

LESSON 1

I AM FEARFULLY AND WONDERFULLY MADE

LESSON AT A GLANCE

WONDER TRUTH: God Made Me on Purpose, for a Purpose

SCRIPTURE: Psalm 139

GOD'S BIG STORY: King David writes a psalm describing the incredible ways God interacts with us—creating us, being with us, and knowing us. God does everything with purpose, including creating us!

WORD OF WONDER: How God made me is amazing and wonderful. —from Psalm 139:14

- Play Stations:
 - Button Self-Portraits
 - Block Favorites
 - I Am Fearfully and Wonderfully Made Coloring Sheet
- Curiosity Activity: That's Me!
- Word of Wonder: From Psalm 139:14
- Craft: Made for a Purpose
- Circle Time: I Am Special
- Declaring God's Wonder
- Prayer of Invitation
- Worship: All of Me, Be a Light
- God's Big Story
- Connecting the Wonder Truth
- Prayer and Blessing
- Game: Flip It! Pop Up!





INVITATION

We invite you to pause, listen, and shift your gaze toward the Father ...

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SCRIPTURE: Psalm 139

WORD OF WONDER: From Psalm 139:14

“Where did you come from?”

I asked an innocent question, amused at the barefoot child peeking around the corner of my colleague’s house. We were seated on his porch, taking a moment to debrief a long day’s work.

His daughter had a sixth sense to know that her father was home, so she slipped out the back to come around the building, following the sound of his voice. Without skipping a beat, she looked at me—the stranger interrogating her—and pointed to her father. “Him, I came from him,” she said.

She could have explained that she exited the screen door, but she answered my question with the directness of a child. She came from her dad. Moreover, I was delaying their reunion.

Adults love to share our origins: where we live, where we work, in what locale we were raised. Take a moment to remind yourself that God created you, set your life on a trajectory, and can’t stop thinking of you. Imagine pointing to your heavenly Father to say, “Him, I came from Him.”

I invite you to read Psalm 139 and to ask God to give you the perspective of David. There is no way to escape God’s sight and deliberate attention. God created you for a purpose; your heavenly Father gave life as a gift. What’s one way that you’ve been reminded of God’s design this week? As you imagine your earliest moments in the world, how do you imagine God was already shaping you?

—Jason Hitchcock

Theology Editor and Ministry Volunteer
Contributor to Wonder Ink

LESSON 1 **FOR LEADERS**
I AM FEARFULLY AND WONDERFULLY MADE

DID YOU KNOW?

FOUNDATION BUILDING BLOCKS

WHO?

David, Israel's greatest king, is attributed with writing Psalm 139. He is believed to have authored 73 of the 150 Psalms in the Bible. He was a gifted poet and songwriter, often declaring his praise for God in a variety of ways throughout the Psalms.

WHAT?

A psalm is a poem meant to be sung. Psalm 139 talks about God's omnipresence and omnipotence—He is everywhere and knows everything. The author realizes there's no hiding from God and invites Him to search his heart, showing him where He wants to change him.

WHERE?

In Psalm 139, the "where" is everywhere! God is in the highest heavens and the lowest depths. He is there with us when we are growing in the womb, and He is there with us on our very last day. God is ever-present in our lives.

WHEN?

The psalms were written over hundreds of years—from the time of Moses to after the exile from Babylon. Psalm 139, which is attributed to David, would probably have been written sometime in the late 900s BC.

CONNECTING TO GOD'S BIG STORY:

God doesn't merely observe us from afar; He knows us personally and loves us deeply. Just as David wrote that God knows all about him, Jesus pointed to the sparrows and assured His disciples, "God does not forget even one of them. In fact, he even counts every hair on your head!" (Luke 12:6–7).



LESSON 1 EARLY CHILDHOOD

Spark curiosity and get kids thinking about the wonder of God.

LESSON AT A GLANCE

WONDER TRUTH: God Made Me on Purpose, for a Purpose
SCRIPTURE: Psalm 139
WORD OF WONDER: From Psalm 139:14

Play Stations

SUPPLIES: bowls, colored buttons, paper plates (1 per kid), blocks, coloring utensils

RESOURCES: *I Am Fearfully and Wonderfully Made Coloring Sheet (1 per kid)*

Greet the kids warmly and briefly explain the play stations to them. Invite them to play at any of the stations.

