

Made
FOR
More

A SHARED JOURNEY

An Eight-Week Bible Study on Creation Design,
Gospel Identity, and Intergenerational Friendship





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Week One

Made for More: A Road Map for a Shared Journey

Karen Hodge

Question to Consider: Can I trust God?

Key Passage: Psalm 139

Big Idea: God knows everything about me, is present everywhere with me, created me, and still loves me.

Preparing My Heart

Day One

Personal Bible Study: Psalm 139

Underline what this passage teaches about how God relates to you (note the action words) and how you relate to God.

Circle what this passage teaches about how you relate to others.

*Star the places, postures, and times God sees us. (Bonus points if you want to illustrate them.)

Psalm 139

¹O LORD, You have searched me and known me!

²You know when I sit down and when I rise up;
You discern my thoughts from afar.

³You search out my path and my lying down
and are acquainted with all my ways.

⁴Even before a word is on my tongue,
behold, O LORD, You know it altogether.

- ⁵ You hem me in, behind and before,
and lay Your hand upon me.
- ⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.
- ⁷ Where shall I go from Your Spirit?
Or where shall I flee from Your presence?
- ⁸ If I ascend to heaven, You are there!
If I make my bed in Sheol, 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 cover me,
and the light about me be night,"
- ¹² even the darkness is not dark to You;
the night is bright as the day,
for darkness is as light with You.
- ¹³ For You formed my inward parts;
You knitted me together in my mother's womb.
- ¹⁴ I praise You, for I am fearfully and wonderfully made.
Wonderful are Your works;
my soul knows it very well.
- ¹⁵ My frame was not hidden from You,
when I was being made in secret,
intricately woven in the depths of the earth.
- ¹⁶ Your eyes saw my unformed substance;
in Your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.
- ¹⁷ How precious to me are Your thoughts, O God!
How vast is the sum of them!
- ¹⁸ If I would count them, they are more than the sand.
I awake, and I am still with You.
- ¹⁹ Oh that You would slay the wicked, O God!
O men of blood, depart from me!
- ²⁰ They speak against You with malicious intent;
Your enemies take Your name in vain.
- ²¹ Do I not hate those who hate You, O LORD?
And do I not loathe those who rise up against You?
- ²² I hate them with complete hatred;
I count them my enemies.
- ²³ Search me, O God, and know my heart!
Try me and know my thoughts!
- ²⁴ And see if there be any grievous way in me,
and lead me in the way everlasting!

Consider:

- What does this passage teach me about God?
- What does this passage teach me about how I relate to others?
- What does God want me to believe?
- What does God want me to do?
- How does this passage grow my understanding of creation?
(See pp. 17-18 in “What Is the Big Story of the Bible?”)

Creation – Everything and everyone as God created it to be

- What does this passage teach us about where to begin?

- What does this passage teach me about God's design?

Day Two

Read Chapter One with pen in hand to be prepared to discuss this chapter with someone else.

Underline any key thoughts that stand out to you.

Write any questions you have in the margin or circle any words you do not understand.



A Scarcity Mindset

I don't have to remind you we live in a world plagued by "not-enoughness." We feel the lack of not enough time, energy, relationships, or resources. The ideology of scarcity is pervasive in our culture. Feeling a lack or shortage breeds discontentment and grumbling. The cry of the expressive individualism crusade is "I need, I want, or I deserve more!" But when life falls apart, the questions come, such as "Who am I?" "Why am I here?" "What is my purpose?" and "Where am I headed in my life?" In disillusionment, we wonder, "There has to be more to life than this!" The culture offers thin platitudes such as, "You do you," "Dream it and make it happen," or "Live your own truth by finding your authentic self." We could mindlessly search the internet or social media for answers, only to discover endless possibilities. When we feel lost, we need to find something more substantial to secure our footing in this unstable world. A scarcity mindset fails to consider God's character and design for our lives. **God is the only reliable reference point for considering these big questions along life's journey.**

O LORD, You have searched me and known me! You know when I sit down and when I rise up; You discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O LORD, You know it altogether. You hem me in, behind and before, and lay Your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it.

Psalm 139:1-6

God Knows Everything!

God knows everything! He knows who we are, what we do, where we go, what we think, and how we feel. He sees our hearts and knows our longings, desires, and needs. King David wrote Psalm 139 and started his song by addressing the LORD, who is our covenantal God who keeps His promises. He is a personal and relational God who is intricately and actively involved in every aspect of our lives. He doesn't just know

about me; He knows me. He is omniscient. He knows everything about everything. He is a perfect Creator. When I was a little girl and misbehaved, I wrongly thought I could hide from God in my room. He knows whether we are sitting in our classroom at school and sees when we fall exhausted into bed at night. He knows what we are thinking—the good, the bad, and the ugly. No path is hidden. He sees everywhere we go.

