

YOU HEM ME IN, BEHIND AND BEFORE, AND LAY YOUR HAND UPON ME. SUCH KNOWLEDGE IS TOO WONDERFUL FOR ME; IT IS HIGH; I CANNOT ATTAIN IT. WHERE SHALL I GO FROM YOUR SPIRIT? OR WHERE SHALL I FLEE FROM YOUR PRESENCE? IF I ASCEND TO HEAVEN, YOU ARE THERE! IF I MAKE MY BED IN SHEOL, YOU ARE THERE! YOU HEM ME IN, BEHIND AND BEFORE, AND LAY YOUR HAND UPON ME.

**PSALM 139:5-8**

SUCH KNOWLEDGE IS TOO WONDERFUL FOR ME; IT IS HIGH; I CANNOT ATTAIN IT. WHERE SHALL I GO FROM YOUR SPIRIT? OR WHERE SHALL I FLEE FROM YOUR PRESENCE? IF I ASCEND TO HEAVEN, YOU ARE THERE! IF I MAKE MY BED IN SHEOL, YOU ARE THERE!

**PSALM 139:5-8**



# **FORMATION**

**THE ART & SCIENCE**

**OF HOW WE CHANGE**

**VOLUME III: REST**



# PSALM 139

V. 1-18

**FORMATION**



**FORMATION**



IF WE ARE ALREADY FULLY SUBMERGED IN THE PRESENCE OF GOD AND THE REALITY OF THE KINGDOM, THEN **EVERY MOMENT** BECOMES AN **OPPORTUNITY** TO OPEN OUR EYES AND PARTNER WITH GOD'S PRESENT WORK OF GRACE. WHILE PUTTING OUR KIDS TO BED, WE CAN PARTNER WITH GOD'S WORK IN OUR KIDS, OR WE CAN MISS OUT. WHEN WE GET INTO A FENDER BENDER, WE

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CAN PARTNER WITH GOD'S WORK IN THE PERSON WHO WASN'T PAYING ATTENTION AND HIT OUR CAR, OR WE CAN MISS OUT. WHEN OUR BOSS OVERLOOKS OR MISTREATS US, WE CAN PARTNER WITH GOD'S WORK IN AND THROUGH THE SITUATION, OR WE CAN MISS OUT. **EVERY MOMENT OFFERS AN OPPORTUNITY TO ALIGN WITH GOD'S IMMERSIVE PRESENCE AND GET SWEEPED UP IN**

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**GOD'S HEALING ACTIVITIES IN OUR LIVES AND  
THE LIFE OF THE WORLD.**

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THE FIRST AND MOST BASIC THING WE CAN AND MUST DO IS TO **KEEP GOD BEFORE OUR MINDS.** THIS IS THE **FUNDAMENTAL SECRET OF CARING FOR OUR SOULS.** OUR PART IN THUS **PRACTICING THE PRESENCE OF GOD** IS TO DIRECT AND REDIRECT OUR MINDS CONSTANTLY TO HIM. IN THE EARLY TIME OF OUR 'PRACTICING' WE MAY WELL BE CHALLENGED BY OUR BURDENSOME

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HABITS OF **DWELLING ON THINGS LESS THAN GOD**. BUT THESE ARE HABITS—**NOT THE LAW OF GRAVITY**—AND CAN BE BROKEN. A NEW, **GRACE-FILLED HABIT WILL REPLACE THE FORMER ONES** AS WE TAKE INTENTIONAL STEPS TOWARD KEEPING GOD BEFORE US. SOON OUR MINDS WILL RETURN TO GOD AS THE NEEDLE OF A COMPASS CONSTANTLY RETURNS TO THE NORTH. IF GOD IS

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THE GREAT LONGING OF OUR SOULS, HE WILL  
BECOME THE POLE STAR OF OUR INWARD BEINGS.

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- HE USES CIRCUMSTANCES TO EXPOSE OUR SIN.
- HE USES DIFFICULTY TO REVEAL OUR NEED FOR HIM.
- HE USES OTHER PEOPLE TO INTERRUPT OUR SELF-FOCUS.
- HE USES CONVERSATIONS AS OPPORTUNITIES TO DISPLAY AND SHARE THE GOSPEL.
- HE USES ENJOYMENT TO SPARK GRATITUDE AND WORSHIP.

