

# ***“Fearfully and Wonderfully Made”***

Psalm 139:1-18 NIV

Bible Lesson & Activities for Children



THE **SUNDAY SCHOOL** STORE

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# Fearfully and Wonderfully Made

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Psalms 139 is a beautiful reminder that God knows us inside and out, better than we know ourselves. He has created us and loves us, and we can't even begin to understand the depth of that care. God does wonderful and amazing things in nature and in our lives. Living in awe of His wonder and mystery should increase our love for Him.

There is great comfort and peace in recalling that we are made, known, and loved by the God of the universe. He is mighty and powerful and the creator of all things, and yet He cares for us as individuals. God knows our thoughts and understands us inside and out. He knit us together and designed us with purpose. We can rest assured that we are valuable and loved, no matter what we might do or not do. We have worth because of God's love, and He will guide us in our lives.

**Passage:** Psalm 139:1-18

**Target Audience:** Elementary School, adaptable for K-6<sup>th</sup> Grades

**Materials Needed:** Construction paper, decorative materials, play-doh, paper plates, pipe cleaners, glue/tape, markers, scissors, Bible (all optional, depending which activities you choose to use—except for the Bible, you need that for sure). Object lesson props could include small items that require technical skill to operate or are complex in nature.

## More Resources Online

- Watch the [video demonstration of the object lesson](#)
- Watch the [video example for the craft projects](#)
- Watch the [video Bible Story "Lego Psalm 139"](#) from CODECUK
- Watch the [video Bible Story "God Made You Special"](#) from the Crossroads Kids Club
- Watch the [video Bible Story "Overview: Psalms"](#) from the Bible Project
- For more free Bible illustrations, we recommend [Christian Clip Arts](#).

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# Contents

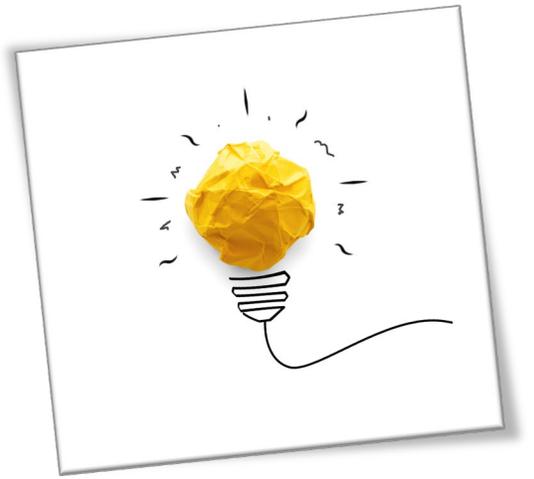
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Contents.....	2
Object Lesson (5 minutes).....	3
Game & Activities Suggestions (10 minutes) .....	5
Main Bible Teaching (15 minutes) .....	7
Craft Activities (15 minutes) .....	10
Craft one: “Woven Together Place Mat” .....	11
Craft Two: “Creativity Plate” .....	12
Craft Three: “Designed by Hand Hand” .....	13
Psalm 139:14 NIV .....	14
Psalm 139:14 NIV .....	15
Boy / Girl Coloring Pages.....	16
Bible Worksheets .....	18

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## Object Lesson (5 minutes)

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*Greet children with one or two items that would require special knowledge or expertise to understand.*

Hello, Children of God!

Do you know how things work? If you wanted to know more about something, who would you ask for information? For instance, let's say I have this (*produce some sort of item that has parts and complexities*). If it wasn't working quite right, or I wanted to understand more about it, what could I do? Maybe I could look up information online, I suppose. But I'd probably have to somehow contact the people who made it, right? The manufacturer would have the best and most detailed information that could help me understand all the details of how it works. Or if I had a problem with my phone or computer, I could get in touch with someone who made it or is an expert and ask about how I might be able to resolve the issue.

