

Psalm 139

**OUR LONELINESS
AND GOD'S
OMNISCIENCE &
OMNIPRESENCE**

UCLA Loneliness Study

- 54% said they always or sometimes feel that no one knows them well.
- 56% reported they sometimes or always felt like the people around them "are not necessarily *with* them."
- 2 in 5 felt like "they lack companionship," that their "relationships aren't meaningful" and that they "are isolated from others."

<https://www.npr.org/sections/health-shots/2018/05/01/606588504/americans-are-a-lonely-lot-and-young-people-bear-the-heaviest-burden>



Warren Wiersbe

- “Loneliness is being all by yourself even when you’re surrounded by people. Loneliness is a feeling of isolation even in the midst of a crowd. You feel unwanted. You feel unneeded. You feel as though there’s nothing to live for. You feel as though nobody really cares anymore. That’s loneliness. Loneliness eats away at the inner person. It saps you of strength. It robs you of hope. Loneliness, as it were, put a wall around you no matter how free you may be.”

(Warren Wiersbe, *Lonely People*, Back to the Bible, 1983)

Moses

- **Numbers 11:14** ¹⁴ “I am not able to bear all these people alone, because the burden is too heavy for me. ¹⁵ If You treat me like this, please kill me here and now—if I have found favor in Your sight—and do not let me see my wretchedness!”



Jeremiah

- **Jeremiah 9:2** Oh, that I had in the wilderness – a lodging place for travelers; That I might leave my people, and go from them! For they are all adulterers, an assembly of treacherous men.



Paul

- **2 Timothy 4:10** For Demas has forsaken me, having loved this present world, and has departed for Thessalonica—Crescens for Galatia, Titus for Dalmatia.

Analysis of Loneliness

- **Genesis 1:26a** Then God said, “Let us make man in our image, after our likeness.
- **Genesis 2:18** Then the Lord God said, “It is not good that the man should be alone; I will make him a helper fit for him.”
- **Genesis 3:8** Adam and his wife hid themselves from the presence of the LORD God among the trees of the garden.

I. As Omniscient, God Desires To Know Us Intimately (1-6)

- *1 O Lord, you have searched me and known me! 2 You know when I sit down and when I rise up; you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways.*

▶ I. As Omniscient, God Desires To Know Us Intimately (1-6)

- *4 Even before a word is on my tongue, behold, O Lord, you know it altogether. 5 You hem me in, behind and before, and lay your hand upon me. 6 Such knowledge is too wonderful for me; it is high; I cannot attain it.*

▶ A. Loneliness Struggles With Feeling That No One Cares To Know Us Intimately

Job 19:13-20 ¹³ “He has removed my brothers far from me, And my acquaintances are completely estranged from me. ¹⁴ My relatives have failed, And my close friends have forgotten me. ¹⁵ Those who dwell in my house, and my maidservants, Count me as a stranger; I am an alien in their sight. ¹⁶ I call my servant, but he gives no answer; I beg him with my mouth. ¹⁷ My breath is offensive to my wife, and I am repulsive to the children of my own body. ¹⁸ Even young children despise me; I arise, and they speak against me. ¹⁹ All my close friends abhor me, and those whom I love have turned against me. ²⁰ My bone clings to my skin and to my flesh, and I have escaped by the skin of my teeth.

B. Our Omniscient God Continually Searches Us To Know Our Heart

- **Latin:** *Omni* = All; *Scientia* = Knowledge
- *Webster's Dictionary:* "Having universal knowledge; knowing all things; infinitely knowing or wise."

- **Isaiah 40:13-14** Who has directed the Spirit of the LORD, or as His counselor has taught Him? With whom did He take counsel, and who instructed Him, and taught Him in the path of justice? Who taught Him knowledge, and showed Him the way of understanding?
- **1 John 3:20** For if our heart condemns us, God is greater than our heart, and **knows all things.**



A.W. Tozer

- “To say that God is omniscient is to say that He possesses perfect knowledge and therefore has no need to learn. But it is more: it is to say that God has never learned and cannot learn.”

