

TITLE AND NUMBER: 168. I am fearfully and wonderfully made!

REFERENCE AND KEY VERSE(S): Psalm 139:13-18

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

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. 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. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you.



LOOKING FURTHER: Psalm 139; John 1:1-5; Romans 11:33-34

What does this Bible passage tell us?

Psalm 139 is a wonderful psalm which focuses on how close God is to us. He knows everything about us and we cannot hide from Him. Verse 13 tells us that God knew us before we were born. He created each one of us and we are all awesomely and wonderfully made by Him (v14). God is outside of time. He can see our past, present and future as if it is a circle and He is in the middle of it.

In verses 17-18, the psalmist, David, praises God for the vastness of His thoughts. It is indeed hard for us to grasp that God can be in contact with so many people at the same time. Yet we know from experience that it is true. God made and loves us and longs to spend time with each one of us.

If you want reassurance of this, read Psalm 139:1-18. Then, sit quietly in God's presence, letting His peace and love flow over you. Remember that you need have no fear because God already knows everything about you. Do this on a regular basis and you will be greatly blessed by this time spent with Him.

FEARFULLY AND WONDERFULLY MADE

Reflections:

- Praise God that you are awesomely and wonderfully made by Him and that He wants to spend time with you.
- Are you reassured or fearful that God knows all about you? If you are fearful, talk to Him in prayer about this, admitting those things which you know are wrong in your life and asking Him for His forgiveness, help and guidance.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