These people know about the products because they have put them together, and it is helpful to rely on them for help and information. Who knows the most about YOU? If you had questions or problems about your life, who could you turn to for hope and help? Well, the One who made you knows most about you. God knows you better than you know yourself, in fact. The Lord has made you and loves you more than you can understand. In the Bible, we hear in the Psalms some beautiful and comforting reminders of how much we matter to God. Psalm 139 tells us that God knit us together, putting us together like a quilter sews, and forming each one of our parts with special care. He knows us inside and out. We sometimes feel confused and maybe don't fully understand our own thoughts or emotions. But God knows them. He made us with them. God's love and knowledge are so

vast and great that we cannot fathom Him fully. He is a mystery, which is wonderful and peace-bringing. God knows everything about anything, but He also cares for us as individuals. He has plans and purposes for our lives. He made all our parts with care and with intention. He knows what will come and promises to be with us through all things. Do you know how many hairs are on your head? Or how all your insides are working? Probably not...but God knows! We can go to Him with our fears and frustrations, with our questions and our joys, and He understands all of them. He is present with us now and will never ever leave us. This can bring tremendous hope as we journey through life. We don't always understand things. But HE has all of the answers and will guide us through every step of things.

Let's say a prayer now to thank God for making us and loving us.

**Prayer:**

(Have kids repeat each line)

Dear God,

Thank you for making us and caring for us

You understand us and know us better than we can imagine

Help us to trust in you and give thanks for your presence

Thank you for your love

We love you, God!

In Jesus name, Amen!

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## Game & Activities Suggestions (10 minutes)

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This lesson reminds students that God knows us, loves us, and made us unique and wonderful. It should be comforting to contemplate His care and closeness.

Consider some fun warm-up activities to challenge students as you enter reading and discussion. These suggestions can also be incorporated within the lesson as students consider the text.

Here are some activities to get kids thinking... (select the best ones for your audience and age group):

- The hairs on your head...challenge students to explore a unique facet of their body. See if they can count how many individual hairs are in a lock of theirs or challenge them to draw what they think their fingerprints look like, and then compare with a stamped version. Try to help them appreciate how remarkable it is that God knows all about us, even things we don't know about ourselves!
- Each unique...invite children to examine special features and characteristics. Call off a distinguishing element such as hair or eye color and have all students with the same feature group together. Have points or prizes for students who are the only one not in a group (for instance, the only red head in the room). Depending on the size and makeup of the crew, vary to look for just one friend of the same feature, or simply have students stand up if they have a certain trait, like freckles or curly hair.

- Hide and seek: part of the passage from Psalm 139 describes how we cannot hide from God, no matter how far away we go. Kick things off with a round of hide-and-seek or “Sardines.”
- How well do you know me? Select a student at a time to be the topic of quizzing. Ask other students to guess the answers to questions about the interviewee, such as favorite color or food. You might have kids write answers down, or just guess out loud. Explain that we might not perfectly know our friends, but God knows everything about us.

Remind children that they are a precious creation of the Lord. God made each and every one of us special and beloved. He knows us inside and out. Explain that we are going to look at a special Bible passage that describes how God knows us, loves us, and wants to be close to us.

**Ask:** Is there anything you would consider yourself an “expert” in? What is something that you know a lot about? How do you get to know something well?

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## Main Bible Teaching (15 minutes)

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As always, how you choose to experience the passages will vary according to the ages and abilities of your children (and how many are participating).

This passage has some beautiful promises and descriptions and would be great for older students to take turns reading, or younger students to listen to in a paraphrased or simplified version.

*Psalms 139:1-6 NIV You have searched me, LORD, and you know me. (2) You know when I sit and when I rise; you perceive my thoughts from afar. (3) You discern my going out and my lying down; you are familiar with all my ways. (4) Before a word is on my tongue you, LORD, know it completely. (5) You hem me in behind and before, and you lay your hand upon me. (6) Such knowledge is too wonderful for me, too lofty for me to attain.*

**Ask:** Who do you think knows you the best? Your parents? A friend?

Remind or explain to students that God knows them better than anyone else, better even than they might think they know themselves! God created us, so He is an expert on us. He knows how we work inside and out, every last tiny piece of us.

This reassurance isn't like the stories of Santa Clause who "sees you when you're sleeping", but God does know our every thought and action. In a sense, this could feel intimidating, but only if we aren't doing as we should. If we love God, this brings comfort and peace, knowing that He is always watching over us and knows every bit of who we

are. In fact, there's nowhere that we can go where God won't see us. We can't run or hide from Him!

