



## INTRODUCTION

### ADDITIONAL INSIGHTS

Read **Psalm 139:13–14**

*“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.”*

These poetic verses are familiar to many people because they appear in baby’s nurseries, on colorful, encouraging greeting cards, and on the walls of Christian preschools. They provide truth (God made me), and they provide hope (I can trust and worship you for your works). But what do they really tell us practically today about how we’re to see ourselves? The word “for” at the beginning of verse 13 is a transitional word. It means that the words that came before it are providing a reason (or a because statement) for what follows in verses 13–14. Let’s take a look at verses 1–12 to get a better understanding of this Scripture. Circle or underline all the phrases that start with “You \_\_\_\_\_.”

**“You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, LORD, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.**

The bottom line here is that the Lord knows each of us personally and intimately. Verses 13–14 support the ideas in verses 1–12: God created us, SO... he is present, aware, and active in our lives. Each of us is under his provision, knowledge, and care. Learning more about the unique gifts he’s given us, the way he’s wired us to connect to him, and the new identity he’s given us as members of his family helps us to grow as people and as followers of Jesus. Our responsibility is to learn more about ourselves and more about him.

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## THINK ABOUT IT

1. Think of a time when someone said, “You’re really good at that.” What were you doing? What elements of that work could you consider gifts that God has given you?
2. God has designed each of us to connect with him in personal ways. Where do you feel closest to God? Some examples are nature, worship services, studying, and serving others. Recognizing how you connect with him will help you develop your relationship with him.
3. Choose one of the images from Psalm 139 (a word picture that stands out to you). Read it several times and try to memorize it. What does this specific image show you about your relationship with God?

## APPLY IT

Take a few minutes to make a list on your phone or in a journal. Write the phrase **YOU KNOW...** at the top, and then under that list all the things that God knows about you. Re-read **Psalm 139:13–14** for some ideas.

## FOR GROUP DISCUSSION (IF DESIRED)

1. Where do you see God’s gifts displayed most in your life? What are you doing to nurture and practice those gifts in a way that serves others?
2. What would change about the way you think about yourself if you truly lived like you believe that you are a son/daughter of God, a member of his family?