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Appendix: Tools to Believe and Speak Truth

Journaling Instructions

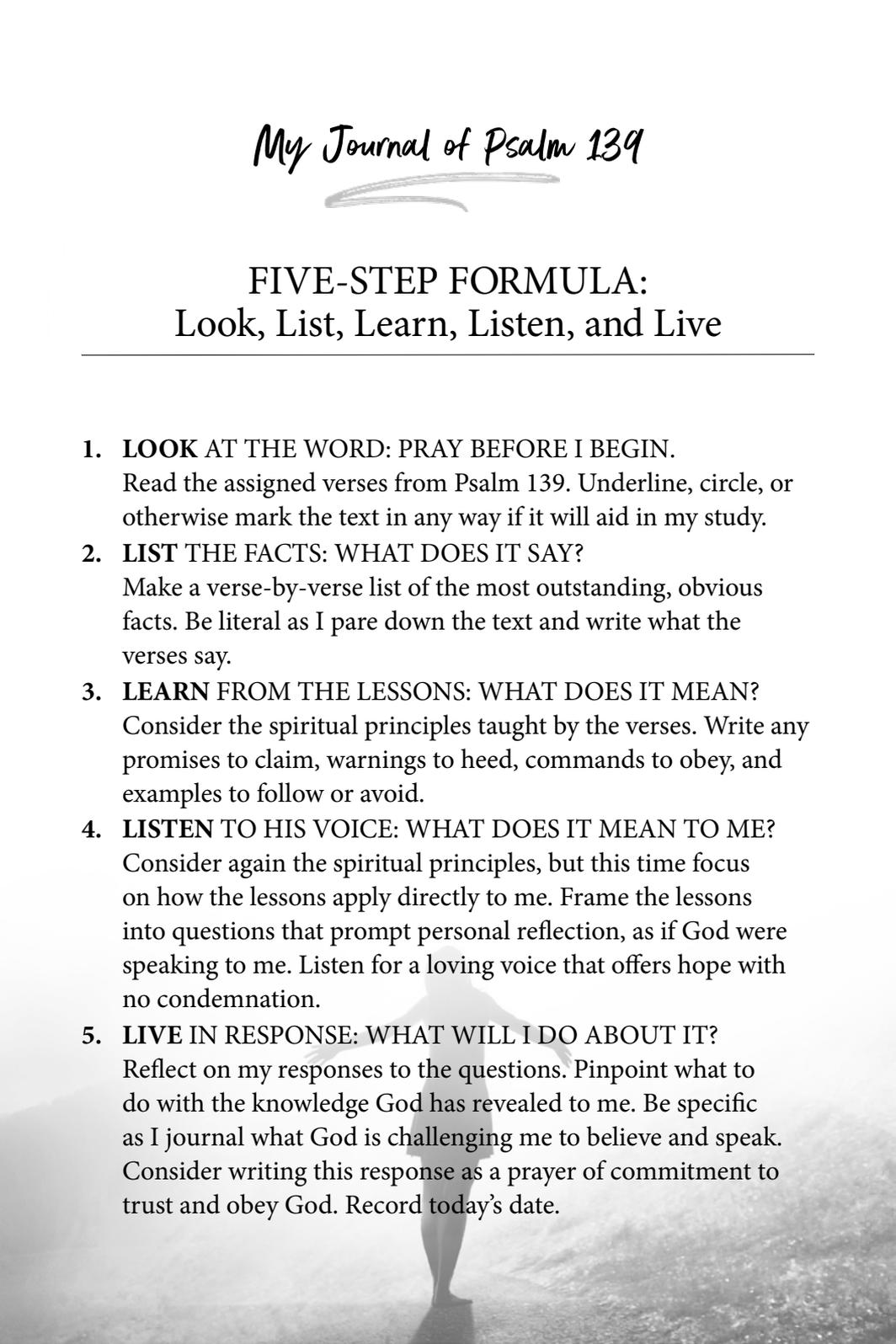
Five words—look, list, learn, listen, and live—guide the method I use to tune my ears to the right frequency to hear from God. I modeled this five-step formula for meditating on Scriptures after a method I learned from Anne Graham Lotz. I'm convinced that journaling in this way turns up the volume of God's still, small voice. Here's how to begin:

1. Purchase either a spiral bound notebook or a hardbound composition book (college-ruled).
2. Remove the explanation of the five-step formula that follows these instructions (entitled "My Journal of Psalm 139") from this book, and paste it onto the first page of your journal, opposite the inside of the cover.
3. Turn the page so that you have blank pages on the left and right. You will complete your journaling activities on two-page spreads.
4. High in the top margin of the left-hand page, write LOOK, and record the verses you are about to study (for example, "LOOK: Psalm 139:1-4").
5. Divide the left-hand page into two columns. Label them in the top margin by writing LIST in the left column and LEARN in the right column.
6. In the same way, divide the right-hand page into two columns. Label the left column LISTEN and the right column LIVE.
7. Use the columns to write your responses to the remaining four steps in the formula.

