**Psalm 139**

*Resting in God’s Sovereignty Amid Restless Thoughts*

**DISCUSSION QUESTIONS**

1. **Study:** In what ways would Psalm 139 have brought peace and comfort to king David in his lifetime? Recall some of the issues and symptoms surrounding OCD (e.g. unwanted intrusive thoughts, fear of causing harm, fear of contamination) and answer the following questions: How does the overall theme of Psalm 139 serve as an encouragement to suffering believers? How do verses 1-2 address OCD? How can verse 4 offer peace to someone struggling with fears of blasphemy or cursing? In what ways can verses 13-14 offer hope to a struggling Christian?
2. **Study:** In what ways can someone who does not suffer with OCD relate to Psalm 139? What do verses 7-10 tell us about God? How can this knowledge combat the shame, fear, and loneliness of OCD? What do verses 13-16 say about: The sanctity of human life? God’s sovereignty over physical weakness? The amount of time we should spend on figuring out the cause of our suffering versus the purpose of our suffering? Why should every believer, whether or not they struggle with OCD, pray verses 23-24? In what way(s) are these verses especially suited for OCD sufferers?
3. **Apply:** How would you define the difference between wise living and an idolatrous desire for control and mastery? What are the specific pitfalls of trying to live in a “black or white, all or nothing” fashion? What does Scripture say about how we will experience life in a fallen world? How should this understanding influence our expectations for our lives? How would you use Psalm 139 to wisely and lovingly help, encourage, and correct a Christian suffering with OCD? How would you take into account the (potential) bodily factors as well as heart/sin issues?