

# GOD MADE YOU!

**Truth:** To teach children that God made them on purpose to be who they are and to give them an understanding that they are wonderfully made.

**Scripture:** Psalm 139:13-14

Read: For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. (Psalm 139: 13-14, ESV)

(Say) You are wonderfully made; do you know what that means? (give them time to answer). Wonderful means extremely good or delightful. Do you feel delightful? (give them time to answer). God delights in you because He loves you and He created you wonderfully! You, each one of you is created by God! You were not an accident, He designed you to be you and He knows you. Did you know that God knows you? (give them time to answer). He knows exactly who you are because He created you to be YOU! He loves you! God crafted each of us with great detail! Here are a few cool facts:

- Your heart beats 101,000 times a day – 3 billion times in a lifetime and pumps about 800,000,000 pints of blood.
- On average a person can hold his breath for about 1 minute. The world record = 7.5 minutes
- You will drink about 20,000 gallons of water in your life time.
- You blink about 15,000 times a day. (6,000,000 times a year). Women blink twice as much as men.
- 2/3 of your body weight is water. Blood is 92% water. The brain is 75% water and muscles are 75% water.
- It is impossible to sneeze with your eyes open.
- You burn more calories sleeping that you do watching TV.

(Say) So how do we respond as creation of God? Everything that God has created is wonderful and so He believes that we are wonderful. We are precious to Him and He wants us to be near to Him because He loves us. He deserves our praise because we are wonderfully made. Remind your child that they are a fearfully and wonderfully made creation of God and as God's creation we belong to Him and are drawn to Him.

(Say) We can thank God for making us His most prized creation by living a life that is pleasing to Him.

End by praying, Lord, We want to thank you because we are fearfully and wonderfully made. Not only did you plan our lives, but you planned good lives for us. You knew us before our birth and have never left us. Thank you Lord. Amen.