We can't trick God. Before a word comes out of our mouths, He knows what we will say. All this divine knowledge might seem restrictive, but in reality, it brings comfort and security. As the Divine Tailor, He stitches us tightly in His creation fabric. As a protective Father, He lovingly lays His hand upon us, providing all we need. The truth is, whether we want something we don't have or have something we don't want, God will give us exactly what He knows we need. God knows us completely, inside and out. This wonderful knowledge overwhelms and surpasses our imaginations. **Divine knowledge should always trump our feelings.** "For whenever our heart condemns us, God is greater than our heart, and He knows everything" (1 John 3:20). This wonder should lead us to worship. Knowing God knows everything about me and still loves me is an awesome business.

Living becomes an awesome business when you realize that you spend every moment of your life in the sight and company of an all-knowing, ever-present God.¹

Where shall I go from Your Spirit? Or where shall I flee from Your presence? If I ascend to heaven, You are there! If I make my bed in Sheol, You are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me. If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to You; the night is bright as the day, for darkness is as light with You. For You formed my inward parts; You knitted me together in my mother's womb. I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well. My frame was not hidden from You, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in Your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

Psalm 139:7-16

God Is Engaged Everywhere!

Everyone longs to be seen, known, and loved. **Escaping God's gaze is a cosmic impossibility.** Consider our first parents, Adam and Eve. Did they believe this is true? When they sinned, they hid from God in shame. "But the LORD God called to the man and asked him, 'Where are you?' And he said, 'I heard the sound of You in the garden, and I was afraid, because I was naked, and I hid myself'" (Genesis 3:9-10). Sin leaves us feeling exposed, naked, and ashamed. We cannot escape His presence in the highest highs and lowest lows. God is omnipresent. He is constantly with us and surrounds our life. ". . . [T]hey shall call His name Immanuel' (which means God is with us)" (Matthew 1:23). Note the "ifs" in Psalm 139:7-16. Have you ever been stuck or paralyzed by the "what ifs" of life? *What if* something bad happens? *What if* God doesn't provide? David faced many dangers and unknowns. He was a fugitive running for his life when a jealous King Saul sought to kill him. While hiding from Saul in a cave, asking God to be merciful, David wrote, ". . . in the shadow of Your wings, I will take refuge. . ." (Psalm 57:1b). I can't imagine a safer place than tucked under the warmth of the Father's wing. In a world filled with unreliable advice, God's sure and steady right hand leads and guides us. He is the Light of the world who defeats darkness.

¹ J. I. Packer, *Knowing God* (Downers Grove, IL: InterVarsity, 1973), 76.

Wonderfully Woven Together!

The God we serve is majestically involved in the big and intricately engaged in the small. Friend, your life is not an accident. Before the foundation of the world, God declared a divine design prepared for your life. I cannot think of anything more incomprehensible than the birth of a baby. Like an artisan tapestry weaver, God knit and wove every ligament, bone, and nerve together in your mother's womb. Every image-bearer who walks the face of the earth is created out of the mind, love, and eternal purposes of our infinite God. God has numbered the hairs on our heads and marked out all our days. You are precious! Are His thoughts from Scripture precious to you? God ordains every day you have breath so you can glorify Him through words and deeds. You are fearfully and wonderfully made! Can your mind comprehend this wonder? Has there been a moment in your life when you have also been born again or remade? "Jesus answered him, 'Truly, truly, I say to you, unless one is born again, he cannot see the kingdom of God'" (John 3:3). God's creation and re-creation in your life should evoke awe, worship, and thanksgiving. He has invited you to grow in your love for Him and others on this grand adventure. **God made you for more! More purpose, more value, more glory, more mission, and more belonging than this world can offer.**

There is not a square inch in the whole domain of our human existence over which Christ, who is Sovereign over all, does not cry, "Mine!"²

Oh, that You would slay the wicked, O God! O men of blood, depart from me! They speak against You with malicious intent; Your enemies take Your name in vain. Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against You? I hate them with complete hatred; I count them my enemies. Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way everlasting!

Psalm 139:19-24

God Is All-Powerful!

The words in Psalm 139 should lead us to a wonder and worship of a holy God. This stanza (vv. 19-24) in the psalm reveals a stark contrast. We should be stunned in this "God—not God" moment. He is other, separate, and righteous compared to an evil and sinful world. We serve an omnipotent God; this means He's all-powerful, and yet the psalmist begs Him to slay the wicked. This shows that our all-powerful God is also patient and merciful. He knows what justice is needed.