- *(Knowledge of the Holy, p. 61)*

God Knows All Things Perfectly

- **Job 37:16** Do you know how the clouds are balanced, those wondrous works of Him who is **perfect in knowledge**?

Gods Knows Everyone Personally

- **Jeremiah 17:10** I, the LORD, search the heart, I test the mind

God Knows Events Prophetically

- **Isaiah 46:10** “Declaring the end from the beginning, and from ancient times things that are not yet done, saying, ‘My counsel shall stand, and I will do all My pleasure,’”

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II. As Omnipresent, God Is Always With Us (7-12)

- *7 Where shall I go from your Spirit? Or where shall I flee from your presence? 8 If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! 9 If I take the wings of the morning and dwell in the uttermost parts of the sea,*

II. As Omnipresent, God Is Always With Us (7-12)

- *10 even there your hand shall lead me, and your right hand shall hold me. 11 If I say, "Surely the darkness shall cover me, and the light about me be night," 12 even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.*



Alexander Maclaren

- “Not mere omniscience, but a knowledge which knows *him* altogether, not mere omnipresence, but a presence which *he* can nowhere escape, not mere creative power, but a power which shaped *him*, fill and thrill the psalmist’s soul.”



Charles Ryrie

- “Omnipresence means that God is everywhere present with His whole being at all times... omnipresence does not mean that God’s being is diffused throughout the universe as if part of Him is here and part of Him there. His whole being is in every place, and the presence of the Lord within every believer serves as a good illustration of this.” (*Basic Theology*, p. 46)

The Immensity Of God's Presence: God is not limited in His capacity

- Henry Bavinck: “Infinity applied to time is eternity” ... “infinity applied to space is omnipresence” (*The Doctrine Of God*, pp. 154, 157)
- Louis Berkhof: “Immensity...may be defined as that perfection of the Divine Being by which He transcends all spatial limitations, and yet present in every point of space with His whole being.” (*Systematic Theology*, p. 60)



Nothing Can Restrain God

- **Psalm 139:7-12** ⁷ Where can I go from Your Spirit? Or where can I flee from Your presence?



Nothing Can Contain God

- **1 Kings 8:27** But will God indeed dwell on the earth? Behold, heaven and the heaven of heavens cannot contain You. How much less this temple which I have built!

Time Can Not Contain God

- John Frame: “God not only *works* in time, but is also *present* in time, at all times.... God is the Lord *in* time as well as the Lord *above* time.... He really exists in time, but he also transcends time in such a way as to exist outside it.”

(*The Doctrine Of God: The Theology Of Lordship*, pp. 558-559)

▶ **The Intensity Of God's Presence:
God is not diluted in His effectiveness**

- **Jeremiah 23:23-24** ²³ “Am I a God near at hand,” says the LORD, “And not a God afar off? ²⁴ Can anyone hide himself in secret places, so I shall not see him?” says the LORD; “Do I not fill heaven and earth?” says the LORD.

A. Loneliness Struggles With Thinking People Aren't There For Us

- **1 Kings 19:10** So he said, "I have been very zealous for the LORD God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life."

**B. God Is Present With Us In
Undiluted, Undistracted
Concentration**

II. As Omnipresent, God Is Always With Us (7-12)

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III. As Creator, God Knows Us Thoroughly (13-18)

- *13 For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.*

III. As Creator, God Knows Us Thoroughly (13-18)

- *16 Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. 17 How precious to me are your thoughts, O God! How vast is the sum of them! 18 If I would count them, they are more than the sand. I awake, and I am still with you.*

IV. As Defender, God Protects Us From Our Vulnerabilities (19-24)

- *19 Oh that you would slay the wicked, O God! O men of blood, depart from me! 20 They speak against you with malicious intent; your enemies take your name in vain. 21 Do I not hate those who hate you, O Lord? And do I not loathe those who rise up against you?*

