

## 2 • Blessed By God With a Body

“What does it mean to be a human being?” How does God answer that question? What do his answers tell us

about ourselves? Each other? Where we came from? Why we’re here? Where we’re going?

The second answer to our questions can be found in **Psalm 139**: **You have been blessed by God with a \_\_\_\_\_.**

- **Psalm 139** begins by teaching us that our Creator \_\_\_\_\_ everything (139:1-6)
- It moves on to remind us that our Creator is \_\_\_\_\_ (139:7-12)
- Next, notice how David describes his body, where it came from, and who gave it to him:

For you \_\_\_\_\_ my inward parts; you knitted me together in my mother’s womb.

I praise you, for I am fearfully and wonderfully \_\_\_\_\_.

Wonderful are your works;

my soul knows it very well.

My frame was not hidden from you,

when I was being made in secret,

intricately woven in the depths of the earth.

Your eyes saw my unformed substance;

in your book were written, every one of them,

the days that were formed for me,

when as yet there was none of them. (139:13-16)

Your body isn’t an accident. Your body means something to your Creator. He formed it. He knows what is going on around and inside it. He’s blessed you with a body because he cares about you.

Now, it’s important to realize: you are **MORE** than a body and there are more important things about you than your “outward appearance” (1 Samuel 16:7). But your body is a gift from God, and the best way to say “Thank you” to God for that gift is to “present” your body “as a living sacrifice, holy and acceptable to God” (Rom 12:1).

What’s that going to look like? Why does it matter? **Let’s talk about it...**



# FOUNDATION STONES

Our bodies don't all look the same, do they? But we learn from a young age to sing...



**Jesus loves the little children, all the children of the world.**

**Red and yellow, black and white, they are precious in his sight.**

Why do we sing that song? What **REALLY** important truth is it teaching us?

Let's think back to what we learned from **Psalm 139**. We heard in **verses 1-6** that our Creator knows everything. We heard in **verses 7-12** that our Creator is everywhere. Why should we remember those truths? Doesn't that remind us of another song we learn as children?

**O, be careful little eyes what you see...**

**O, be careful little ears what you hear...**

**O, be careful little mouth what you say...**

**O, be careful little hands what you do...**

**O, be careful little feet where you go...**

**O, be careful little heart whom you trust...**

**...for the Father up above is looking down in love...**

What are we learning as we sing that song together?

How can I say "Thank you" to God for my body?

**For NEXT Wednesday:**

"What does it mean to be a human being?" Next Wednesday we'll add: **You are completely dependent on God.** What does that mean? **We'll talk about it!**