

Psalm 139 Devotional: I am loved

In the beginning, God created the heavens and the earth. Part of his creation is you. Because God made you, God knows you.

Read Psalm 139:1-18.

There are times in life when you wonder if anyone cares that you are here. Who notices me? How can I be in the middle of a group of people and feel like no one sees me? Do I matter?

Have you ever felt that way? Do you ever wonder if anyone would ever love you if they really knew what went on inside you?

God knows what people are like. He knows that we have these feelings. He knows about our habits and quirks. We don't need to pretend that we are perfect because God knows what we are really like. He loves us completely, including all of the not-so-perfect stuff inside us.

If God really knows us, all of us, how can he still love us? This is a great mystery. His love is unconditional! We don't have to wait until we are better or older or thinner or smarter to talk to God. God knows and loves you today.

<http://worship.calvin.edu/resources/resource-library/psalms-for-families-devotions-for-all-ages-psalm-139/>

Activity:

Make a poster about this Psalm. What message can you share with others about God's love for them?

Here is an example of a student's work. Use it as inspiration to create your own original poster.

I am loved, I am a victor in Christ, I am God's champion, I am God's priest, I am an ambassador, I can do all things in Christ, I have a destiny, I am supernatural, I am special, I am unique, I am a world changer, I am fearfully and wonderfully made

Based on Psalm 139

You created every part of me; you put me together in my mother's womb... when I was growing there in secret, you knew I was there – you saw me before I was born. (GNB)

