

THE LIFE OF DAVID

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AFTER  
GOD'S  
HEART

“God of the Broken”  
Psalm 139



# Rob Reimer

As always, the process of building a healthy foundation of identity begins with self-awareness. You have to know the lies that plague you. You can never rise above your self-awareness. That's why the first step needs to be identifying the lies that shape you.



# Rob Reimer

To identify these lies, you have to pay attention to the symptoms in order to diagnose the disease. David Benner, in his book *The Gift of Being Yourself*, describes the self that is constructed on a foundation of lies as “the false self.” It is a common term used by other authors as well.



# Rob Reimer

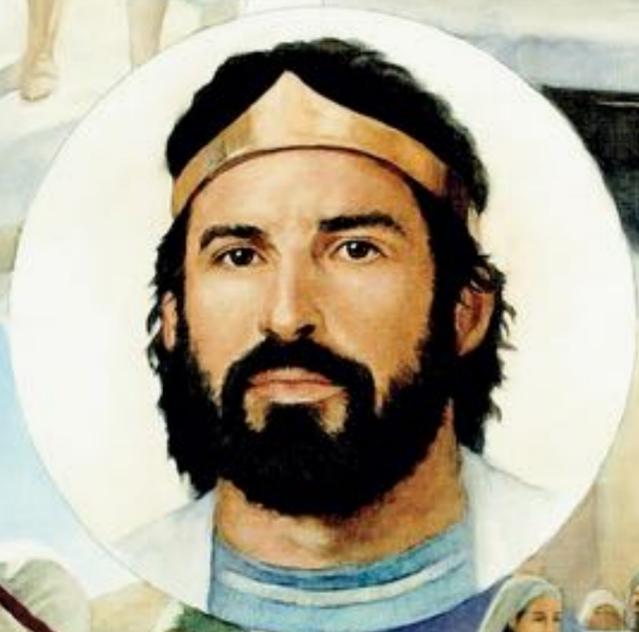
Benner says that our false self always tries to cover up our vulnerability, shame, and inadequacy by reaching for some attachment. It is like Adam and Eve reaching for fig leaves to cover the shame they felt in the garden. We have our own modern-day fig leaves that we grab for, and underneath these outward attachments lies our inward lies that we believe.



# Rob Reimer

The problem is that we are often not aware that we are even grabbing for these things as a means of covering up the lies we believe.

Benner writes, "While other people's excessive attachments and personal falsity often seem glaringly apparent, it is never easy to know the lies of our own life."





## Psalm 15:1-2 (ESV)

O Lord, who shall sojourn in your tent? Who shall dwell on your holy hill? He who walks blamelessly and does what is right and **speaks truth in his heart.**



# Dan Allender

Emotions are the language of the soul. They are the cry that gives the heart a voice. To understand our deepest passions and convictions, we must learn to listen to the cry of the soul.



# Dan Allender

Part of understanding difficult emotions is comprehending why we avoid them. The reason we don't want to feel is that feeling exposes the tragedy of our world and the darkness of our hearts. No wonder we don't want to feel: feelings expose the illusion that life is safe, good and predictable.



# Psalm 139 (NIV)

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain.



# Psalm 139 (NIV)

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.



## Psalm 139 (NIV)

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.



# Psalm 139 (NIV)

If only you, God, would slay the wicked! Away from me, you who are bloodthirsty! They speak of you with evil intent; your adversaries misuse your name. Do I not hate those who hate you, Lord, and abhor those who are in rebellion against you? I have nothing but hatred for them; I count them my enemies. Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

# Psalm 139:1

You have searched me, Lord, and  
you know me...