Welcome to church! While we're getting ready to start, you can play at any of these stations to help you get ready for our lesson today. Do you have any ideas about what we'll be learning today?

Play Station: Button Self-Portraits

Set up: Set out bowls of colored buttons and paper plates.

Play: Let kids use the buttons to make a self-portrait, using the paper plate as the shape of their head. Encourage kids to use the buttons to make their eyes, ears, nose, mouth, and hair.

Leader Tip: This activity can be modified by letting kids glue their buttons to the paper plate so they can take their artwork home. You can also let the kids color on their plates using coloring utensils.

Play Station: Block Favorites

Set up: Set out some blocks, magnetiles, or playdoh.

Play: Let kids build their favorite things.. Kids can build things to represent their favorite food, animal, activity, sport, and color.

Play Station: I Am Fearfully and Wonderfully Made Coloring Sheet

Set up: Print one copy per kid of the coloring sheet and set out the coloring utensils.

Play: Let the kids color. The kids can also turn the sheet over and draw a picture of themselves or something they're good at doing.

Curiosity Activity: That's Me!

SUPPLIES: scissors (prep only), gift bag

RESOURCES: [That's Me Sheet \(1/SG\)](#)

Ahead of time, print one copy of the That's Me Sheet, cut apart the cards, and put them in the gift bag.

Invite the kids to sit down in a circle.

We're going to play a game where we'll learn things about each other. I'm going to pull a card out of the bag and read it out loud. If it describes you, jump up as high as you can and shout, "That's me!" Let's practice! Pull a card out of the bag and read it aloud. Encourage kids to jump up if the card describes them. Repeat with the rest of the cards. You can make up more if time allows.

The cards will say:

- I like to climb trees.
- I like to sing.
- I have brown eyes.
- I have short hair.
- I have brown hair.
- I like to dance.
- I like animals.
- I like books.
- I have curly hair.
- I like to draw.
- I like sports.
- I like candy.

I like to climb trees.	I like to sing.	I have brown eyes.
I have short hair.	I have red hair.	I like to dance.

Wonder Ink LESSON 1: I AM FEARFULLY AND WONDERFULLY MADE

You're all so special and different! Look at a friend beside you and say, "You're special and different!" Allow the kids to respond. **You might like the same things as someone else, but not everything about you is the same. Have you ever wondered: What about me is different and special?** Allow the kids to respond. **God made each of us special and different. Today we're going to learn more about how God made you to be amazing and wonderful. Say today's Wonder Truth with me: GOD MADE ME ON PURPOSE, FOR A PURPOSE.** Encourage the kids to repeat the Wonder Truth.

Word of Wonder

SUPPLIES: Bible, colored floor tape (5 colors), craft sticks (5), cup, colored construction paper (optional, several sheets), marker (optional)

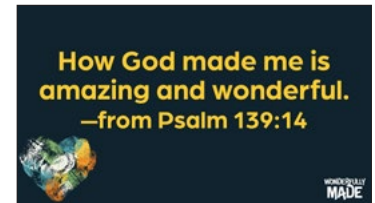
WORD OF WONDER

How God made me is amazing and wonderful.

—from Psalm 139:14

Ahead of time, put colored floor tape (or sheets of colored construction paper) in various parts of the room, just big enough for a kid (or two) to stand on. Create multiple spots of each color. Wrap craft sticks with a piece of colored tape (or color them with a marker), designating one color per stick. Put the colored craft sticks in a cup.

Our Word of Wonder for the Wonderfully Made series is from Psalm 139:14. Let's practice saying the Word of Wonder together. Open a Bible to Psalm 139:14 and practice the verse with the kids.



God made us all special and unique, just how He wanted us! He made us with different colors of eyes and hair. He made us with different personalities and interests. We have different favorite foods and different favorite colors. Everyone shout your favorite color at the same time. Encourage the kids to say their favorite color. Let's play a game to remember our verse and help us remember that God made us all special.

We'll sit in a circle and say the Word of Wonder two times while doing the motions. Then everyone can find a colored spot on the floor and stand on it. We'll all say the verse aloud again and play the game Color Is Lava.

