

# The Sunday School Lesson

BY JOHN R. BRAYBOY  
SAL EM MISSIONARY  
BAPTIST CHURCH

Never Alone (Psalm 139:1-14, 23-24)  
Outline

- I. God Knows Us (Psalm 139:1-6)
- II. God Accompanies Us (Psalm 139:7-12)
- III. God Made Us (Psalm 139:13-14)
- IV. God Purifies Us (Psalm 139:23-24)

**I. God Knows Us**  
(Psalm 139:1-6)

The writer of this passage of scripture recognizes the knowledge of the all knowing God. He realizes that he has examined him and

knows his ups and downs. God is aware of our shortcomings as well as the positive things about us. God even knows what we are thinking even before we think it. Think about it! Nothing ever occurred to God because He is all knowing.

The writer acknowledges that the places he goes, and even when he sleeps God knows all about him. It would do all of God's children good to come to his knowledge. God even knows what we are going to say before we say it. Whatever a person does or wherever he may go God knows it before hand. This might not sound good, an acquaintance knew everything about you because he might use it to bring harm to you. God, on the other hand, uses His knowledge of us to make us better people.

The infirm mind of man has trouble grasping how great God is in His knowledge of him. The writer here is appalled all things God knows about him; it is just beyond anything that our mind can comprehend.

**II. God Accompanies Us**  
(Psalm 139:7-12)

The writer recognizes his inability to escape from the

presence of God or from His spirit. Whatever direction that he goes, God is there. If he goes to heaven or by contrast to hell, He is there. He realizes that he cannot get away from God. A person who goes to hell will have a constant reminder that he could have been spending eternity in heaven with God. Even in hell a person will not get away from God, but He will not take him out of there.

Even though darkness may come and one cannot see, the writer reminds us that darkness does not provide a cover from God. Many people do wrong under the cover of darkness to hid from people, but while they may hide from people, they cannot hide from God because He can see in the dark, as well as He can in the day. We need not worry about what man sees us do, but we need to be concerned about what we do because God is the final authority that we have to answer to. Many times we complain about drug dealers, crooked dealings, etc. but God is keeping perfect records and all those who do wrong will face an accounting day.

**III. God Made Us**  
(Psalm 139:13-14)

The writer moves from the awe of the all knowing God to the same

God that made him. Here he marvels at the fact that God was in control of his emotions and even protected him even before his birth. That tells me that life of an unborn begins with conception.

There is reason to give honor and praise to the almighty. He made us in his own image and likeness. He loves us and knows all about us. Think about it, brethren, the human body is marvelously made and only the almighty could have made a body that functions in such harmony. Not only that, but He gives us the Holy Spirit to bear witness to our soul that we could know.

**IV. God Purifies Us**  
(Psalm 139:23-24)

The writer now makes a request to God to do what has already been done. In other words, he is saying God examine my life and show me what is lacking in my life. God looks on the heart of man and He alone knows a man's heart. Most of us do not want God to test us or know our thoughts. This needs to be every Christian's request so that God could make us better Christians and soldiers of the cross. Too many times we want to keep the unfavorable things about ourselves hid, even from ourselves. When we allow God to show us

where we need to improve and allow Him to lead us, then we will follow Him in the path of righteousness. We need to let God show us the wickedness that is lurking in our hearts so that He can remove it.

There are two paths in life for many to choose to follow: (1) the path of righteousness or the path of wickedness. If you are on the path of wickedness, you need to seek God and His forgiveness and follow after righteousness. God wants to save you for Christ's sake. Get on the right path today. Jesus is soon coming after his own. Will you be ready?

God bless you until next week.

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## PEDIATRIC POINTERS

by Dr. Joseph T. Bell  
Pediatrician with Robeson Health Care

Teenagers have a lot to deal with. This is an obvious statement. If we have teenagers at home or can remember when we were teenagers, we know that everything seems to be happening around those years between childhood and adulthood. One medical issue that related specifically to that age group is the problem of acne.

Acne usually begins in the 1-2 years prior to puberty, but is at its worse during adolescence. It is caused by a hormonal stimulation of the oil glands along with the over-growth of germs on the skin. The pores get clogged with germs and oil, then inflammation occurs, leading to acne bumps. There are two types of bumps, open comedoes (blackheads), and closed comedoes (whiteheads). Although blackheads can be unsightly, they are easily managed and inflammation rarely occurs. The whitehead is the lesion responsible for the problems seen with acne. The pore opening is too small to release its contents; the oil, protein and germs form a small abscess (pus pocket) under the skin after inflammation sets in. These abscesses may become big and may lead to scarring if not treated appropriately. Stressful events and hormonal changes increase oil production on the face and may lead to flare ups of acne.

The primary sites of acne are the face, chest, back and shoulders. It seems to be worse in the winter and better in the summer. Most acne bumps heal without difficulty,

but more severe forms of acne can scar. Scars look like sharply punched-out pits; the severity of the scarring depends on the depth and intensity of the inflammation involved.

The treatment of acne must be individualized to the patient. For most mild cases, topical Benzoyl Peroxide (like Oxy-10) or Retin-A works well. For moderate cases, a combination of these two, along with a topical antibiotic solution works well. For more severe cases, a physician may prescribe an antibiotic to take by mouth to help control the acne.

One thing worth mentioning is that there are no medical studies to indicate that your diet plays a significant role in acne. For many years, chocolates, sodas and sweets were thought to provoke acne. This has not panned out in the medical studies. For those few patients who attest to flare ups of their acne following certain foods, it is best to eliminate them until treatment is complete.

We must remember as parents that acne can have a detrimental psychological effect on a teenager, lowering their self-esteem and confidence. This should prompt us to make sure they are washing their face properly and getting medical attention if needed.

Remember, if you have any topics you would like to hear about or need a question answered, write to me at P.O. Box 3010, Pembroke, N.C. 28372. Take care and we will see you next week!



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