*Psalms 139:7-12 NIV Where can I go from your Spirit? Where can I flee from your presence? (8) If I go up to the heavens, you are there; if I make my bed in the depths, you are there. (9) If I rise on the wings of the dawn, if I settle on the far side of the sea, (10) even there your hand will guide me, your right hand will hold me fast. (11) If I say, "Surely the darkness will hide me and the light become night around me," (12) even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.*

God is everywhere! Even if we fall off the GPS radar or run from everyone on Earth who knows us, God will be there. We can't hide from Him, which is truly a blessing. This means that God wants to be near to us. He's not hunting us down like a frightening pursuer, but He loves us and wants to be with us. Nothing can keep Him from His creation and people. No matter where we go, He is there, and we don't have to do anything to find Him. His presence is with us always.

*Psalms 139:13-16 NIV For you created my inmost being; you knit me together in my mother's womb. (14) I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. (15) 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. (16) Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.*

**Ask:** What is something special or unique about you? (Perhaps one of the opening activities made students aware of this!)

Remind children that God made each of us. He has given us special abilities, traits, and values. When you make a special craft, drawing, or even recipe, you take joy in knowing what you have made and recognizing it came from your hand. In this case, God made us and takes joy in knowing us deeply and fully. He has “ordained our days” and knows what is to come and has been in our lives. These verses tell us we are “fearfully and wonderfully made.” Before we were even born, God knew us and formed us. He had a plan before we took our first earthly breath. The God of the universe makes amazing things: the stars, the oceans, the animals...but He considers humans to be His most precious creation, and made us unique. He made every person with purpose and meaning. What a joy to be the work of His hands!

Psalms 139:17-18 NIV How precious to me are your thoughts, God! How vast is the sum of them! (18) Were I to count them, they would outnumber the grains of sand— when I awake, I am still with you.

There is no way we could even come close to fathoming the power, knowledge, and even presence of God. He is too great and massive and mighty for us to fully know, and that is a blessing and comfort to us. If I am to trust my life to someone, I hope that it's someone powerful who knows a lot about me. God is more powerful than anyone or anything, and He loves and cares for us as individuals. We can trust and rely on Him for all things!

**Close** with a prayer thanking God for making us wonderful and unique, and for knowing us and being with us always. Ask for God's help in trusting His good promises.

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## Craft Activities (15 minutes)

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Psalm 139 is a beautiful and comforting reminder that we are carefully created by God, with intention and purpose and strong love. The Lord made the universe and all that is in it, and He has designed us and made us, too! God made us unique and dearly cared for, which is a wonderful truth to take to heart. These crafts recollect that, and also allow for some fun creativity. A “woven together” place mat incorporates paper weaving. A “Creativity Plate” allows for a variety of fun media. And a “Designed by Hand Hand” incorporates fun artwork designs and hand printing

### **Bible Verses or Captions to Consider...**

- *Woven together!*
- *Fearfully and Wonderfully made!*
- *Created to be creative!*

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## Craft one: "Woven Together Place Mat"

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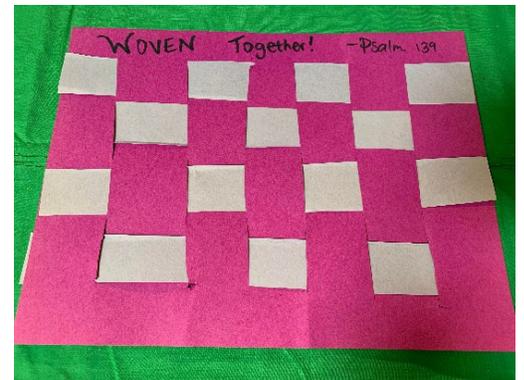
### You will need:

- Crayons or markers
- Scissors
- Glue or tape
- Paper (Construction/cardstock)
- Stickers, glitter, or other decorative items



### Procedure:

1. Cut construction paper into strips about an inch each, horizontally.
2. On another paper (different color), cut slits vertically along the page, 1-2 inches apart.
3. Carefully weave the strips among the slits, alternating in and out/back and forth, to create a checkerboard pattern.
4. Add verses and captions to the woven mat.
5. If desired, cover the mat with a Ziploc bag or plastic wrap to make it a practical waterproof placemat. Or add a hanger of some sort to display.



