



A Fearless Inventory DEVOTIONAL | MAY 25

RECEIVE

In **Psalm 139**, David writes one of the most stunning passages on God’s intricate and creative work in shaping our lives. And while this passage looks closely at the magnificent and wonderful work of God in knitting us together, it also reminds us that God knows us intimately—both our beauty and our flaws. The sermon from this past week was about how to take a fearless inventory of our lives. As you read this passage, consider both the parts of our lives that we want to celebrate with God, and what it feels like for God to know the messy, sinful things we carry.

REFLECT

1. What does it mean to take a “fearless moral inventory” of our lives?

Reflect on Psalm 139:23–24

- How does inviting God to examine your heart differ from self-examination alone?
- What fears or resistance do you feel when considering this kind of inventory?
- What keeps us from being honest with ourselves and God?

2. Why is honesty so hard?

Read 1 John 1:8–9

- What overlap do you see from 1 John and Psalm 139?
- At times, we are unable to be honest with God because we struggle to be honest with ourselves. What role does self-deception play in our relationships?
- What does Psalm 139 indicate is an antidote to self-deception?
- How are confession and honesty linked?

3. What role does confession and community play in healing?

Read James 5:16

- Why is confession to others important—not just confession to God?
- What role does vulnerability play in confession?
- How does understanding that Psalm 139 is true of everyone who was ever created shape the way we engage with community and confession?
- How can a safe community support our healing process?

RESPOND

Re-read Psalm 139. When you get to verse 14, pause for a moment. Here David says that you are fearfully and wonderfully made and that you know it full well. Does that feel true for you? Do you really believe you are fearfully and wonderfully made? Believing that God loves us and that we know we are wonderfully made can be a struggle. What would it take to believe that “full well”?

BLESSING

God, give me the courage to face the truth about myself—not to condemn, but to be healed. Help me trust that Your grace is greater than my flaws. Help me to see myself honestly. Help me believe that I am fearfully and wonderfully made, not to foster a spirit of arrogance, but to embody a spirit of trust in Your goodness made known through me. Amen.