## Psalm 139:1-4

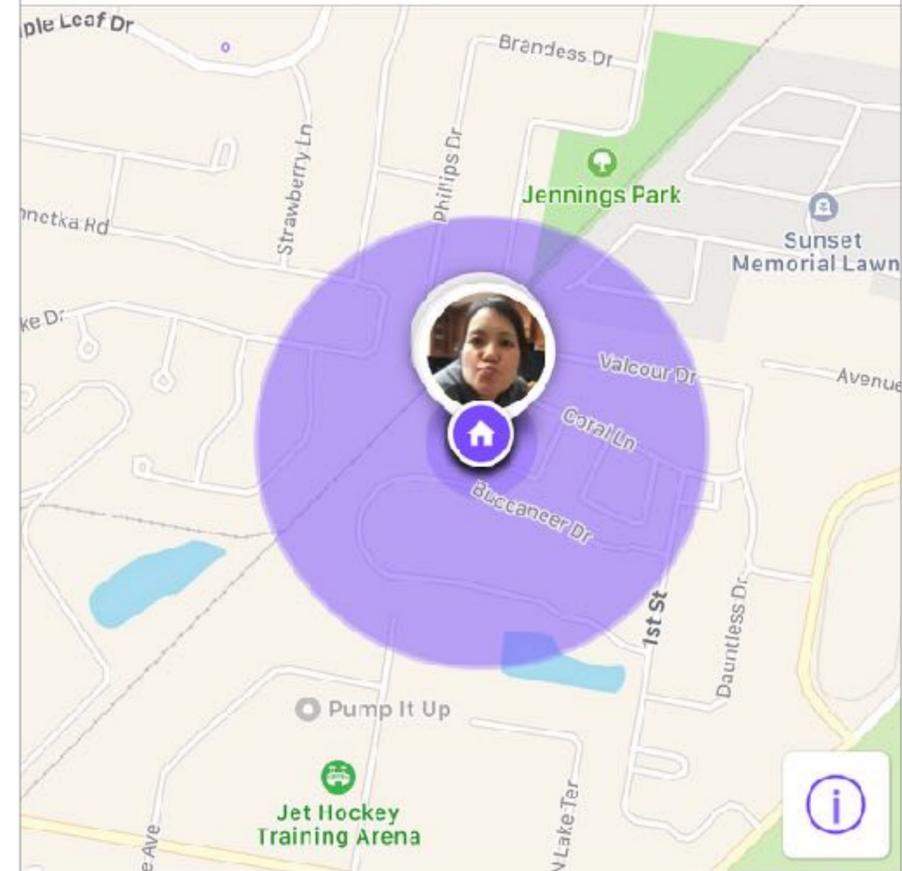
You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely...

