



Series: Understanding Who You Are Through the Eyes of God

Lesson 1: “You Were Perfectly Created”

*Announcements, encouragement to invite people and opening prayer.



Connect: an opportunity for people to immediately interact and connect with each other; icebreaker/attention getters. **Icebreaker:** If you could change any one thing about yourself, what would it be?

Transition: I've never met anyone who said, "Wow! I love everything about this design God came up with for me! I am perfection!" No, most of us would have done a lot of things different. Obviously we know more about creation and its need for unique designs than God knows. Maybe not. It is sad how many people never reach their potential because they get bogged down with what they want to be instead of who God created them to be. This is one thing all of us really need to know.

Bottom Line: God did not make a mistake when He designed you. God knew exactly what He needed.

LESSON PLAN

Question – Why is it sometimes difficult to value ourselves as God's special creation?

Read Psalm 139:1-6

1. According to this Scripture, which is God-breathed into David, is God oblivious to the details of your life?
2. What do you think David means when he says that God searches him so closely that he knows him?

Question: How does that truth give you comfort? How does it frighten you? How does it motivate you in your faith?



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3. What does it mean, “God hemmed me in—behind and before me?”
4. To have God’s hand laid upon him meant the gentle reassuring touch of someone who loves and believes in you. How does God lay His hand on you?
5. How do you help someone understand the lofty truth that we have a Creator who is actively involved in the lives of all who seek Him?

Group Activity: List on the board people who need to know how deeply God longs to be involved in their life. Then have a time of prayer for those listed.

Read Psalm 139:7-12

6. God is omnipresent meaning He is everywhere at the same time, always present. What are the extreme places for hiding David points out that still are in the presence of God?
7. What will God do even in those extreme unlikely places for God to find us?

Question – Where have you tried to hide from God in the past?

8. What happens to darkness in the presence of God?

Question – If we understand that God sees our thoughts and our actions continually, how should that change my daily life? Why is that such an important truth to teach to your children and grandchildren?



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Read Psalm 139:13-16

How much is the human body worth? The U.S. Bureau of Chemistry and Soils invested many a hard-earned tax dollar in calculating the chemical and mineral composition of the human body, which breaks down as follows:

<input type="checkbox"/> 65% Oxygen	<input type="checkbox"/> 0.35% Potassium
<input type="checkbox"/> 18% Carbon	<input type="checkbox"/> 0.25% Sulfur
<input type="checkbox"/> 10% Hydrogen	<input type="checkbox"/> 0.15% Sodium
<input type="checkbox"/> 3% Nitrogen	<input type="checkbox"/> 0.15% Chlorine
<input type="checkbox"/> 1.5% Calcium	<input type="checkbox"/> 0.05% Magnesium
<input type="checkbox"/> 1% Phosphorous	<input type="checkbox"/> 0.0004% Iron
	<input type="checkbox"/> 0.00004% Iodine

Additionally, it was discovered that our bodies contain trace quantities of fluorine, silicon, manganese, zinc, copper, aluminum, and arsenic. Together, all of the above amounts to less than one dollar! But there is good news! Our most valuable asset is our skin, which the Japanese invested their time and money in measuring. The Imperial State Institute for Nutrition at Tokyo developed a system for measuring the amount of a person's skin. They take a naked person, and apply a strong, thin paper to every surface of his body. After the paper dries, they carefully remove it, cut it into small pieces, and painstakingly total the person's measurements. Cut and dried, the average person is the proud owner of fourteen to eighteen square feet of skin, with the variables in this figure being height, weight, and breast size. Basing the skin's value on the selling price of cowhide, which is approximately \$.25 per square foot, the value of an average person's skin is about \$3.50.

So, when we total the monetary value of the elements in our bodies and the value of the average person's skin, we arrive at a net worth of **\$4.50!**

Question – Max Lucado asks the question after reading this Psalm, “If someone told you that humanity is not worth any more than the sum total of the chemicals required to from our bodies, how would you respond?

9. What do you think David meant by the statement that God had created his inmost being?

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(The Hebrew word for inmost being was literally “kidneys.” It was actually the Hebrew idiom used to describe the innermost center of emotions and moral sensitivity that which God tests and examines when He searches a person’s true self.)

10. How did God create each of us as He knit us together in our mother’s womb?

Question – What do you tell someone who just doesn’t like the way they were created?

11. My life was ordained by God. David says they were all written in His book before they came to be. This isn’t a form of predestination or God setting a beginning and end date for your life as if it were your fate. This poetic expression means that no one is really an accident. There are no souls inhabiting this earth that God did not design. What are some of the circumstance where this information could be helpful?

Read Psalm 139:17-24

How do we find the thoughts of God that David saw as precious and vast?

Question: If you were to measure your heart as a spiritual gas tank, how full of the thoughts of God would you say you are running at this time in your life?

12. In 19-22 David is expressing how his zeal for God sets him against all God’s enemies. The kings who use armies to rise up against God’s people who serve Him. What does Jesus tell us to do to bring down the enemies of God?

13. What is exciting and what is frightening about verses 23-24?

Final Question: What is the one idea that stands out to you most from this lesson?