



The Harness Weekly Devotional

Week One

Bible Verse of the Week: Psalm 139:14

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.

Summary of Psalm 139

Psalm 139 is a deeply personal and poetic reflection by David, expressing awe at God's intimate knowledge, presence, and purposeful creation of every human life.

Monday -

God's Omniscience (All-Knowing)

"Lord, You have searched me and known me."

God knows everything about us — our thoughts, actions, and words, even before they are spoken.

Tuesday -

God's Omnipresence (Ever-Present)

"Where can I go from Your Spirit?"

There is nowhere we can flee from God's presence. Whether in the heavens, the depths, or the farthest sea, God is there.

Wednesday -

God's Guiding Hand

"Even there, Your hand will guide me."

God's hand and right hand are constant sources of guidance and support.

Thursday -

God's Creation of Life

"For You created my inmost being."

"I am fearfully and wonderfully made."

God formed us in the womb with intentionality. Every detail of our bodies and lives is part of His design.

Friday -

God's Plans and Thoughts

"How precious to me are Your thoughts, O God."

His thoughts toward us are vast, precious, and uncountable—more than the sand.

Saturday -

A Plea for Purity and Guidance

"Search me, O God, and know my heart."

"Lead me in the way everlasting."

David ends with a heartfelt request for God to examine his heart, remove any offensive way, and lead him in the eternal way.

Themes of Psalm 139

- Knowledge: God knows us fully.
- Presence: God is always with us.
- Formation: God formed us uniquely.
- Way/path: God leads us in righteousness.