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## Craft Two: "Creativity Plate"

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### You will need:

- Construction Paper or cardstock
- Glue or tape
- Pipe cleaners, play-doh, popsicle sticks, etc.
- Paper plates
- Scissors
- Decorative elements as desired
- Markers or crayons



### Procedure:

1. Write captions and verses on the paper plate to celebrate God's creation becoming creative.
2. Use creativity to add decorations to the plate. Items could be molded play-doh, twisted pipe cleaners, ribbon design, crosses or otherwise.
3. Attach additional decorations (stickers, glitter, etc.) as desired.
4. Attach string or pipe cleaner, if desired, to hang the plate on display (provided items don't fall off easily).



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## Craft Three: “Designed by Hand Hand”

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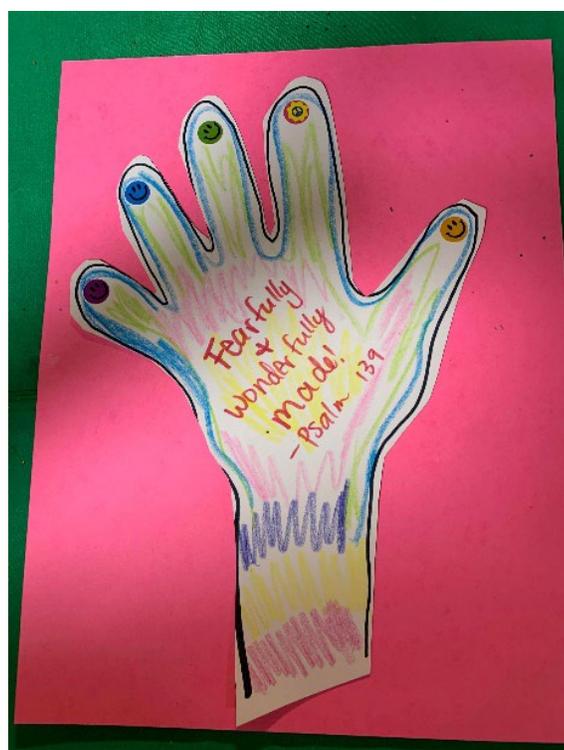
### You will need:

- Construction Paper or cardstock
- Glue or tape
- Scissors
- Decorative elements as desired
- Markers or crayons



### Procedure:

1. Trace a hand on one piece of paper (light-colored suggested).
2. Color the hand with a variety of colors and designs.
3. Add extra decorations to the hand, along with captions/verses.
4. Cut hand out and mount on another (different colored) piece of paper.
5. Attach magnet or string to hang as display, if desired.



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## Psalm 139:14 NIV

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I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.



