

Psalm 139:1–6, 13–18

Thirteenth Sunday after Pentecost, Sunday between September 4 and September 10



The Season after Pentecost is the period between the Day of Pentecost and the First Sunday of Advent. This season makes up half of the calendar year, and its liturgical color is green. It is a time to focus on the life and growth of the Church in the world, empowered by the gift of the presence of the Holy Spirit. 12th-century mystic Hildegard von Bingen captured the essence of this season when she wrote, "The Holy Spirit is the greening power of God. Our task is to blossom."



Scripture

○ Lord, you have searched me and known me.

You know when I sit down and when I rise up;

you discern my thoughts from far away.

You search out my path and my lying down and are acquainted with all my ways.

Even before a word is on my tongue,

○ Lord, you know it completely.

You hem me in, behind and before,

and lay your hand upon me.

Such knowledge is too wonderful for me;

it is so high that I cannot attain it.

For it was you who formed my inward parts;

you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made.

Wonderful are your works; that I know 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 beheld my unformed substance.

In your book were written

all the days that were formed for me,

when none of them as yet existed.

How weighty to me are your thoughts, ○ God!

How vast is the sum of them!

I try to count them—they are more than the sand;

I come to the end—I am still with you.



Questions

- The psalm talks about being made in the depths of the earth. Have you ever made anything out of dirt? Can you think of another part of the Bible that talks about dirt or earth?
- Whose voice do you recognize without seeing the person? How did you get to know their voice so well? What do they sound like? What words do they say most often? Who knows your voice well?
- How did the poet feel about God knowing them so well? What words does the poet use to describe their feelings? When you think about God knowing you very well, how do you feel? Why?
- What is a womb, and what does a womb do? What parts of you were formed in a womb? What parts of you were formed outside of a womb?
- The poem says we are fearfully (carefully) and wonderfully made. What do you do when you aren't thinking wonderful thoughts about yourself?

Look it Up!

No one on the earth has matching fingerprints. Even identical twins have unique fingerprints!

Look up images of common fingerprint patterns. Which patterns do you see on your fingertips? What other animals have fingerprints?



mini
REVOLUTIONS





Activity

Materials:

Art supplies
Large poster board or
paper per 6-10
participants

Printed lists of facts about
the body or encyclopedias
Magazines and glue
(optional)

One of the most famous lines from our passage today is verse 14. Read verse 14 together: ***“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.”***

Wonder together about its meaning. “Fearfully” here doesn’t have anything to do with being afraid; it means we are made amazingly, so we step back in awe of God’s creation.

Think of someone you admire: a friend, family member, or even a celebrity. What do you admire about them? How are they fearfully and wonderfully made?

Sometimes it can be hard to see how we are wonderfully made because our society sends messages about who is important and who is not. Who can you think of that our society doesn’t treat as if they are wonderfully made?

If you had x-ray vision, you could begin to see how amazingly complex God has made our bodies. Our bodies have 206 individual bones, and the smallest ones are only a few millimeters! If you took all the blood vessels out of your body and laid them in a line, they would be close to 100,000 miles long! They could wrap around the Earth four times!

Using the supplies, work together to make an infographic that shows how we are all fearfully and wonderfully made! Include scientific facts about the body, the verse from Psalm 139:14, and pictures of people, including those you previously said are not treated with love by our society. If you have magazines, cut out and glue pictures of diverse people on the infographic as well.

Activity Adaptation

Read verse 14 together: ***“I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.”***

“Fearfully” here doesn’t have anything to do with being afraid; it means we are made in an amazing way, so we step back in awe of God’s creation.

Our bodies are made in an amazing way! Our bodies are made to show that we love and care for each other. Go through the parts of your body, and talk about the things they can do.

Start with your hands. What can you do with your hands? You could give a handshake or a high-five to a friend. You could help someone pick up what they dropped or clean up a mess.

What about your ears? How can you show someone love and care with your ears? You could listen to their stories or their questions! Notice how your ears are made like cups; when you want to listen your best, you turn your face toward the sound to hear better.

Identify other parts of your body, and name how each part can help you show love and care to friends and family. For additional movement, try acting out some of these ways.