My Journal of Psalm 139



FIVE-STEP FORMULA: Look, List, Learn, Listen, and Live

- 1. LOOK AT THE WORD: PRAY BEFORE I BEGIN.**
Read the assigned verses from Psalm 139. Underline, circle, or otherwise mark the text in any way if it will aid in my study.
 - 2. LIST THE FACTS: WHAT DOES IT SAY?**
Make a verse-by-verse list of the most outstanding, obvious facts. Be literal as I pare down the text and write what the verses say.
 - 3. LEARN FROM THE LESSONS: WHAT DOES IT MEAN?**
Consider the spiritual principles taught by the verses. Write any promises to claim, warnings to heed, commands to obey, and examples to follow or avoid.
 - 4. LISTEN TO HIS VOICE: WHAT DOES IT MEAN TO ME?**
Consider again the spiritual principles, but this time focus on how the lessons apply directly to me. Frame the lessons into questions that prompt personal reflection, as if God were speaking to me. Listen for a loving voice that offers hope with no condemnation.
 - 5. LIVE IN RESPONSE: WHAT WILL I DO ABOUT IT?**
Reflect on my responses to the questions. Pinpoint what to do with the knowledge God has revealed to me. Be specific as I journal what God is challenging me to believe and speak. Consider writing this response as a prayer of commitment to trust and obey God. Record today's date.
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Who I AM Is and Who I Am

This activity is designed to help you:

- Magnify your knowledge of the character of God
- Expand your comprehension of what God says about you
- Equip yourself to disallow anyone apart from God to define you
- Claim your rightful place of belonging as a beloved child of God
- Memorize and recite verses that lead you into the joy of acceptance

Creating Your Worksheet

1. I consider this activity another journaling assignment, so I recommend finding some blank pages in your journal.
2. Identify Bible verses that contradict what you currently believe about yourself and/or God. Please visit ShawnaMarieBryant.com/WhoIAM for assistance finding these verses.
3. Choose a verse that will help you believe and speak truth, and write it in your journal. Directly beneath the verse, write a brief statement acknowledging the lies you believed and explaining why you no longer believe them.
4. Memorize the verse so you can recite it when needed to counter any lies you're tempted to believe.
5. Repeat steps 3–4 with as many different verses as you need.

Sample Worksheet

Who I AM is:

God is not a man, so he does not lie. He is not human, so he does not change his mind. Has he ever spoken and failed to act? Has he ever promised and not carried it through?

—Numbers 23:19

I can't compare God to anyone. He's unlike anyone I've met, even the best person I know. God doesn't lie, so I can trust him. He will never break a promise to me.

Who I AM is:

This is what the LORD says—the LORD who made the earth, who formed and established it, whose name is the LORD: Ask me and I will tell you remarkable secrets you do not know about things to come.

—Jeremiah 33:2–3

I don't have to wonder about what God wants or expects of me. He doesn't leave me in the dark. He is in charge of all creation and has all the answers. All I have to do is ask him, and he will tell me what I need to know.

Who I am:

Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God.

—John 1:12–13 NIV

The family I was born into and the way I was raised don't determine whether I'm part of God's family. I am a child of God because I received Jesus. As his child, I have all the rights that come with being a family member by birth. I belong to the same family as the King of kings! That makes me royalty.

Who I AM is:

I have loved you even as the Father has loved me. Remain in my love. When you obey my commandments, you remain in my love, just as I obey my Father's commandments and remain in his love. I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!

—John 15:9–11

God is not a mean or strict disciplinarian. I don't have to prove myself for him to accept me. Obedience to God doesn't make him love me more. Jesus loves me like the Father loves his Son. I am loved because I'm a child of God. Obeying God keeps me closer to the love he already has for me. Obedience isn't a joy killer. Obeying God makes my joy overflow.

Who I am:

But you are not like that, for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light. "Once you had no identity as a people; now you are God's people. Once you received no mercy; now you have received God's mercy."

—1 Peter 2:9–10

I am not an outsider who doesn't belong. I am part of something so much bigger than myself. I am chosen. I am holy. I belong in the light.

