup> You search out my path and my lying

# Psalm 139:1-18

down and are acquainted with all my ways.

<sup>4</sup> Even before a word is on my tongue, behold, O LORD, you know it altogether

<sup>5</sup> You hem me in, behind and before, and lay your hand upon me.

## Psalm 139:1-18

<sup>6</sup> Such knowledge is too wonderful for me;  
it is high; I cannot attain it.

<sup>7</sup> Where shall I go from your Spirit?

Or where shall I flee from your presence?

<sup>8</sup> If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!

## Psalm 139:1-18

<sup>9</sup> If I take the wings of the morning  
and dwell in the uttermost parts of the  
sea,

<sup>10</sup> even there your hand shall lead me,  
and your right hand shall hold me.

<sup>11</sup> If I say, "Surely the darkness shall cover

# Psalm 139:1-18

me, and the light about me be night,”

<sup>12</sup> even the darkness is not dark to you;  
the night is bright as the day,  
for darkness is as light with you.

<sup>13</sup> For you formed my inward parts; you  
knitted me together in my mother's

# Psalm 139:1-18

womb.

<sup>14</sup> I praise you, for I am fearfully and wonderfully made.

Wonderful are your works;  
my soul knows it very well.

<sup>15</sup> My frame was not hidden from you,

## Psalm 139:1-18

when I was being made in secret,  
intricately woven in the depths of the  
earth.

<sup>16</sup> Your eyes saw my unformed substance;  
in your book were written, every one of  
them,

# Psalm 139:1-18

the days that were formed for me,  
when as yet there was none of them.

<sup>17</sup> How precious to me are your thoughts,  
O God!

How vast is the sum of them!

# Psalm 139:1-18

<sup>18</sup> If I would count them, they are more than the sand.

I awake, and I am still with you.



# He IS | Omnipresent

God is present at all places at all times and he is present with the fullness and wholeness of his being.

# He IS | Omnipresent

Because God is omnipresent, we cannot hide in our sin but neither are we hidden in our sorrows.

Because God is omnipresent, we can experience His presence, so seek Him.

Because only God is omnipresent, we can be fully present wherever we are.



*“When you want to do something bad, you withdraw from the public and hide in your house where no enemy may see you. From those parts of the house that are open and visible you remove yourself from there and go into your own private room.*

*But even here in your private chamber you fear guilt from some other direction so you withdraw into your heart and from there you meditate, but He is even more deeply inward than your heart. Hence, no matter where you flee, He's there."*

**-Augustine**

## Hebrews 4:13

And no creature is hidden from his sight,  
but all are naked and exposed to the eyes  
of him, to whom we must give an account.

*“there is no place that you may flee from an angered God, except to a God who is pacified. There is absolutely no place for you to flee to. Do you want to flee from him? Rather flee to Him.”*

**-Augustine**



# He IS | Omnipresent

We cannot hide in our sin but neither are we hidden in our sorrows.

# Psalm 139:1-4

<sup>1</sup> O LORD, you have searched me and known me!

<sup>2</sup> You know when I sit down and when I rise up;  
you discern my thoughts from afar.

<sup>3</sup> You search out my path and my lying

# Psalm 139:1-4

down and are acquainted with all my ways.

<sup>4</sup> Even before a word is on my tongue, behold, O LORD, you know it altogether

## Psalm 139:5-6

<sup>5</sup> You hem me in, behind and before,  
and lay your hand upon me.

<sup>6</sup> Such knowledge is too wonderful for me;  
it is high; I cannot attain it.

## Psalm 139:7-8

<sup>7</sup> Where shall I go from your Spirit?

Or where shall I flee from your presence?

<sup>8</sup> If I ascend to heaven, you are there!

If I make my bed in Sheol, you are there!



# He IS | Omnipresent

Because God is omnipresent, we can experience His presence, so seek Him.

## James 4:8a

<sup>8</sup> Draw near to God, and he will draw near to you.

## James 4:6-10

<sup>6</sup> But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” <sup>7</sup> Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you.

## James 4:6-10

Cleanse your hands, you sinners,  
and purify your hearts, you double-  
minded. <sup>9</sup> Be wretched and mourn and  
weep. Let your laughter be turned to  
mourning and your joy to gloom.

<sup>10</sup> Humble yourselves before the Lord, and  
he will exalt you.



# He IS | Omnipresent

Because only God is omnipresent, we can be fully present wherever we are.

*Reflection:*

Because God is omnipresent,

Don't flee from God, flee to Him.

Seek to live your life in constant communion with Him.

Embrace your limits: you and your loved ones will be happier and healthier for it.

Are you fleeing from God? What is keeping you from fleeing to Him? Is it really worth it?

How does the fact of God's omnipresence comfort you personally? How does it expand your amazement at divine grace?

Are you living your life in communion with Him? Are you seeking to know and experience His presence in your life?

Consider how a renewed understanding of God's omnipresence might free you to trust him where you are not, and be present wherever you are.

## *Confession:*

“Lord forgive me when I have thought too little of you. Forgive me when I have entertained thoughts that are unworthy of you. Help me to trust You to be who You are and allow You to change me and to free me so that I might be more like Your Son.”





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