Micropractice

One ancient form of meditation is counting. We count and breathe when we feel big feelings. We count sheep to fall asleep. Choose something that seems uncountable—like sand, rice, or threads—and spend some time counting.



Download a graphic to share with your community and on social media. You can download it here:

illustratedministry.com/minirevCPentecost13



Prayer

Dear God, who created each of us just as you imagined, thank you for the diversity of people in the world and our lives. Help us to see each person we meet as wonderfully made. Amen.

I PRAISE YOU,

FOR I am

FEARFULLY

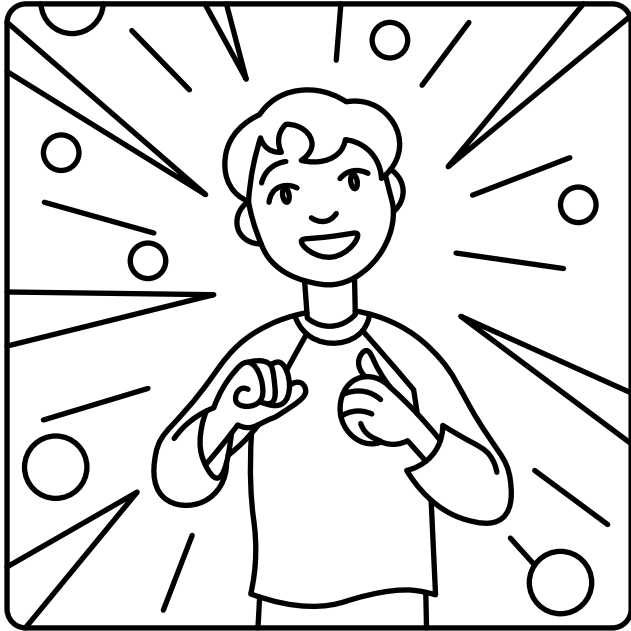
WONDERFULLY

AND
MAD.

WONDERFUL ARE YOUR WORKS;

that I know

VERY WELL.

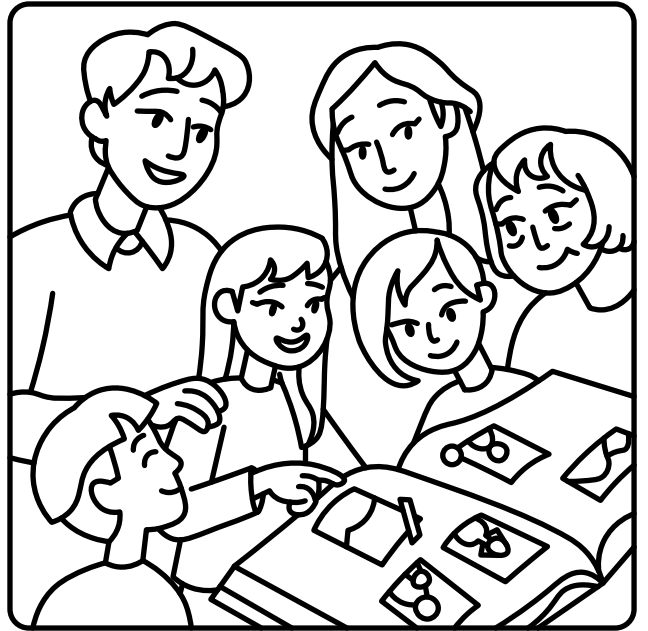


2. You formed me, inside and out. You knit me together when I was inside my parent's womb. You were full of care and wonder when you made me. You always create good things, including me!



Psalm 139:1-6, 13-18

1. God, you know me so well. You pay careful attention to me. You know how I move, think, and speak, even before I do anything. You surround me on all sides. It is almost impossible to imagine how much you care about me.



3. Before anyone else could see my potential, you were creating me to be amazing. You made me from the depths of the earth. Before I looked and acted like me, you knew me. Before I knew I was alive, you imagined the life I might live.



4. I cannot imagine how many thoughts you must have! Trying to understand your thoughts is like trying to count the grains of sand on the beach. Even when I can't count any longer, you are still thinking more thoughts about me. I am still with you.