

You Are a Wonder

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Key Scripture

Psalm 139:13-14 (ESV) 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.

Sermon in One Sentence

You are not an accident, a mistake, or an afterthought, but a meticulously designed masterpiece, fearfully and wonderfully made by the loving hand of God, reflecting His infinite wisdom and creative glory.

Introduction

Have you ever stopped to consider the sheer improbability of your existence? The intricate dance of DNA, the precise timing of cell division, the unfolding miracle of life from conception to birth – it's a symphony of biological precision that far surpasses human understanding. Yet, in a world that often measures worth by external achievements, social validation, or fleeting beauty standards, it's easy for us to lose sight of the profound truth of our inherent value. We wrestle with feelings of inadequacy, a gnawing sense that we're somehow "not enough," or perhaps even an unfortunate "mistake."

This morning, I want to challenge that narrative. I want us to shed the heavy cloak of self-doubt and the lies that diminish our perceived worth. The problem is not that you are flawed beyond repair, but that you have likely been looking for your worth in all the wrong places, neglecting the profound truth revealed in God's Word about your very being.

Our key scripture, Psalm 139, doesn't just state a theological fact; it declares a personal, intimate reality about each one of us. It invites us into a divine perspective, urging us to see ourselves not as random products of chance, but as intentional, marvelous creations of the Almighty God. Let's delve into this awe-inspiring passage and let its truth wash over our souls, transforming how we see ourselves and our Creator.

Historical & Biblical Context

Psalm 139 is a magnificent hymn attributed to King David, a man whose life was a tapestry of profound faith, exhilarating triumphs, harrowing failures, and deep repentance. This psalm is a personal meditation on God's omnipotence (all-powerful), omnipresence (ever-present), and omniscience (all-knowing). David, as he often did, poured out his heart to God, exploring the unfathomable depths of the Lord's intimate knowledge of him – from his thoughts to his outward actions, and critically, to his very formation.

Written centuries ago, this psalm transcends its ancient context to speak directly to the human condition across all generations. In a world before modern biology or genetics, David, by divine inspiration,

proclaimed insights into human development that are nothing short of miraculous. He didn't have microscopes or prenatal scans, yet he spoke of being "knitted together" with a precision that echoes our scientific understanding of embryonic development. The psalmist's profound realization of God's intimate involvement in his personal creation laid the groundwork for understanding the inherent dignity and worth of every human life, from conception onward. This psalm, therefore, is not merely a poetic expression; it is a theological cornerstone that affirms the sanctity and divine origin of every person.

Main Point I — Intimately Known by Your Creator

Scripture: Psalm 139:13a (ESV) "For you formed my inward parts..."

Before you were even aware of your own existence, God knew you. The psalmist declares, "you formed my inward parts." This isn't just a generic statement about creation; it's a deeply personal confession of God's intimate involvement in the very fabrication of *his* being. The Hebrew word for "formed" (■■■■■■■, *qanah*) can also mean "to acquire" or "to create." It speaks of God not only initiating creation but actively shaping and possessing it. He didn't just set a process in motion and step back; He was intricately involved in the specific details of *your* formation.

Imagine a master sculptor with their hands deeply immersed in the clay, shaping every contour, every detail. That's the image this verse evokes. God didn't merely "allow" you to be; He actively, meticulously formed your "inward parts." This refers to your organs, your bones, your nervous system – the complex biological machinery that makes you, *you*. But it refers even more profoundly to your inner being, your unique temperament, your particular emotional landscape, your spiritual capacity. Before you uttered a word, before you took a breath, before any external influence could touch you, God was already at work, designing you with intentionality and purpose. This truth should humble us, but more importantly, it should instill within us an unshakeable sense of being known and cherished.

Main Point II — Meticulously Knitted Together

Scripture: Psalm 139:13b (ESV) "...you knitted me together in my mother's womb."

Building on the concept of formation, the psalmist uses the evocative metaphor of being "knitted together." The Hebrew word for "knitted" (■■■■■■■, *sakak*) actually means "to hedge," "to weave," "to cover," or "to intertwine." It speaks of an intricate intertwining, a careful interlacing of all the components that make up a living being. Think of the complex weaving of a tapestry, where each thread, no matter how small, contributes to the beauty and integrity of the whole. Or consider the intricate network of nerves, muscles, and blood vessels that work together seamlessly in the human body.

This powerful imagery underscores the precision and care God takes in creating life. You weren't haphazardly assembled; you were meticulously woven, piece by intricate piece, within the protective sanctuary of your mother's womb. Every cell, every organ, every system was designed with purpose and placed with precision. This divine artistry speaks to the incredible foresight and wisdom of God. There are no redundant parts, no accidental inclusions. Every aspect of your physical and perhaps even your psychological makeup is part of this divine design. You are not a generic model; you are a custom-made, one-of-a-kind creation.

