



**PRAYING THE PSALMS – PSALM 139 (VS. 13)
FEARFULLY AND WONDERFULLY MADE
Women's Discipleship Group
Terri McFaddin
Series #4 Lesson #5**

Scripture Focus: *For it was you who formed my inward parts; you knit me together in my mother's womb. I will praise you for I am fearfully and wonderfully made (vs.13-14a - NRSV).*

Key Word: Form/knit (Hebrew – Sacof) To weave together. To cause a biological body to form and grow, with a focus on the structure of the body. Also – to cover.

I want to tell you a story where God busy at work in his heavenly laboratory. He is creating a one-of-a-kind human being with dynamic characteristics that the world's greatest scientist could never duplicate. First God creates a brain that will control the complete operation of the body. The brain is like a master computer, with 3 divisions: the frontal lobe that controls bodily movements, speech, thought and consciousness. The midbrain controls hearing, sight, memory, reasoning and creativity. The hindbrain (or cerebellum) controls coordination and is linked to the brain stem and spinal cord so that information and messages can be sent and received from the brain to the body. In order to keep the brain properly nourished the Lord then creates and complex highway of arteries and veins that will carry enough blood to supply the brain and body with oxygen and other nutrients it will need. If these veins and arteries were laid out end-to-end they will measure more than 100,000 miles in length.

The story continues with the Lord forming the skin, hair, gender and facial features that will house the brain and other vital organs. Suddenly someone comes along and decides they don't like the design so they push the Lord out of the way and throw all of His hard work into a trashcan.

“Why are you doing this, the Lord asks?”

“Because I don't like the design, the trasher responds.”

“But what about all the gifts and talents that I placed inside of my creation, the Lord asks? I have given this person the curse for a terrible disease. Another one of my creations will bring revival and another will change the entire prison system – isn't that more important than the way they look?”

This little story is a reminder that life is more than how we look, or the circumstances of our birth. When the Lord formed you in your mother's womb He had a perfect plan and design. When you look in the mirror, remember that you are fearfully and wonderfully made. Rejoice in your creation and your Creator. If you don't like your design perhaps you haven't fully

discovered what it was created to do. Why not pull out the operator's manual (the Bible) and discover God's purpose for your life.

OBSERVATION:

Read Isaiah 64:8; Jeremiah 1:5; Psalm 8:4-6. What parallels do you see in Psalm 139:13-14.

INTERPRETATION:

Isaiah 45:9-10 "Woe to him who strives with his Maker! What is meant by this passage and how does it relate to Psalm 139:13-14?"

PERSONALIZATION:

1. What attributes have you learned to accept about yourself that you once rejected?

2. What do you like the most about yourself?

APPLICATION:

Please complete the following self-assessment exercise.

RATE THE BEAUTY OF YOUR CREATION:

| | | | |
|--------------|----------------|-----------|-----------|
| Brain: | Excellent_____ | Fair_____ | Poor_____ |
| Heart: | Excellent_____ | Fair_____ | Poor_____ |
| Eyesight: | Excellent_____ | Fair_____ | Poor_____ |
| Hearing: | Excellent_____ | Fair_____ | Poor_____ |
| Teeth: | Excellent_____ | Fair_____ | Poor_____ |
| Speech: | Excellent_____ | Fair_____ | Poor_____ |
| Arms/legs: | Excellent_____ | Fair_____ | Poor_____ |
| Bones: | Excellent_____ | Fair_____ | Poor_____ |
| Lungs: | Excellent_____ | Fair_____ | Poor_____ |
| Kidneys: | Excellent_____ | Fair_____ | Poor_____ |
| Liver: | Excellent_____ | Fair_____ | Poor_____ |
| Intestines: | Excellent_____ | Fair_____ | Poor_____ |
| Hair: | Excellent_____ | Fair_____ | Poor_____ |
| Skin: | Excellent_____ | Fair_____ | Poor_____ |
| Emotions: | Excellent_____ | Fair_____ | Poor_____ |
| Personality: | Excellent_____ | Fair_____ | Poor_____ |

Score: 15 – More than beautiful

13 – Perfectly beautiful

11 – Very beautiful

9 – Thankfully beautiful

7 – Functioning as beautiful

5 – Grateful and beautiful

3 – Alive and beautiful

1 – Beautiful