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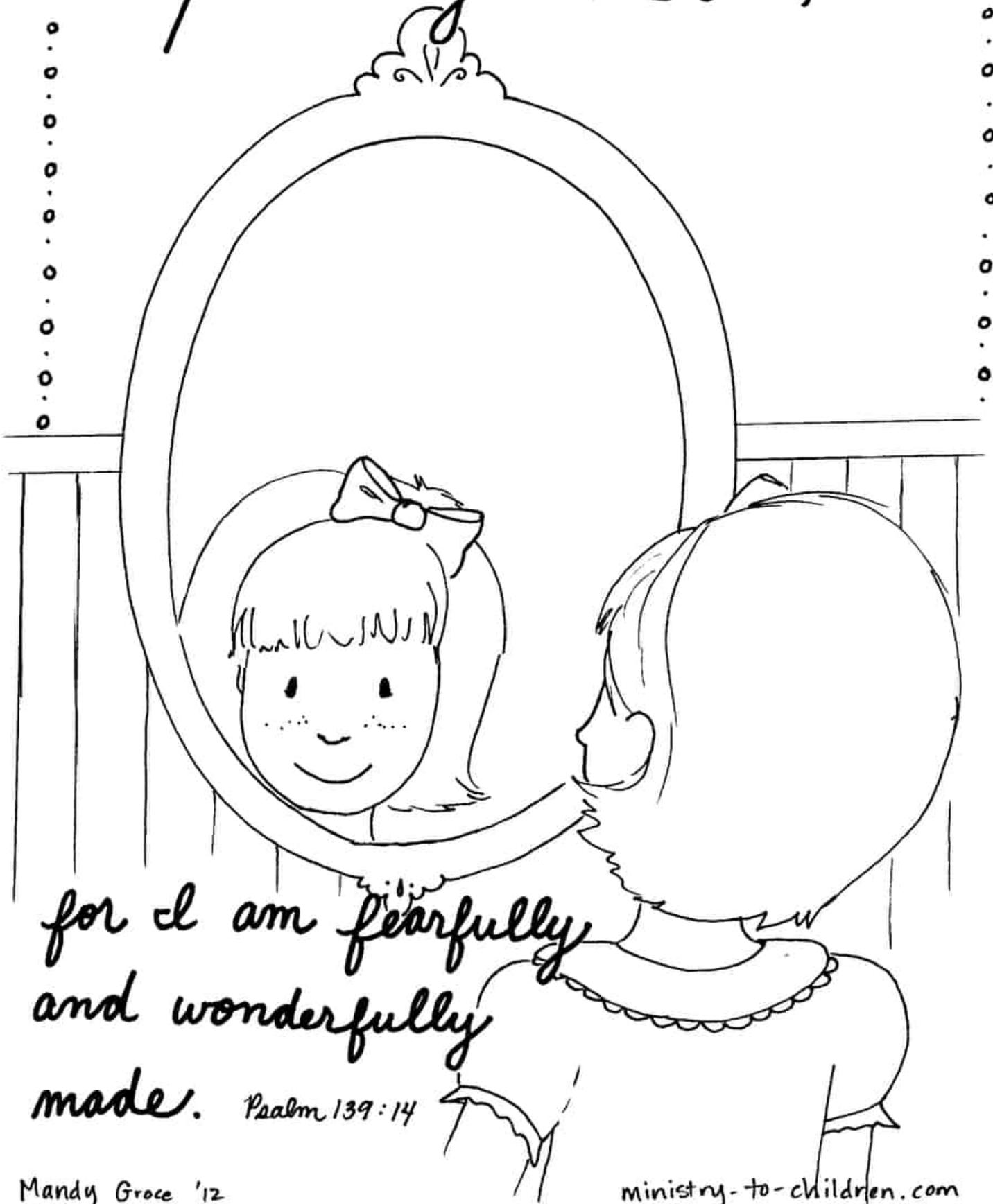
## Psalm 139:14 NIV

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I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.



I praise you God, .....