Main Point III — Fearfully and Wonderfully Made

Scripture: Psalm 139:14 (ESV) "I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."

This verse moves from observation to adoration, from understanding to worship. Having surveyed the depth of God's intimate knowledge and meticulous craftsmanship, David bursts forth in praise: "I praise you, for I am fearfully and wonderfully made." The word "fearfully" here doesn't imply terror, but rather awe, reverence, and profound respect for the majesty and power of God's creative act. It speaks to the astonishing, almost daunting complexity and miraculous nature of human life. It's a "fear" born of wonder, recognizing the monumental achievement that is a human being.

And "wonderfully made" (פלא, *pala*) means "distinguished," "extraordinary," "marvelous." It signifies something unique, set apart, and astonishingly magnificent. You are not just created; you are a marvel! Your very existence is a testament to God's incredible power and infinite creativity. Your soul, your mind, your emotions, your intellect, your body – all bear the imprint of a divine Artist. This truth should ignite a fire of praise within your own heart. "Wonderful are *your* works," David proclaims, extending the wonder of his own creation to acknowledge the broader splendor of God's creative power. "My soul knows it very well." This isn't just an intellectual assent; it's a deep, foundational conviction that permeates his entire being. This should be our conviction as well.

Illustration

Consider the astonishing complexity of the human eye. In the 18th century, William Paley, a Christian apologist, used the analogy of a watchmaker. If you stumble upon a complex watch, you wouldn't assume it simply appeared by chance; you'd logically deduce that an intelligent designer created it. How much more, then, when we consider the human eye? It contains over 2 million working parts, processing images at a rate faster than any camera. It can distinguish between millions of colors and adapt to vast differences in light intensity. Evolutionist scientists have struggled for generations to explain its origins. Yet, this intricate organ, which allows us to behold sunsets, read scripture, and gaze into the eyes of loved ones, is just one small piece of the "knitted together" wonder that is you. It testifies not to randomness, but to an infinitely intelligent, masterful creator – the very God who formed your inward parts and declared you fearfully and wonderfully made.

Practical Application

1. Embrace Your Divine Design: Take time this week to meditate on Psalm 139. Acknowledge and affirm that your unique personality, talents, even your perceived imperfections, are part of God's design. Begin to see yourself through His eyes, as a beloved, intentional creation, rather than through the distorted lenses of societal expectations or past wounds.

2. Cultivate Self-Care as Praise: Recognizing that your body and mind are "fearfully and wonderfully made" should lead to responsible stewardship. This week, commit to one concrete act of self-care (e.g., adequate sleep, nourishing food, intentional rest, exercise, limiting negative inputs) that honors the miraculous creation that is you, viewing it as an act of worship to your Creator.

3. See the Wonder in Others: If you are wonderfully made, so are the people around you. Practice looking at others – family, friends, even strangers – through the lens of Psalm 139. Seek to recognize the divine spark, the intricate design, and the inherent worth in every person you encounter, even (or especially) those who might challenge your patience.

4. Resist Comparison and Self-Condensation: When thoughts of inadequacy or comparison arise, actively counter them with the truth of Psalm 139:14. Rehearse in your mind: "I am fearfully and wonderfully made." Remind yourself that God does not make mistakes and that your worth is intrinsic, not comparative.

5. Express Gratitude for Your Existence: Take a moment each day to explicitly thank God for your life, for your body, for your abilities, for the unique way He has made you. Let gratitude fill your heart for the miracle of your being, and express this in prayer.

Discussion Questions

1. How does recognizing that you are "fearfully and wonderfully made" challenge negative self-talk or feelings of inadequacy you sometimes experience?
2. What specific "inward parts" or unique aspects of your personality, talents, or even struggles do you believe God "formed" and "knitted together" in you for a purpose?
3. How might a deeper understanding of Psalm 139:13-14 change the way you view challenges or perceived flaws in yourself or others?
4. In what practical ways can you live out the truth that you are a "wonder" in your daily life this week, both in how you treat yourself and how you interact with others?

Closing Prayer

Heavenly Father, we stand in awe of your magnificent creativity. Thank you for forming our inward parts and knitting us together in our mothers' wombs. Forgive us for the times we have doubted our worth or failed to see ourselves as the fearfully and wonderfully made beings you created us to be. Help us to truly grasp this profound truth and to live with the dignity, purpose, and gratitude that comes from knowing we are your beloved masterpieces. May our lives be a testament to your wonderful works. Amen.

Benediction

Now go forth, beloved of God, knowing that you are a marvelous wonder, meticulously designed and infinitely cherished, and may your life reflect the praise due to your amazing Creator.