This week, we have considered how God is omniscient, omnipresent, and omnipotent. These all start with the Latin root *omni*, which means "all-encompassing."³ **You and I are not *omni* anything. He is God, and we are not.** Consider the enormous gap between who God is and who we are. We know nothing, are incapable of being everywhere, and are limited weak beings. If we believe God is God, then we will long for evil—including the sin within us—to be eliminated both now and ultimately. Often, I am complacent about my sins, as well as about those who hate God through their words and deeds. But He is a righteous Judge. The good news is when we confess our sins of trying to control the world and be like God, "He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

God Knows It All and Still Loves Us!

David was "bookending" this psalm with an invitation for God to thoroughly search our lives. To paraphrase: "Because You know everything, are with me everywhere I go, created me, are all-powerful,

² Quote from Abraham Kuyper's inaugural address at the dedication of the Free University. Found in *Abraham Kuyper: A Centennial Reader*, ed. James D. Bratt (Grand Rapids, MI: Eerdmans, 1998), 488.

³ <https://www.dictionary.com/browse/omni>

and You still love me despite knowing everything, then I can trust You. So, like a careful and gentle surgeon, would You search out the deep crevices of my heart for the things that do not honor You and Your Word?”

We, too, can rest knowing nothing God discovers will surprise Him or change His love for us. We can also ask Him to examine our anxious, fearful, and sinful thoughts and deeds. Being laid bare like our first parents, Adam and Eve, should not cause us to hide but rather to run to Christ. Because He died for us on the cross, we are not naked and ashamed, but rather, we are clothed and covered in His righteousness. Because of this, we can pray this bold and dangerous prayer: search me, know me, test me, and lead me. God is faithful and trustworthy! Acknowledging God as our good and holy Father is the invitation to enter the everlasting journey. This path leads to everlasting, or eternal, life, joy, and purpose. His Word gives us the road map to walk out this made-for-more adventure. In the “not-enoughness” the world offers, what we have learned this week about God is more than enough to ponder for a lifetime. I am excited as we begin this study together. We will talk about what it looks like to walk a shared journey with Him and others all the way to our eternal Home.

Further Study



Day Three

Considering God’s omniscient, omnipresent, and omnipotent nature should lead us both to wonder and worship. Read the following scriptures and then note something wonderful or worshipful about God and His character.



Find the flower to keep things simple!

God is...	Wonder and Worship
Omniscient: All Knowing <ul style="list-style-type: none"> • Psalm 147:5 • John 21:17 • Hebrews 4:12-13 • 1 John 3:20 	

God is...	Wonder and Worship
<p>Omnipresent: All Present</p> <ul style="list-style-type: none">• Genesis 17:7 • Isaiah 7:14 • John 1:4 • Revelation 21:3 	
God is...	Wonder and Worship
<p>Omnipotent: All Powerful</p> <ul style="list-style-type: none">• Psalm 115:3 • Jeremiah 32:17 • Romans 8:28  • Romans 11:33-36	


Day Four

This study will explore some of the biggest questions in life such as *Who am I? What is my purpose?* and *Where am I headed?* Considering these questions can cause anxiety. Anxiety is rooted in our fears—fear of the unknown, of failure, or of others. Read Matthew 6:25-34 from the Sermon on the Mount. Spend time reflecting on the text and your own life:

<i>What are you anxious about?</i>	<i>What does God provide?</i>	<i>Write one or two ways you could seek God before you seek other people or things this week.</i>

Day Five


What was your reaction when you read Psalm 139:13-16? I guess when you look in the mirror you may not always see God’s unique and divine design. Do you believe you are fearfully and wonderfully made? Today, we will spend some time seeking to think biblically about our bodies. We are embodied people because we are made in the image of God. When Jesus came to earth, He took on flesh. One day, our bodies will be glorified. So, thinking that what you see in the mirror has eternal significance, read each passage, answer the question, and record other reflections.

- Whom were you made to reflect? (Genesis 1:26-27; 31) 

- How does the world see people? How does God see people? (1 Samuel 16:7)

- What is beautiful to God? (1 Peter 3:3-5)

WEEK ONE

- Which holds the greater value, physical or spiritual fitness? (1 Timothy 4:8)
- Does your body belong to you? (1 Corinthians 6:19) 
- What will our heavenly body be like? (1 Corinthians 15:35-49)

Reflection Journal

Are there things or people that I am relying on for my security?

Do I believe that I am fearfully and wonderfully made?

How does knowing God knows all about me and goes everywhere with me encourage and comfort me?

Doodle truths from God's Word that provide a firm foundation so you can have secure footing as you walk this journey.

