

# soundtrack

What would Jesus stream?

Part  
3

## Pick-Me-Up Playlist

This week Pastor Ken continued the series *Soundtrack*. Jesus grew up knowing and singing the Psalms and it is our prayer that as we look together at how you can experience them too that you will be blessed. So, gather with your family or go through these points alone each week and let's grow together.

*You are all around me, behind me and in front of me. You hold me safe in Your hand.  
I'm amazed at how well You know me. It's more than I can understand.*

Psalm 139:5-6

1. We are created for a relationship with God and this relationship can ease the pain of loneliness and help us to not feel isolated. It can drive us to God Himself. Let's look at Psalm 139 and how it can speak to a lonely heart.
2. When you are feeling lonely, think about how well God knows you (read vv. 1-6). When you feel you are truly known, it takes the edge off your pain. God knows your story, He understands your heart, and He is in touch with where you are at. God knows all about you and He still loves you. Now that is good news. What are you in need of today?
3. When you are feeling lonely, think about how close God is to you (read vv. 7-12). When you have eyes of faith you can see and sense the presence of God. You cannot escape his presence. That is some more good news for your soul. Are you running from God?
4. When you are feeling lonely, remember that God knows you, He is with you, and this has been true since the very beginning (read vv. 13-18). The more you think about the way humans are designed the more you are reminded that you are not alone, and you are fearfully and wonderfully made. God formed you in your mother's womb with the gender, abilities, and personality that you have been given to fulfill His purpose for your life.
5. Maybe you are in a dark place; darkness cannot keep God's presence from you. He will seek you out and find you if you will only reach out to Him. And then, at some point a new day will break through that darkness. Won't you reach out to Him today?

Close in prayer