

MAY SCRIPTURE & SPOTLIGHT

SELF-AWARENESS

Psalm 139:1-5

- ¹ Lord, you have examined me. You know all about me.
- ² You know when I sit down and when I get up. You know my thoughts before I think them.
- ³ You know where I go and where I lie down. You know well everything I do.
- ⁴ Lord, even before I say a word, you already know what I am going to say.
- ⁵ You are all around me—in front and in back. You have put your hand on me.

AFFIRMATION

I am known. I am loved.
I was born on purpose for a purpose.
I matter. Today, I can do hard things!
I am taking charge of my thoughts, feelings & actions.
I can and will learn from my mistakes. I persevere.
I am growing through challenges.
I might need a break, but I won't give up.
No matter what comes my way, God is with me.
He is for me.
I'm ready to conquer today!

DUE FRIDAY, MAY 29, 2026

LET'S TALK ABOUT IT!

This psalm was written by David as a prayer to God. He is amazed that God knows him completely – his thoughts, his actions, and even his words before he speaks them.

This passage reminds us that **God fully knows us and still loves us**. We don't have to hide who we are or pretend to be someone else. God understands us and is always with us. This helps us grow in **self-awareness** – understanding our thoughts, feelings and actions.

Word Meanings

- **Examine** → to look closely and understand something well.
- **Thoughts** → ideas and feelings in your mind.
- **Know** → to understand someone deeply.
- **Self-awareness** → understanding your thoughts, feelings, and actions.

Discussion Questions

These verses say God knows everything about you. How does that make you feel? Why?

God knows your thoughts and feelings. Why is it important to also understand your own thoughts and feelings?

Have you ever had a feeling you couldn't explain? How can knowing God understands you help in those moments?

Verse 4 says God knows what we will say before we say it. How can thinking before we speak help us make better choices?

God knows when you go places and what you do. How can remembering this help you make good choices at school and at home?

Why is it helpful to know that you don't have to hide who you are from God?

How can talking to God help you understand yourself better?