IV. As Defender, God Protects Us From Our Vulnerabilities (19-24)

- *22 I hate them with complete hatred; I count them my enemies. 23 Search me, O God, and know my heart! Try me and know my thoughts! 24 And see if there be any grievous way in me, and lead me in the way everlasting!*

Remember That Loneliness Is A Choice

- Tim Timmons: “Loneliness is not a disease. It’s a decision! It’s a decision to avoid the fears of the pain accompanying *identity* (companion pain of dissatisfaction), *inadequacy* (companion pain of depreciation), and *intimacy* (companion pain of detachment). Since loneliness is a decision and not a disease there is hope.” (*Loneliness Is A Choice*, p. 63)

Focus On The One Person (God) Who Will Never Leave You Alone

- **Hebrews 13:5-6** ⁵ Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, *“I will never leave you nor forsake you.”* ⁶ So we may boldly say: *“The LORD is my helper; I will not fear. What can man do to me?”*



Peter Nadeau

- “Loneliness is a gift from God because it's a continual reminder I'm created for so much more. Not just union with a spouse, but also a deeper connection with my family and friends—and most of all, intimacy with my Creator. Loneliness pushes me forward when I'd otherwise be tempted to settle for lackluster relationships and an isolated existence.”

(Adapted from [The Single Journey](http://www.christianitytoday.com/singles/newsletter/mind60621.html), June 21, 2006,
<http://www.christianitytoday.com/singles/newsletter/mind60621.html>)

Know That Christ Empathizes With Your Experience Of Loneliness

- **Matthew 27:45-46** ⁴⁵ Now from the sixth hour until the ninth hour there was darkness over all the land. ⁴⁶ And about the ninth hour Jesus cried out with a loud voice, saying, “*Eli, Eli, lama sabachthani?*” that is, “My God, My God, why have You forsaken Me?”

Hand Off Your Loneliness To The Lord

- **1 Peter 5:7** ⁷casting all your care upon Him, for He cares for you.
- Elizabeth Elliot: “I am often asked ... ‘How did you handle loneliness.?’ ... I *can’t* handle it. I give it to Someone who can.”
... “Offer your loneliness back to God.”
(“Transforming Your Loneliness,” Confident Living, May, 1990)

Don't Cut Yourself Off From Others

- **2 Timothy 4:9-11** ⁹ Be diligent to come to me quickly; ¹⁰ for Demas has forsaken me, having loved this present world, and has departed for Thessalonica—Crescens for Galatia, Titus for Dalmatia. ¹¹ Only Luke is with me. Get Mark and bring him with you, for he is useful to me for ministry.

Be A Friend To Others Who Are Lonely

- **Ecclesiastes 4:9-12** ⁹ Two are better than one, because they have a good reward for their labor. ¹⁰ For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up. ¹¹ Again, if two lie down together, they will keep warm; But how can one be warm alone? ¹² Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

Get Involved In A Fellowship With Other Believers

- **Hebrews 10:24-25** ²⁴And let us consider one another in order to stir up love and good works, ²⁵not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

