


Known

A stylized illustration of a flowering branch, possibly a cherry blossom, with several white and blue flowers and green leaves. The branch starts from the bottom right and extends upwards and to the left, with some flowers appearing to be in bloom and others as buds.

Claiming the
Promise of
God's Security

by Angie Baughman



STEADY ON UNIVERSITY

Known

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Scripture quotations taken from

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Digital Resources



This QR code will link you to:

- The Step By Step video masterclass with a printable PDF workbook.
- A bonus podcast series with Angie and guests sharing life applications on each lesson's verse of Psalm 139.
- A Spotify playlist with all the songs in the Known study.

You can also find this information by visiting
<https://lifesteadyon.com/known-digital-resources/>

Preface

Welcome to Known a Step By Step Guidebook

About a year and a half before this guidebook was constructed, I hosted a virtual event called KNOWN. I spent months preparing lessons, recording sessions, editing interviews, and making decisions on so many details that it felt a bit like building a house.

When the event registration opened, I am not proud to admit I was less than pleased with the interest. In fact, when the last session ended, I logged off my computer, went up to my bedroom, and cried hot tears of disappointment. Why didn't more people want what I offered?

Like so often in my walk with God, He was exceeding my expectations in ways I simply could not see. From the event came three new members of the Step By Step team, a regular co-host for my podcast episodes, and material for this study. Not only that, it built new excitement for the Step By Step method that would lead to the dream and then the reality of Steady On University.

I won't glamorize my spirituality and say I always trust Him when I can't see Him. But that experience did change me. God intentionally, patiently opened my heart to a deeper understanding of His plan for my life. Nothing I do for Him is wasted. He sees me, loves me, meets me, and helps me. He knows me, and I can rely on His faithfulness to carry out the good plan He has for my life.

It is my deepest hope that as you spend time with Him through this study, He will open your eyes to how he is using every single piece of your life for your good and His glory. It truly is an amazing God we worship and serve.

Peace,

Angie

Introduction

How to Use this Study

The Step By Step Bible Study Method

If you are not yet familiar with the SBS method, I encourage you to use the QR code to access the masterclass videos. Watching them will take about twenty minutes, and will provide you an understanding of the process we are using to study.

What to Expect

There are four lessons in the study, and each lesson looks at one verse in Psalm 139. In addition to the SBS study, you will find suggested Bible passages to enrich your understanding, guided prayers, my reflection, and a suggested song to listen to as a closing act of worship.

Time Commitment

Of course, the time spent on each lesson varies from person to person, but most days will take you 20-30 minutes. Day 2 with the SBS study is generally the longest day, needing 30-60 minutes.

Bonus Digital Resources

With this same QR code, you can access a podcast series and a Spotify playlist of all the songs suggested in the study.

You can also find this information by visiting
<https://lp.constantcontactpages.com/su/YakHYuX/knowndigitalresources>

QR code



Psalm 139 (NIV)

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

2 You know when I sit and when I rise;
you perceive my thoughts from afar.

3 You discern my going out and my
lying down;
you are familiar with all my ways.

4 Before a word is on my tongue
you, Lord, know it completely.

5 You hem me in behind and before,
and you lay your hand upon me.

6 Such knowledge is too wonderful for
me,
too lofty for me to attain.

7 Where can I go from your Spirit?
Where can I flee from your presence?

8 If I go up to the heavens, you are
there;
if I make my bed in the depths, you are
there.

9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,

10 even there your hand will guide me,
your right hand will hold me fast.

11 If I say, "Surely the darkness will hide
me
and the light become night around
me,"

12 even the darkness will not be dark to
you;
the night will shine like the day,
for darkness is as light to you.

13 For you created my inmost being;
you knit me together in my mother's
womb.

14 I praise you because I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well.

15 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.

16 Your eyes saw my unformed body;
all the days ordained for me were
written in your book
before one of them came to be.



lesson one

God is familiar with you

You discern my going out and my lying down;
you are familiar with all my ways.

Psalm 139:3 (NIV)

Essentials



- God is intimately aware of our needs.
- God knows exactly how to respond to our needs.
- God ministers to us in a precise way that is spiritually profitable.

① day one

Opening Prayer



All-Knowing God, You are intimately aware of my every need. Forgive me when I scramble to solve problems without any thought of talking them over with You. Thank You for reminding me of Your presence and inviting me to return when I wander. Help me remember no person or thing that can address my concerns better than You. Amen.



What prayers would you like to add? What worries or concerns are on your heart right now? Write a brief statement and let them go while you study. If you feel your mind wandering, come back and add a note or look at the statement already written and remind yourself that God is aware of your needs.