**FORMATION**



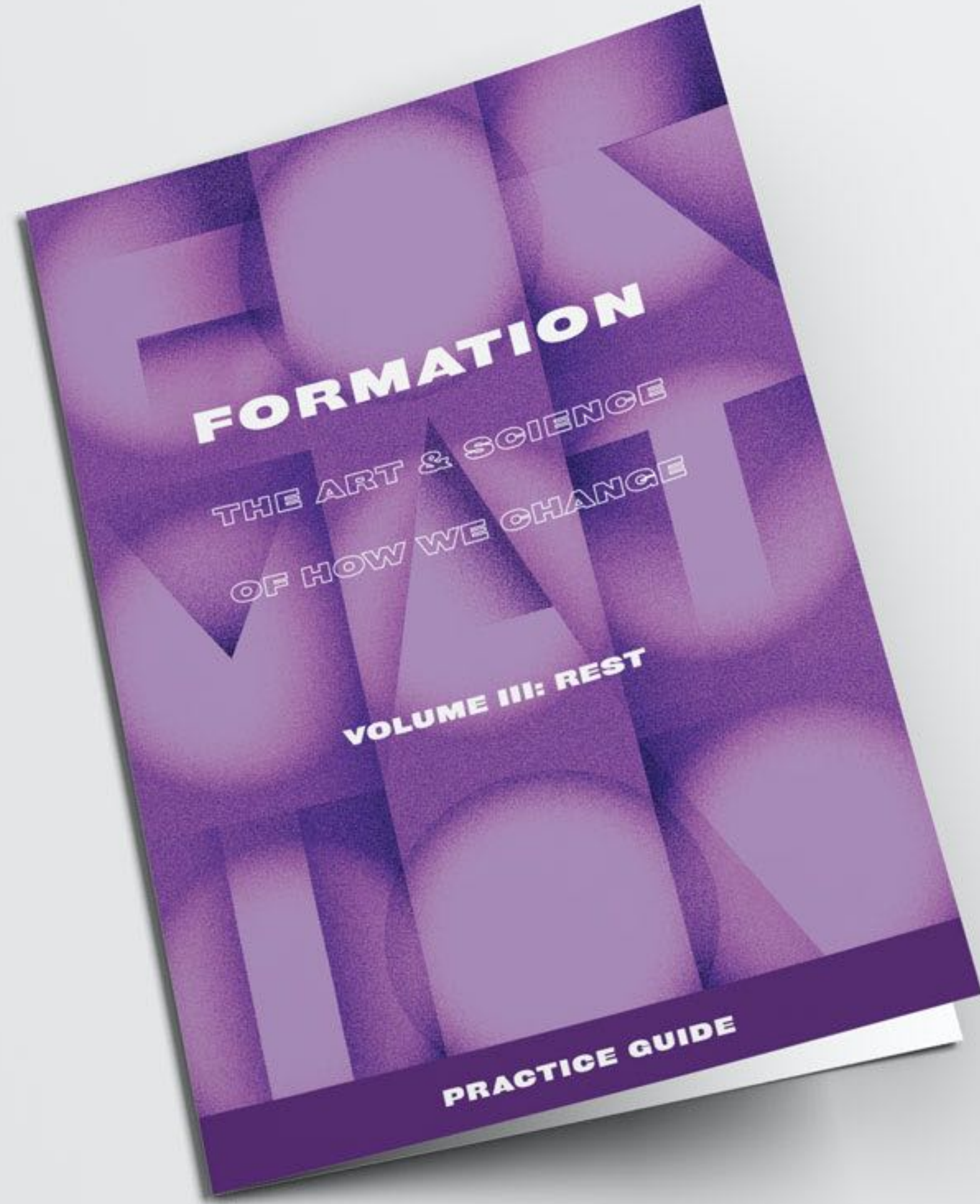
- HE USES PRESSURE TO MOTIVATE TOUGH OBEDIENCE.
- HE USES EXHAUSTION TO SPEAK ENCOURAGEMENT AND HOPE.
- HE USES SPARE TIME TO PROMPT PRAYER.
- HE USES CONFLICT TO MAKE US LONG FOR PEACE THAT ONLY HE CAN BRING.
- HE USES LOVE TO TEACH US THE JOY OF QUALITY RELATIONSHIPS.

**FORMATION**



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**Practice Guide**  
PDF available at  
[citychurchknox.com/rest](http://citychurchknox.com/rest)





**FORMATION**



WE MUST ALWAYS REMEMBER THAT THE PATH  
DOES NOT PRODUCE THE CHANGE; IT ONLY  
PLACES US WHERE THE CHANGE CAN OCCUR.

**RICHARD FOSTER**

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