Obey God's Commandment To Love

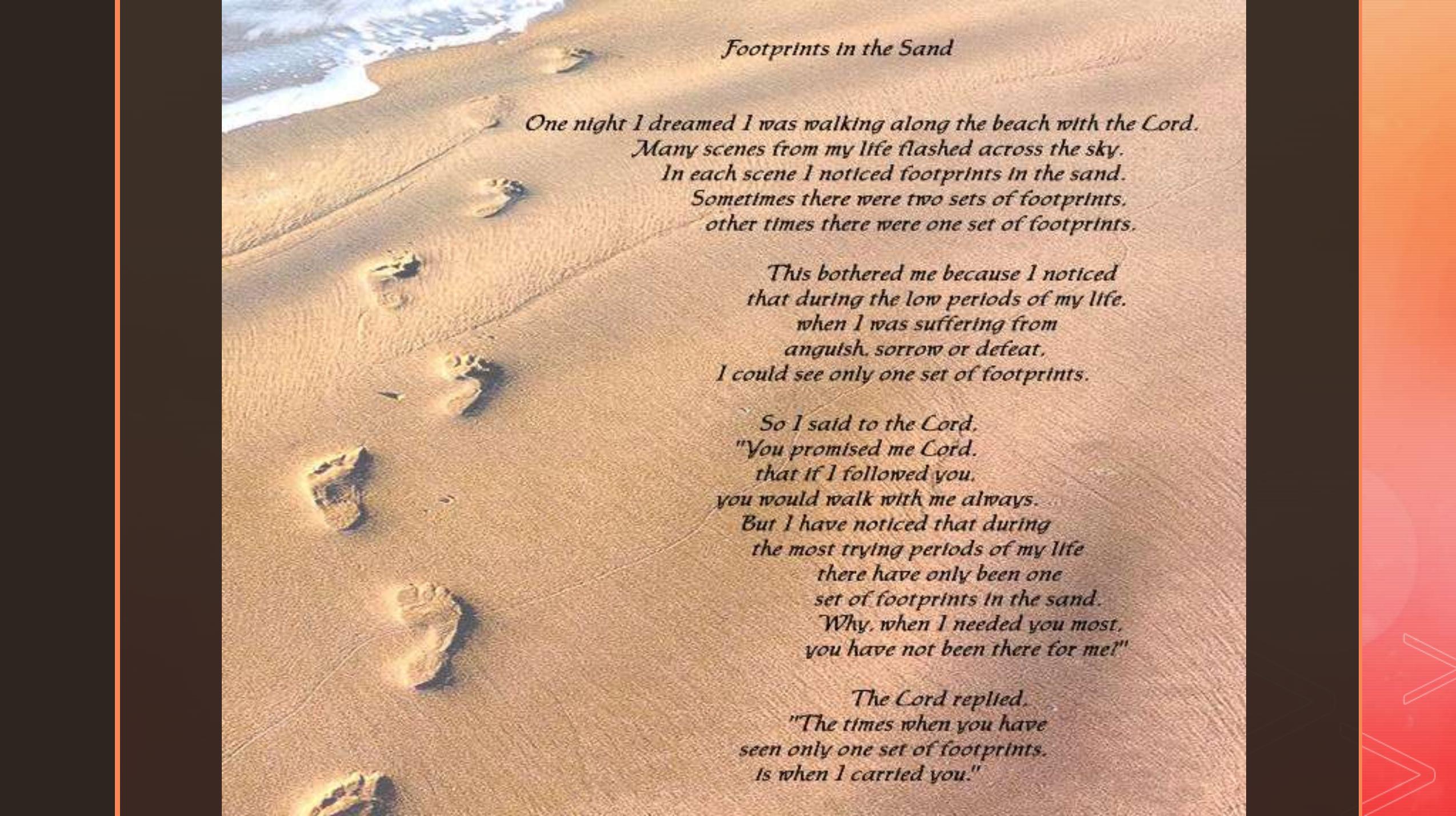
- **Matthew 22:37-39** ³⁷ Jesus said to him, 'You shall love the LORD your God with all your heart, with all your soul, and with all your mind.' ³⁸ This is the first and great commandment. ³⁹ And the second is like it: 'You shall love your neighbor as yourself.' ⁴⁰ On these two commandments hang all the Law and the Prophets."



Avoid Acts Of Desperation



Don't Be Afraid To Ask For Help



Footprints in the Sand

*One night I dreamed I was walking along the beach with the Lord.
Many scenes from my life flashed across the sky.
In each scene I noticed footprints in the sand.
Sometimes there were two sets of footprints,
other times there were one set of footprints.*

*This bothered me because I noticed
that during the low periods of my life,
when I was suffering from
anguish, sorrow or defeat,
I could see only one set of footprints.*

*So I said to the Lord,
"You promised me Lord,
that if I followed you,
you would walk with me always.
But I have noticed that during
the most trying periods of my life
there have only been one
set of footprints in the sand.
Why, when I needed you most,
you have not been there for me!"*

*The Lord replied,
"The times when you have
seen only one set of footprints,
is when I carried you."*