I'll pick a colored craft stick from the cup and hold it up for everyone to see. That color is lava, so you want to go to any color except the color I'm holding up. For example, you'll pick the red stick and shout, "Red is lava!" The kids should scramble to stand on a colored spot that is not red, because red is lava.

For each round, have kids say the verse, and then you'll choose a different color of craft stick. Repeat the lava game with each new color.

Leader Tip: More than one kid can stand on the same piece of colored tape. Encourage kids to keep everyone safe by carefully changing spots.

Encourage the kids to do the motions and say the verse with you.

- **HOW GOD**—Point up with both hands.
- **MADE ME**—Point to yourself with two thumbs.
- **IS AMAZING**—Put one arm out to your side for each word.
- **AND WONDERFUL.**—Burst both arms up and out to the sides at the same time.
- **FROM PSALM 139:14**—Hold your hands open in front of you, as if holding a book.

Gather kids to discuss these questions:

- **According to Psalm 139, how did God make you?** (amazing and wonderful)
- **What's one way you can praise God for how He made you?** (Possible answers: praying, singing, dancing, telling God "Thank You," drawing a picture for God, etc.)

Craft: Made for a Purpose

SUPPLIES: cardstock (1 sheet per kid), scissors (prep only), cardboard, marker, glue sticks, bowls, plastic jewels, large craft sticks, heavy-duty aluminum foil, tape

RESOURCES: [Made for a Purpose Mirror Template \(1 per kid\)](#)

Today's Bible story comes from a psalm written by David. A psalm is a song that helps us worship God. In this psalm, David praises God because God made him and knows everything about him.

Give each child a cardboard mirror and a piece of foil. Help them wrap the foil around the mirror and tape it to the back.

David says that God made every part of him. God made his eyes, ears, hands, feet, and heart. God did not make him by accident.

As kids work on their mirrors::

Say this with me: God made me on purpose. God made me on purpose

In Psalm 139, David says that he is fearfully and wonderfully made. That means God made him with great care. God made him special and valuable.

Invite kids to look into their mirrors.

When you look in your mirror, who do you see?

Allow responses.

You see someone God made! God knows everything about you and loves you very much.

Say this with me: God knows me. God knows me

Begin decorating the mirrors with jewels.

Just like each jewel is different, each person is different. God made every one of us unique and special.

Say this with me: God made me special. God made me special

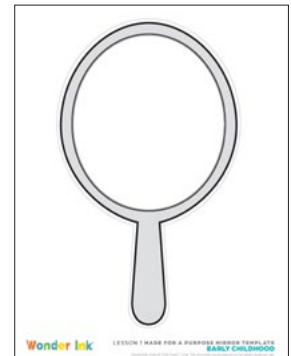
David's song reminds us that God's works are wonderful. That includes the people He made.

As kids finish decorating, invite them to look in their mirrors again.

When you look in this mirror, remember that God made you on purpose. He knows you, loves you, and has a purpose for your life.

Say this with me: Thank You, God, for making me. Thank You, God, for making me

Take your mirror home and remember that you are wonderfully made by God and very special to Him.



Circle Time: I Am Special

SUPPLIES: yarn, scissors (prep only)

Ahead of time, cut seven pieces of yarn in various lengths (several feet long or more). Wad up each piece of yarn into a small ball.

In today's God's big story, we're learning that we're wonderfully made. God made each person special and unique, unlike anyone else. God knows us so well, and He loves us so much. God made you and He knows you! He has planned everything about your life because God made you on purpose, for a purpose.

Let's make a fun web of yarn. Some people use yarn to knit, and that reminds us that God knitted us together (or made us) just how He wants us. Hold up a wad of yarn. I'll start by holding the end of the ball of yarn and tossing it to a friend in our group. Then that friend will toss or pass it to another friend while holding onto part of the yarn. Whoever gets the end of each ball of yarn will answer a question and share one way that God made them special. Let's play! Invite the kids to toss the yarn around the circle.