What I Thought versus What I Know

This activity is designed to help you:

- Call out negative thinking patterns
- Expose lies you have believed about yourself
- Equip you with divinely powered weapons from Scripture
- Cancel the negative effects of lies by believing and speaking truth
- Bring your feelings about yourself into alignment with how God feels about you

Creating Your Worksheet

1. This is another great exercise to do in your journal. Find a page and divide it into two columns. The left column should take up only 25 percent of the page. Make the right column three times the size.
2. Label the left column “What I Thought (Lies).” Label the right column, “What I Know (Truth).”
3. In the left column, write down negative things that you think or say about yourself.
4. Identify Bible verses that affirm your value, and in the right-hand column, write them alongside the related self-destructive statements. Please visit ShawnaMarieBryant.com/WhoIAm for assistance finding these verses.
5. Scripture has divine power to demolish strongholds. When you find yourself believing the lies listed on the left, declare the verses written beside those wrong beliefs. This practice helps you take your thoughts captive.

Sample Worksheet

What I Thought (Lies)	What I Know (Truth)
<i>I'm stupid.</i>	<p><i>If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.</i></p> <p style="text-align: right;"><i>—James 1:5</i></p>
	<p><i>For the LORD grants wisdom! From his mouth come knowledge and understanding. . . . For wisdom will enter your heart, and knowledge will fill you with joy.</i></p> <p style="text-align: right;"><i>—Proverbs 2:6, 10</i></p>
<i>No one cares about me.</i>	<p><i>I have loved you even as the Father has loved me. Remain in my love.</i></p> <p style="text-align: right;"><i>—John 15:9</i></p>
	<p><i>See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.</i></p> <p style="text-align: right;"><i>—1 John 3:1 NIV</i></p>
	<p><i>The LORD appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with unfailing kindness."</i></p> <p style="text-align: right;"><i>—Jeremiah 31:3 NIV</i></p>
<i>My feelings don't matter.</i>	<p><i>Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me.</i></p> <p style="text-align: right;"><i>—Isaiah 49:15–16 NIV</i></p>
	<p><i>Give all your worries and cares to God, for he cares about you.</i></p> <p style="text-align: right;"><i>—1 Peter 5:7</i></p>

Acknowledgments

My women's ministry director, Joni Oquist, took me to lunch one day to share her desire to offer a second women's Bible study on Wednesday nights. She invited me to teach any subject for any duration. With this honor came responsibility, so I asked God what topic I should teach. He replied with one word: rejection. I wanted to run from that abhorrent word. Instead, I yielded to God, who began revealing deep truths from Psalm 139. If it wasn't for Joni, this book might not be in your hands. Thank you, Joni, for providing the platform on which I humbly stand.

In spring 2002, after leading nine worship gatherings over three days at a conference center in the Santa Cruz mountains, I was headed for an afternoon nap when God redirected me. I reluctantly changed course and found myself in a workshop led by an insightful intercessor named Cosey Odom. She anointed me with oil that day, and confirmed God's call on my life to speak and write for his glory. Cosey has prayed for nearly twenty years for God's will to be accomplished in me. If it wasn't for her, I could've easily abandoned my calling. Thank you, Cosey, for encouraging me to pursue it.

I attended my first writers' conference in 2005 with my friend Kim Bagato and a shared dream to write. We met fellow attendees Carrie Padgett and Dot Powell, and the four of us immediately formed a writers' critique group. Kim and Carrie still belonged to our little group when I began bringing the pages that would fill this book. By then, Andi Bull and Kelly Hollman had joined us. If it wasn't for these gifted women, I would not consider my writing good enough to get published and would've given up on my dream. Thank you, ladies, for making me a better, more confident writer.

As I write this, my precious mom, Marilyn Kirkwood, is receiving hospice care and anticipating heaven—home to my dad, Bruce Kirkwood, and my first (and longest in duration) weekly prayer partner, Kieffer Lehman, who died ten years to the day after my dad and was like a second father to me. More than anyone else, these saints taught me the value of consistently bowing, one-on-one, in prayer to move mountainous obstacles and unleash boundless blessings.

Powerful women who have met regularly with me for the primary purpose of prayer include Sharon Zeigler, who laid hands on my belly soon after I conceived my firstborn and has prayed with me through life's highs and lows ever since; Miriam Bennett, who gave me a reason to rise before the sun to place a free phone call back when phone service charged by the minute; Donita Warren, who frequently fed me and my family spiritual food and homemade bread; Leticia Alvarez, who introduced herself as one appointed by God to pray me to the next level of my calling and faithfully kept her assignment; and Toby Delaney, who has a room in her home set apart for prayers that not only touch heaven but also rattle hell. If it wasn't for these prayer warriors, I would not know that Fear + Faith = Courage and Courage + Action = Victory. I also acknowledge my true friends who pray through my monthly prayer letter, and I salute my small group family for laughing and crying and doing life with me. Thank you, men and women of prayer, for keeping me from being too broken to be of any use to God.

