

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

CHANGING  HEARTS

Materials Needed

Bibles for each student, colored pencils or markers, copies of Wonderfully Made activity worksheet, a piece of paper for each student (If possible- Internet access and connection to projection screen.)

Opening Prayer

Dear God our Creator, thank You for creating me. Thank You for making me exactly the way You wanted me to be made. Help me understand that You see me as wonderful. Bring peace to my heart as we study Your Word together today. In Jesus' name we pray. Amen.

Opening Activity

Before we begin studying the Bible today, I'd like you to think about a few conversations you have had with others. You don't have to say it out loud, but think about a time when someone complimented you or said something nice about you. Raise your hand when you have thought of something so I know you are done. Don't worry; I'm not going to call on you to answer. (Give a few minutes for the group members to think.) Now think about a time someone insulted you or said something mean about you. Raise your hand when you have thought of something.

Read John 9:1-5

- Which was easier for you to remember, the good or the hurtful words?
- Why do you think that was?
- You don't have to say it out loud, but can you think of a time you said something hurtful to someone?
- How do you think they felt about what you said?

Read Psalm 139:14

I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.
—Psalm 139:14 NIV

The Bible says God sees us as wonderful. Let's read the entire Psalm to get a clear picture of what God means.

Read all of Psalm 139:1-18

(Other possible ways to hear Psalm 139: read responsively, read as a group, use a few readers for a few verses, watch YouTube videos: Psalm 139 Short Film, Lego Psalm 139)

Let's work together today on wiping out our memories of bad and hurtful things said about us by saying good things about each person in the room.

- Sit in a circle and give each person a piece of paper.
- Have each student use a colored pencil or marker to write name on the paper.
- When finished, pass paper to the right.
- Have student on right write a compliment somewhere near the name.
- Pass to right again and continue until students have their own paper back.
- Give them time to read compliments.

Group Discussion

- Did any of the compliments you received surprise you?
- How did this activity make you feel?
- Is it easy or difficult to receive compliments? Why?

Studying God's Word

wonderful (won•der•ful) adjective

Wonderful is defined as an amazing, astonishing, excellent or enjoyable person, thing or event.

When we hear the dictionary's definition of wonderful, it seems pretty incredible that God sees us as wonderful. Let's face it, we sin! How can people who sin be wonderful? Let's look in God's Word to find out. Look up each Bible verse on the activity sheet and write or draw what the Bible says about us. (You might want to use partners or assign verses to keep students on task. Once students have completed the task, discuss the answers.)

Matthew 26:28	You are... forgiven
2 Corinthians 5:15	You are... a new creation
Ephesians 2:10	You are... a masterpiece
Psalms 68:35	You are... strong
Psalms 139:13	You are... unique
Jeremiah 29:11	You are... created for a purpose
1 John 3:1	You are... a child of God
1 John 5:3-5	You are... victorious

Isn't it interesting that God doesn't talk about what we look like or say what we are good at to describe us? God sees us as wonderful because He made us; and He made us exactly the way He wanted us made. God see us as wonderful because we are forgiven... (Continue reviewing the verses...God sees us as wonderful because we are unique, etc.)

Now consider people living their lives with disabilities. They are also wonderfully made by God. They are also forgiven and unique. People with disabilities are also masterpieces and created for a purpose.

Group Discussion

- Who do you know who lives with a disability?
- What challenges do they face?
- What do you like best about this person?
- What is a gift or talent this person has?

Conclude with one of the following videos from YouTube:

- Wonderfully Made// HerStory: Lizzie Velasquez (6:11)
- Psalm 139 Reflectors Reading (2:06)

Closing Prayer: Dear Lord God, we praise You because You created us. Great are the works of Your hands. We confess that we do not always respect life or the lives around us. For these sins we ask Your forgiveness. Help us see the *wonderful* in ourselves and others. In Jesus' name we pray. Amen.

You are Wonderfully Made!

Psalm 139:14

BIBLE VERSE	GOD SAYS
Matthew 26:28	You are... _____
2 Corinthians 5:15	You are... _____
Ephesians 2:10	You are... _____
Psalm 68:35	You are... _____
Psalm 139:13	You are... _____
Jeremiah 29:11	You are... _____
1 John 3:1	You are... _____
1 John 5:3-5	You are... _____