

# I PRAISE YOU BECAUSE I AM *fearfully & wonderfully made*

CHANGING  HEARTS

*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.*

—Psalm 139:13-14 NIV

**Materials Needed:** Hand mirror, dry-erase marker

There is a famous fairy tale that says, "Mirror, Mirror on the wall, who's the fairest of them all?" The evil queen who asks this question needs the mirror to tell her she is wonderful. We all know real mirrors don't talk; they show us a reflection of what we look like. We are the ones who think good or bad things when we look in the mirror and see ourselves. Sometimes we laugh when we see ourselves in the early morning. Sometimes we smile after we have combed our hair or gotten all dressed up for a special dinner. Sometimes we frown if we see a pimple or dirt on our face. Either way, what we see in the mirror tends to make us feel a certain way.

Let's use this mirror I have here and try to find one thing we find wonderful. Look in the mirror and tell us one thing you like, one thing about you that makes you smile. (Pass mirror around. Give each person a chance to say one thing they like. Discuss)

## Read Psalm 139:13-14

This Bible passage tells us that, not only did God create us, but He made us wonderful. God does not just see one thing He likes about us; God sees all of us as wonderful. God made us exactly the way He wanted to. Let's listen to the Bible passage again.

## Read Psalm 139:13-14

- How does it feel to know God sees you as wonderful?
- How does it feel to know God made you exactly the way He wanted you to be made?
- Think about the way God made you. What is a gift or talent God gave to you?
- Is there a way you could use that gift or talent to show God's love to others?

(Write "God thinks I am wonderful" on the top of the mirror with dry-erase marker. Say the words out loud as you write it for group to hear.)

Let's pass this mirror around again. As you look in the mirror, say "God thinks I am wonderful."

- How did it feel to say and see that God thinks you are wonderful?
- How do you think other people would feel if you told them God thinks they are wonderful?

Let's try it! (Have group turn to someone next to them and say, "God thinks you are wonderful!")

**Challenge:** Try to tell five people this week that God thinks they are wonderful.

**Prayer:** Dear God our Creator, thank You for making us wonderful. We praise You for creating us exactly the way You wanted us made. Forgive us when we forget how special we are to You. Forgive us when we think bad things about ourselves. Help us see ourselves as You do, wonderful! In Jesus' name we pray. Amen.