I not only stand on the strong shoulders of my mom and dad; I also lean on the solid support of my family. Laurie Gabriel, my big sister and biggest fan, has believed in me since before I could walk; Sarah and Scott, my gorgeous and godly children, have made my life a joyous adventure that abounds with stories they permit me to share; and Steve, my beloved husband and backer upper, has faithfully walked alongside me over every mountain and through every valley in our marriage. Together victorious! Thank you, Laurie, Sarah, Scott, and Steve, for being the best family ever. I am proud to call you mine.

Notes

Chapter One: The Manifesto

1. While I certainly invite men to use this material to devise a game plan to discover their inherent value, I originally wrote it for women's Bible study. Even though my sisters are my focus as I write, the techniques I share are not exclusively feminine. To my brothers who are brave enough to hold this book, I welcome you too. After all, the author of Psalm 139 was a man after God's own heart (see 1 Sam. 13:14 and Acts 13:22). Look to him and Jesus as your teachers.
2. For a helpful video demonstration, visit <http://www.handspeak.com>.
3. In 1997, I participated in a women's Bible study written by Anne Graham Lotz and learned the journaling technique I present in this book. I adopted it as my own but credit her for creating the simple formula I've followed for decades. See Anne Graham Lotz, *The Vision of His Glory* (Nashville: Word Publishing, 1996).

Chapter Two: God Knows Me

1. Henry D. M. Spence, *The Complete Pulpit Commentary: Volume 7—Matthew to John* (Harrington, DE: Delmarva Publications, 2013), John 4:3. Original wording is in the public domain.
2. Guy Winch, "Why We All Need to Practice Emotional First Aid," TEDxLinnaeusUniversity, November 2014, [Guy Winch: Why we all need to practice emotional first aid | TED Talk](#).
3. Lysa TerKeurst, *Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely* (Nashville: Nelson Books, 2016), 8.
4. John Gill, "John Gill's Exposition of the Whole Bible," Bible Study Tools, Galatians 4:9, <http://www.biblestudytools.com/commentaries/gills-exposition-of-the-bible/galatians-4-9.html>, accessed December 19, 2019.

Chapter Three: He Is Always with Me

1. Sarah Young, *Jesus Calling: Enjoying Peace in His Presence* (Nashville: Thomas Nelson, 2004), 174.
2. Guy Winch, "Ten Surprising Facts about Rejection," *The Squeaky Wheel*, July 3, 2013, <http://www.psychologytoday.com/us/blog/the-squeaky-wheel/201307/10-surprising-facts-about-rejection>.

3. Guy Winch, “Ten Surprising Facts about Rejection.”
4. TerKeurst, *Uninvited*, 94.

Chapter Four: I Am Not Invisible

1. Henrike Moll and Allie Khalulyan, “‘Not See, Not Hear, Not Speak’: Preschoolers Think They Cannot Perceive or Address Others without Reciprocity,” *Journal of Cognition and Development* 18, no. 1 (2017): 152–62.
2. Stephen Marmar, “Forgiveness,” *Prager U.com*, May 5, 2014, <https://www.prageru.com/video/forgiveness/>.

Chapter Five: I Am Wonderfully Made

1. John Gill, “John Gill’s Exposition of the Whole Bible,” Bible Study Tools, Exodus 3:14, <http://www.biblestudytools.com/commentaries/gills-exposition-of-the-bible/exodus-3-14.html>, accessed December 19, 2019.
2. Priscilla Shirer, video presentation of live speaking event retrieved from <http://www.facebook.com/chuckbernal/videos/10156776390602915>, accessed February 25, 2019.
3. Christine Thomasos, “Priscilla Shirer Explains Stance on Racial and Christian Identity amid Backlash,” AMBOtv Life Sermon Network, October 19, 2018, <http://ambotv.com/blog/lifestyle/priscilla-shirer-explains-stance-on-racial-and-christian-identity-amid-backlash/>.

Chapter Six: God’s Countless Thoughts Are for Me

1. This is a slogan of the United Negro College Fund (UNCF) from a fund-raising campaign launched in 1972 that is still in use today.
2. TerKeurst, *Uninvited*, 47–48.
3. John C. Maxwell, “John Maxwell: Six Tips to Develop and Model an Abundance Mindset,” *Success*, March 4, 2015, <http://www.success.com/john-c-maxwell-6-tips-to-develop-and-model-an-abundance-mindset/>.

Chapter Eight: I Can Walk in Victory!

1. Guy Winch, “Ten Surprising Facts about Rejection.”