Read the Passage



Our scripture passage for this lesson is 1 Kings 1:1-4. As you read it today in the NASB, be aware that the Hebrew word for nurse is the same one for familiar which we will study tomorrow in Psalm 139:3.

1 Now King David was old, advanced in age; and they covered him with garments, but he could not keep warm. 2 So his servants said to him, "Have them search for a young virgin for my lord the king, and have her attend the king and become his nurse; and have her lie on your chest, so that my lord the king may keep warm." 3 So they searched for a beautiful girl throughout the territory of Israel, and found Abishag the Shunammite, and brought her to the king. 4 The girl was very beautiful; and she became the king's nurse and served him, but the king did not become intimate with her.

Pause and Ponder



What did King David need that he could not provide for himself?

How did the young woman meet King David's need?

How might this story help us understand the way God gives of Himself to meet our need?

Write Your Ponderings



② day two

Key Verse Bible Study using *Step By Step*



You discern my going out and my lying down; you are familiar with all my ways.
Psalm 139:3

STEP 1 → **CHOOSE YOUR WORD** → Our word for today is: **FAMILIAR**



Write the definition and a few opposites of our word. Wordhippo.com or the Word Hippo app is a great resource to use.

Definition

Opposites

STEP 2 → INVESTIGATE



2.1 - Compare Your Word

Using the YouVersion app and/or the BibleGateway website, write down how other Bible versions translate the word familiar.

Translation	Word Used
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



2.2 - Research the Original Word

The Hebrew word for familiar is sakan (H5532). Using the Strong's app and/or the Blue Letter Bible website, write down the definition of the original word.



2.3 - Study Commentary

Using the Enduring Word app and/or the Bible Hub website, read commentary related to "God's familiarity with you" in Psalm 139:3. Write down phrases or thoughts that stand out to you as significant.



2.4 - Rewrite

Based on your discoveries in the Investigate Step, rewrite this verse in your own words.

STEP 3 —→ FIND THE CHARACTER OF GOD



What characteristics of God stand out to you as you ponder God's familiarity of you?
Use the prompts or write down your own thoughts.



STEP 4 —→ IDENTIFY THE LIE OF THE ENEMY

Use the STEP 4 prompts to identify the lie(s) that may keep you from trusting God to meet your needs.



STEP 5 → SO WHAT?

What is your key takeaway?

If you participated in the Step By Step LIVE or watched the replay, what extra takeaways would you like to remember?

③ day three

Listen to the Podcast

Lesson One: God is Familiar with Me featuring Angie & Heather Dixon

What would you like to remember from this episode?

QR code



(4) day four

Angie's Reflection



Ministry invites enemy attack. There's no way around it. If I desire to use my life to point others to Jesus, the enemy will always seek ways to thwart my work by tempting me to doubt God's faithfulness and encouraging me to focus on myself instead of God.

Unfortunately, the enemy has a lot to work with in my life. Deep wounds from rejection and abuse combined with a personality bent towards production and perfection must look like a playground to him. Yikes. I know what I'm up against, and most days, I'm relatively successful at raising my shield to those flaming arrows and speaking truth from the Word of God to enemy lies. But other days, something hits me unexpectedly, and I question whether I can trust my work, myself, and even God.

A study of Psalm 8 opened my heart to the idea of God stilling the enemy. The Hebrew word for "still" means to repose. In my love of words, I dug deeper and learned in Word Hippo that geologists use the word "repose" to mean a "period between eruptions of a volcano."

Yes. That's what I need. I need God to give me a break now and then.

I need a repose between attacks that will inevitably come and are actually valuable to strengthen my spiritual muscles. God knows what I need, when I need to be challenged, and when I need to rest. I can trust Him to fight for me when I recognize the attack, and I can trust He is fighting for me when He holds the enemy back.

God knows what you need, too. If it seems too much to bear, He draws you to Him because He knows you need comfort. Or, if it feels too good to be true, He calls you to praise Him because He knows you need rejoicing. He ignores nothing you need and can meet your needs like nothing else can.

Peace.

Bringing it Home



What stood out to you in this week's lesson?

Call to Action



What action do you plan to take? Write it down, then share it with your group or a trusted friend.

Suggestions from the episode:

- *Use the HALT (Hungry, Angry, Lonely, Tired) acronym to identify your emotional needs today. Then ask God to open your heart to how He is and will meet those needs.*
- *Take a walk or drive to focus on God's creation. Ask Him to reveal your needs and direct You on how to created space for Him to care for you.*



Worship Moment

"Love Like This" by Lauren Daigle

May God bless you as you seek Him.

Peace.