

SOURCE OF STRENGTH

9 ENERGIZING TRUTHS FROM PSALM 139

Truth #5:
God Made Me
The Way I Am
Psalm 139:13-16

Four life-changing truths

1. I am _____
For you created my inmost being... Ps. 139:13a
2. I am _____
...you knit me together in my mother's womb. Ps. 139:13b
3. I am _____
I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. Ps. 139:14-15
4. I am _____
All the days ordained for me were written in your book before one of them came to be. Ps. 139:16
For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. Eph. 2:10

Five parts of my God-given shape

Adapted from Rick Warren, The Purpose-Driven Life

- S _____
There are different kinds of gifts... 1 Cor. 12:4
- H _____
For it is God who works in you, inspiring both the will and the deed... Phil. 2:13
- A _____
There are different abilities to perform service... 1 Cor. 12:6
- P _____
For you created my inmost being... Ps. 139:13a
- E _____
We know that in all things God works for the good of those who love him... Rom. 8:28

We'll study more about God's purpose for your life during our series *40 Days of Purpose* this January-- a series we'll do in cooperation with hundreds of other churches around the world!

Daily Meditations

Based on this weekend's theme

This week's memory verse: *I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. Ps. 139:14*

Monday

Review the notes from last weekend. How does modern culture at times attempt to contradict each of the first four points?

Which of these truths is most difficult for you to believe about yourself?

According to Psalm 139:13-16, when did God begin to plan your life?

Since God began shaping you before you were even born, you've had the same basic shape your whole life. Therefore, if you want to understand God's will for your *future*, learn from your *past*. What you were good at when you were 5, 10, or 15 years old you'll be good at when you're 65. Make a list of your enjoyable achievements in life. They don't have to be big. Only two requirements: They must be something you have done *well* and *enjoyed* doing. Ask yourself:

What did I do well and enjoy doing in grade school?

What did I do well and enjoy doing in high school?

What did I do well and enjoy doing in college?

What did I do well and enjoy doing as an adult?

Now look for patterns and ask yourself: What did I really like about this? What was so fulfilling about it? What skills are showing up here over and over --even in different situations?

How are you using these skills in your life today?

Ask God for guidance regarding how you can use the skills He has given you to better fulfill your "shape"! Thank and praise God because YOU are wonderfully made! Thank God in specific ways for the way He created you!

Tuesday

Read Psalm 139:13-16. In at least three ways (“unformed body”; “in my mother’s womb”; “knit together in the secret place”) David teaches that God knew you and was involved with you while you were not even born. How does this idea impact you?

How does this motivate you to persevere through tough times today?

How does it change the way you look at others-- street people, businessmen, neighbors, etc.-- when you think that God was this involved with each of them while they were still developing in the womb?

Here’s a question that touches on a current controversy: What implications do you think Psalm 139 has regarding the practice of abortion?

Thank God that He was involved with you while you were yet in the womb! Thank Him also for His involvement in the lives of your children or friends while they were unborn. Ask Him for this truth to make a difference in your life!

Wednesday

Read Psalm 139:13-16 again. What may inhibit you from proclaiming that you are “fearfully and wonderfully made”?

How is God’s definition of “wonderfully made” different from the definition the world may try to get us to swallow?

Read John 9:1-11. How does this story shed light on Psalm 139?

How has God taken things in your life that others may see as negative and turned them into positive examples of His power?

Thank God for His power and presence in your development! Ask Him to help you live according to your “shape”!

Thursday

Read 1 Cor. 12:4-11. God not only designed your *body* in the womb; this passage teaches that He also has designed you with certain *spiritual gifts* to be used for the building of the church. There are many lists of spiritual gifts in the Bible-- for example, these verses and 1 Cor. 12:28-30. If I asked a group of your Christian friends, what spiritual gifts would they say you had? (Better yet, *you* ask them and write down their responses here!)

Read Ephesians 2:10. How does this verse describe you? What are you made for?

Look at the acronym “SHAPE” in the message notes. How would you define your unique shape-- what are your spiritual gifts, heart desires, abilities, personality, and experiences, and how do they blend together to carve out a unique niche in ministry for you?

Ask God to help you truly believe that you are here for a reason! Ask Him to show you how you have already been used to fulfill His purpose here on earth.

Friday

You are here for a reason! Read Psalm 37:3-5. What is one of the results of “delighting” in the LORD, according to these verses? God wants to fulfill your heart’s desire! What is your *passion*? (This is of course not talking about sinful passions!)

If I mentioned your name to a group of your friends, what would they say you are passionate about?

If you knew you could not fail, what would you do?

Ask God to give you wisdom to see how you can use your passion for His service!

Saturday

Talk to God today about some things you have learned so far during this study of Psalm 139. Praise Him for His involvement in your life! Please pray for the weekend services. Thanks very much!