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# REVIEW OF THE YEAR

LIFE IN DEEP ELLUM PODCAST RESOURCE

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## PART 1: PSALM 139:1-12

Read through the following Psalm slowly aloud, paying attention to what you feel particularly attracted to or repelled by.

### Psalm 139 (For the director of music. Of David. A psalm.)

- 1 You have searched me, Lord,  
and you know me.
- 2 You know when I sit and when I rise;  
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down;  
you are familiar with all my ways.
- 4 Before a word is on my tongue  
you, Lord, know it completely.
- 5 You hem me in behind and before,  
and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,  
too lofty for me to attain.
- 7 Where can I go from your Spirit?  
Where can I flee from your presence?
- 8 If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
10 even there your hand will guide me,  
your right hand will hold me fast.
- 11 If I say, "Surely the darkness will hide me  
and the light become night around me,"  
12 even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.



## PART 2: RE-READ

After reading it in that way, read it again, picturing yourself standing before Jesus.  
Recite to him verses 1-4.

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and you know me.
- 2 You know when I sit and when I rise;  
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- 3 You discern my going out and my lying down;  
you are familiar with all my ways.
- 4 Before a word is on my tongue  
you, Lord, know it completely.

What is in your heart, as it relates to this past year, that you need to say to him aloud? If nothing rises immediately, stand before Jesus and ask him if there's anything he would like you to be aware of.

## PART 3: IMAGINE

Once you feel ready, picture Jesus now inviting you to sit with him. You are fully immersed in his loving, protective presence. Fix in your mind how you sit with him now, imagine his gaze upon you as you read verses 5-6 to him.

### Psalm 139 (For the director of music. Of David. A psalm.)

- 5 You hem me in behind and before,  
and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,  
too lofty for me to attain.

Are there moments from this last year where you were/are afraid Jesus was not with you? As experiences come to mind, try to picture Jesus with you then as you have imagined him with you now – fully immersed in his loving, protective presence. As you think back, be open to seeing moments in this past year when you needed Jesus in this way and experienced him with you – revisit those moments with a glad and grateful heart.



## PART 4: TODAY

Finally, turn your mind to today. Imagine Jesus taking your hand and leading you to the edge of a mountain. Together you look out across a dark horizon, the day has not yet dawned. In faith, read verses 7-12 aloud to Jesus. Let trust build in your heart. You do not know what this next year holds – it is dark to you, but Jesus knows and he will be with you, creating you moment by moment out of his great love.

### Psalm 139 (For the director of music. Of David. A psalm.)

7 Where can I go from your Spirit?  
Where can I flee from your presence?  
8 If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
9 If I rise on the wings of the dawn,  
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and the light become night around me,"  
12 even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.

Consider how you feel as you contemplate the future, knowing Jesus will be with you in each moment – full of understanding, protecting you and loving you through it all. Make brief notes on anything that seems to be of particular importance.

### REVIEW OF PRAYER:

Having completed your prayerful review of the year, what do you feel? Did anything surprise you?  
Did any pattern or theme emerge?

As you look to this next year, what do you feel most strongly that God may be inviting you into?

Make brief notes on anything that seems particularly significant from your prayer.