4:24



18 Cho Family

Check In



Caleb · 100%  
At Home

Kimberly Cho · 100%  
At Home

Selah Cho · 98%  
At Home

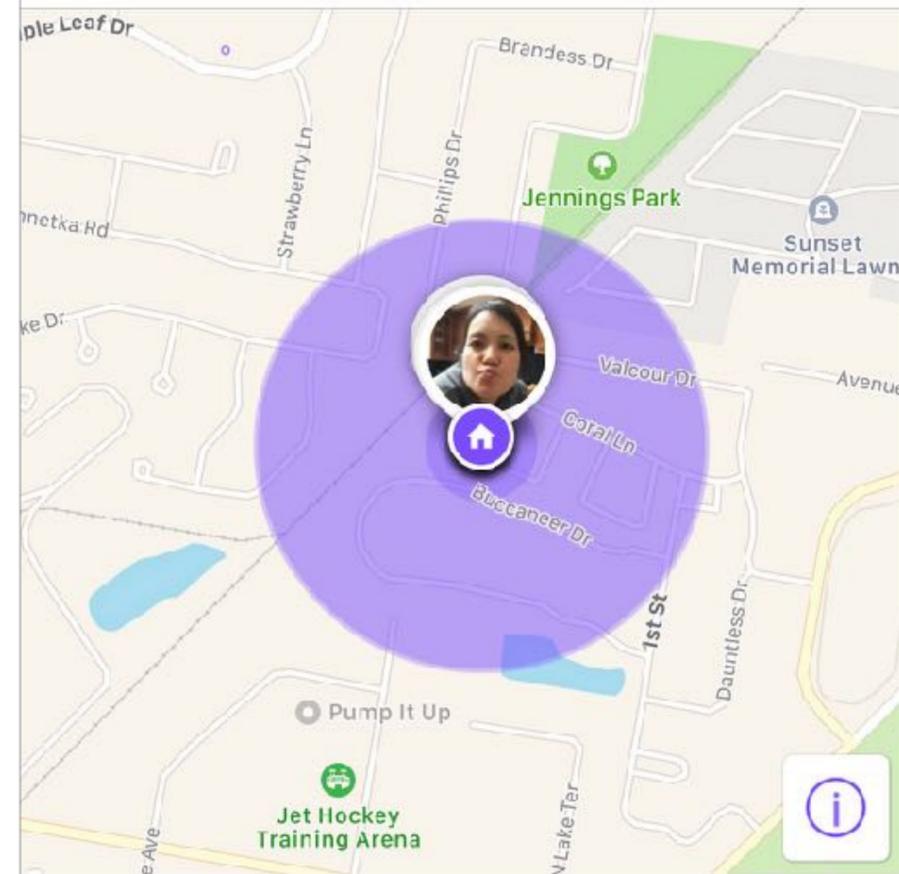
Timothy ·  
At Home

Peter Cho · 27%  
At Home



# Life360

The new family circle



Caleb · 100%  
At Home

Kimberly Cho · 100%  
At Home

Selah Cho · 98%  
At Home

Timothy ·   
At Home

Peter Cho · 27%  
At Home



# Life360

The new family circle

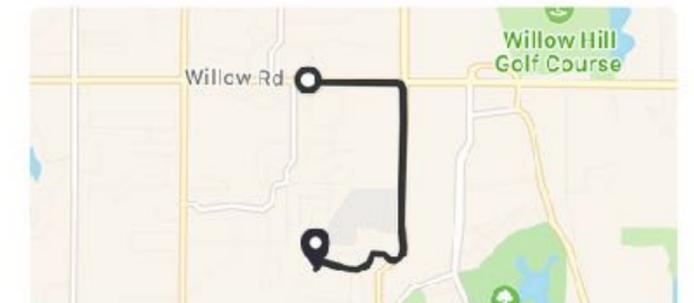
**At Home**  
Since 5:40 pm yesterday  
Last updated Now

Get Directions

**Weekly Driver Report**  
View Caleb's driving summary

SATURDAY · MARCH 2

**2 mi Drive**  
5:35 PM - 5:39 PM (< 5 min)



**36 mph** | **0** | **Disabled**  
Top Speed | Events

**Near 2675 Willow Rd**  
5:18 PM - 5:35 PM (17 min)

**2 mi Drive**  
5:11 PM - 5:18 PM (6 min)







## Psalm 139:1-4

You have searched me, Lord, and you know me. You know when I sit and when I rise; you **perceive my thoughts from afar**. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue **you, Lord, know it completely...**

# Psalm 139:5-6

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



PSALM

BE

46:10

STILL

AND KNOW THAT I AM

GOD



## Psalm 139:5-6

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



# Psalm 139:7-12

Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, "Surely the darkness will hide me and the light become night around me," even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.



# Psalm 139:13-16

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.





## Psalm 139:17-18

How precious to me are your thoughts,  
God! How vast is the sum of them! Were I  
to count them, they would outnumber the  
grains of sand— when I awake, I am still  
with you.



# Tim Keller

“To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is well, a lot like being loved by God. It is what we need more than anything.”



## Psalm 139:19-23

If only you, God, would slay the wicked!  
Away from me, you who are bloodthirsty!  
They speak of you with evil intent; your  
adversaries misuse your name. Do I not  
hate those who hate you, Lord, and abhor  
those who are in rebellion against you? I  
have nothing but hatred for them; I count  
them my enemies.



# Dan Allender

We most often think of emotions in horizontal terms - how we're doing in relation to people in our lives. But in a deeper sense, emotions reveal what is happening on a vertical level. They provide a window on the question, 'What am I doing with God?'



## Psalm 139:23-24

Search me, God, and know my heart;  
test me and know my anxious  
thoughts. See if there is any offensive  
way in me, and lead me in the way  
everlasting.