Learning and Growing Together

Discussion Questions:

- 1. What would you describe as the most unique quality about yourself? If you can't think of anything, ask a friend in your group.**

- 2. Do you long for more in a world of scarcity and “not enoughness”? Share an example of a thin answer that lacks substance or meaning that the world offers to these big questions: *Who am I? What is my purpose?* and *Where am I headed in my life?***

- 3. Does understanding God knows everything—who we are, what we do, where we go, what we think—make you feel comforted or restricted? Why?**

- 4. When you consider the big ideas about God—His being omniscient, omnipresent, and omnipotent—which one of these attributes of God is most precious to you? Do you ever try to be “omni” anything?**

5. Has there ever been a time in your life when you've been paralyzed by the "what ifs" of life? What is your default: to hide, to run away, or to run towards God? Share a story of when that happened.

6. Share how you feel about yourself when you look in the mirror. Do you believe you are fearfully and wonderfully made? How would you encourage others to think biblically about their bodies instead of looking inward in self-condemnation?

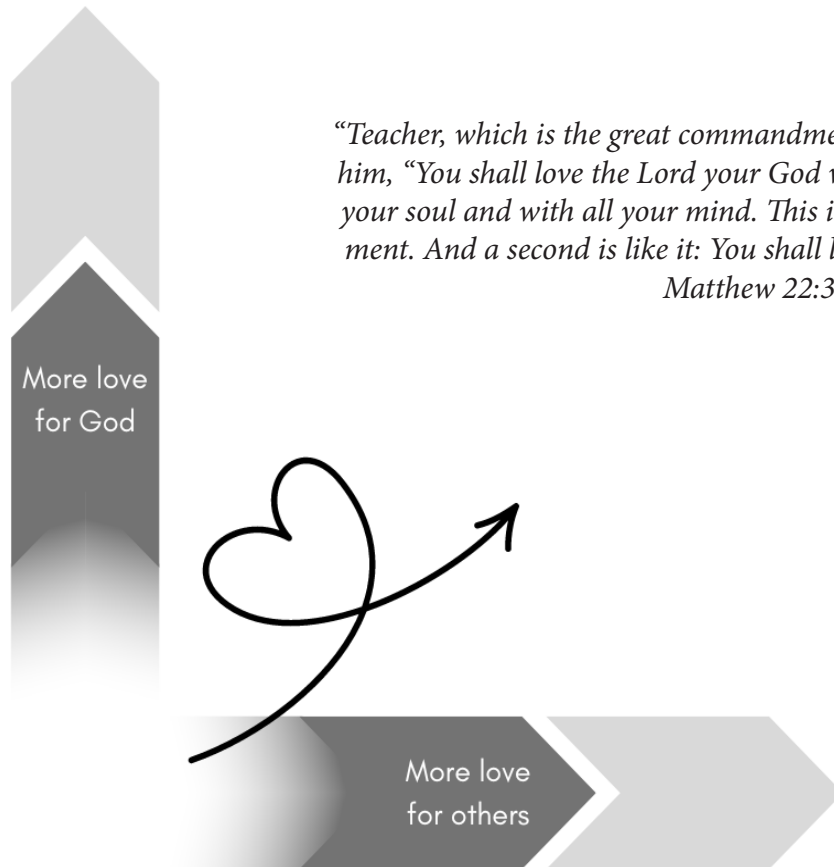
7. Reread Psalm 139:23-24. Do you believe this is a bold and dangerous prayer? If so, why?

8. Reflect and share. Grab a pen and take a few minutes to reflect on your takeaways from this lesson.

More

Each week we seek to grow more in our love for God and more in our love for others, our neighbors. Jesus said this was the greatest commandment. Consider what you learned this week:

1. Fill in the vertical arrow with one way to love God more this week with all your heart, soul, mind, and strength.
2. Fill in the horizontal arrow with one way to love your neighbor more this week.



A Shared Journey Road Map (See pp. 20-21.)

Mark on the road map the day of your birth and of (you do not have to know the exact day) your spiritual rebirth.

If you are still exploring what it means to be God’s child, read “What Is the Gospel”? on p. 13.

Prayer Requests

We invite you to begin learning what it looks like to pray God’s word back to Him. Here is a prayer from our passage this week. We encourage you to write your own and spend some time in prayer.

Dear Lord,

I am comforted You have searched me and know all about me. You know everywhere I go and everything I think and feel. I am comforted there is nowhere I can go or anything I can do to hide from You or change Your love for me. I stand in wonder and awe at the way You have made me, and I'm excited about the days You have planned for my life. I humbly ask You to search me, know me, test me, and lead me in the coming week. Amen.

Prayer Requests for Others:

Write your own prayer from Psalm 139:

More Resources:

Interested in learning more? Scan the QR code for additional resources.

Listen to “Belonging: Truth for My Twenty-Year-Old Self” podcast with Meaghan, Austen, and Claire May. Think about how you can begin to have conversations with women who are older or younger than you about the things that matter.