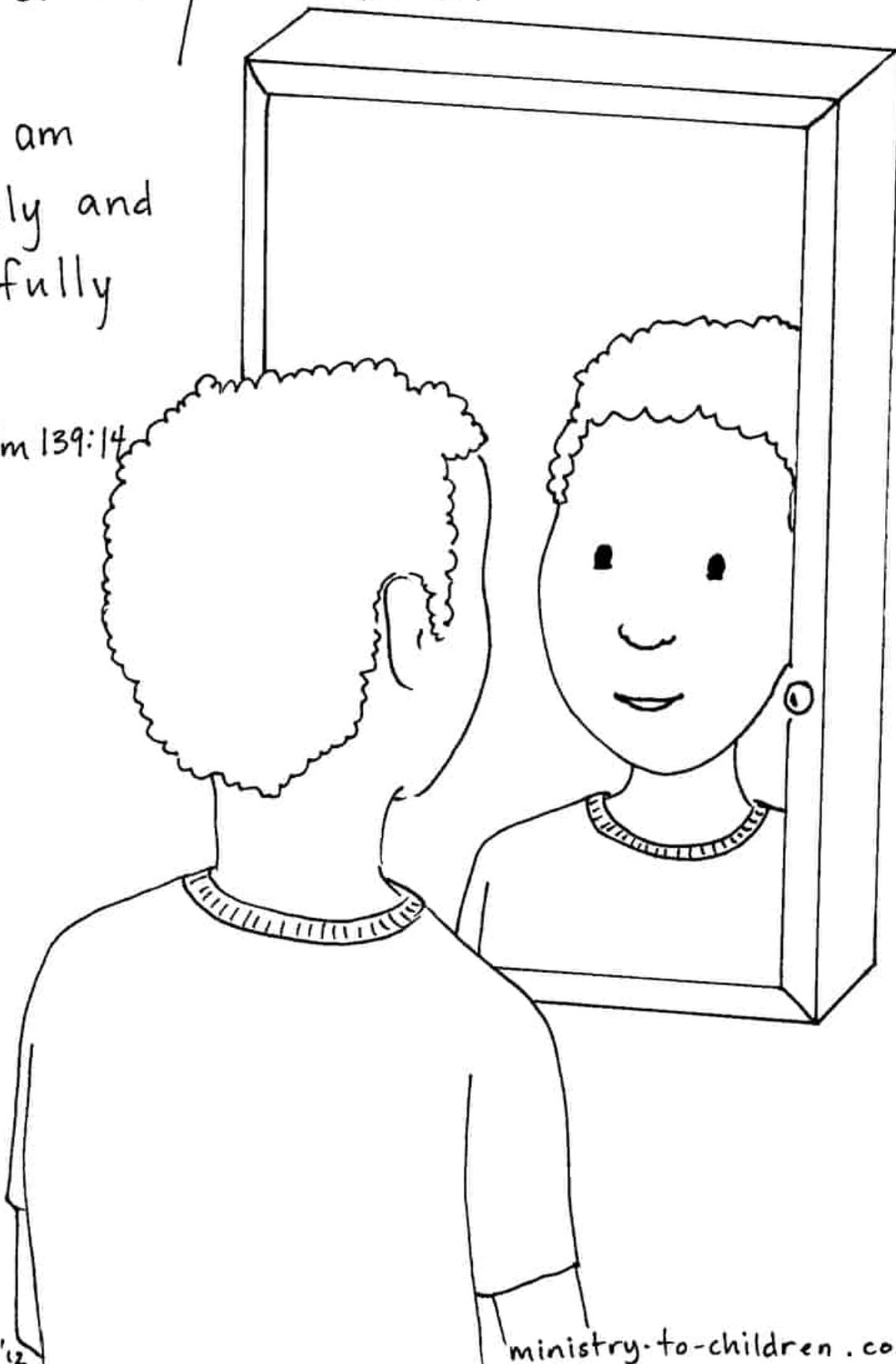
for I am fearfully  
and wonderfully  
made.

Psalm 139:14

I praise you God,

for I am  
fearfully and  
wonderfully  
made.

Psalm 139:14



**Coloring Fun!**

Directions: Color the pictures.

**FEARFULLY & WONDERFULLY MADE**

I AM  
FEARFULLY &  
WONDERFULLY  
MADE

I AM  
FEARFULLY &  
WONDERFULLY  
MADE



## Word Search

Directions: Find the words given in the word search.

**Psalm 139:14 NIV I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

X S V Q N N W J V I I B T G G D V H M J  
Z T E Y J Z I F H P K Y I L P E E J Q U  
N Q H Y W K A N H B F Y Z V R W K F W T  
A Y W V Q S P D Z E H J V T A Y L L C L  
W O N D E R F U L L Y M P S I T G E J I  
Q J G I Q H Q D W B G M L H S J Y V Q X  
A P P I J N K D X I I C N K E B M A O S  
R A H F E U F J K O B F V W Z D F I E C  
P P U M U D P P W I H U Z Y H K V H D A  
D B M Z U G Y C F G A L T R D D Q I K X  
Q O R D Q C S V D D U L Q Z Q R Q D S S  
H U S A O S P B E C A U S E F J P G B T  
Y X N M A L Z P K N O W G G E C P Q X Y  
G R R V L W J H C X H S D W A H J F D I  
X M Q E Z B E K F E G R I K R H D S R B  
A R T Q X B Q Q D G F G W L F S U O D F  
Z G N E U Z Q Y M D J A D E U G B N Z R  
N K J K C Y D M K T U X Z V L K P B C K  
Q B E W Q Y W W W L W K O G L Y L Y V H  
A O X N M M B H L C C S O P Y W L R P Q

### WORD BANK

**PRAISE  
BECAUSE**

**FEARFULLY  
WONDERFULLY**

**KNOW  
FULL**

## Answer Key

Directions: Find the words given in the word search.

**Psalm 139:14 NIV I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**



### WORD BANK

**PRAISE  
BECAUSE**

**FEARFULLY  
WONDERFULLY**

**KNOW  
FULL**