DISCUSSION QUESTIONS

- **David loved to write and make music for God. What do you love to do for God?**
- **David praised God for knowing and loving him. What do you want to praise God for?**
- **Psalm 139 says God knows you completely. What does God know about you?**
- **According to David, how many thoughts does God have about His people?** (*too many to count; more than the grains of sand*)
- **God made you to be wonderful and amazing. You are like no one else. What's one thing that makes you different from the person beside you?**
- **How can you follow God?**
- **God has a plan for your life! What do you want to be one day?**

It's amazing to think that God created each person to be so different and wonderful. David knew God's love. In our story, David understood today's Wonder Truth. Say it with me! God made me on purpose, for a purpose!

Invite kids to share prayer requests and praises and to thank God for how He made them. Encourage the kids to pray silently and thank God for loving and caring for us so well.

Declaring God's Wonder

Wonder Ink RESOURCES: Early Childhood Declaration [Video](#) or Slide (optional)

Show the Early Childhood Declaration [Video](#) or Slide and encourage the kids to say the statements and do the motions with you.

Thank You, God, that You made me! (Kids repeat words and motions.)

Make prayer hands, then point up and then to yourself.

And I am Your kid! (Kids repeat words and motions.)

Put your hands on your hips.

Jesus loves me so much; (Kids repeat words and motions.)

Spread your arms out wide to your side one at a time, then pull them in for a hug around your chest.

His love for me is big. (Kids repeat words and motions.)

Hold your arms up high and wide above your head.

The Holy Spirit leads me, (Kids repeat words and motions.)

Bring your arms down from above, making a path in front of you.

And I can follow You. (Kids repeat words and motions.)

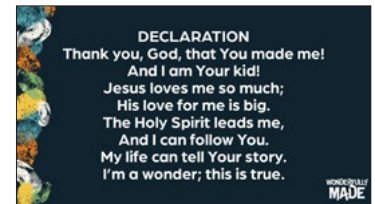
March in place like you're following the leader.

My life can tell Your story. (Kids repeat words and motions.)

Hold your hands in front of you like an open book.

I'm a wonder; this is true. (Kids repeat words and motions.)

Put your hands up, shake your fingers, and celebrate ("praise hands").



Prayer of Invitation

Before entering into God's big story, lead kids in a prayer of invitation. Use the prayer here or your own words: **God, we invite You here with us. Help us listen to Your voice today. Thank You for making each of us on purpose, for a purpose. Let us experience Your love today. In Jesus' name, Amen.**

Worship

Today we're learning that God loves us so much and that He made us with special care. Let's sing and thank God for loving us and making us.

Play songs All of Me, Be a Light and encourage the kids to sing and dance as they praise God.

GOD'S BIG STORY SCRIPT

Wonder Ink RESOURCES: [I Am Fearfully and Wonderfully Made God's Big Story Video](#)

You can help tell God's big story by doing some motions when I tell you to.

A long time ago, God's people, the Israelites, had a king named David. He was a brave and good king. **Stand tall and brave like a king.** Kids respond. **David won lots of battles. David played instruments and wrote songs. Sing a quick song.** Pause and allow kids to sing for 10 seconds. **He sang songs about God and how much he loved God. David wrote many of the Psalms in the Bible. Psalms are song poems to God.**

One day, David sat down to write a special song poem. **Pretend to write.** Kids respond. **It's Psalm 139 in the Bible. David wanted to praise God because God knows everything and everyone. David knew that God had made him. David wanted to praise God for knowing every single thing about him!**

Let's all stand up. Kids respond. **David wrote, "LORD ... you know all about me. You know when I sit down** (encourage kids to sit down) **and when I get up** (encourage kids to stand up) **... LORD, even before I speak a word, you know all about it!"** (Psalm 139 1–2, 4).

David was amazed! He wrote, **"I'm amazed at how well you know me. It's too big for me to understand"** (from Psalm 139:6). **Spread your arms out as wide as you can.** Kids respond. **God knows us better than anyone. He knows us better than our parents, grandparents, brothers, sisters, or best friends. God knows us because He loves us and made us with a plan and for a purpose.**

David wrote that **no matter where he went** (invite kids to stand up and walk in place)—**up high in the sky or far away—God was always with him. God is everywhere all at once. He's with us all the time. God always listens, loves, and takes care of us. Put your hands on your heart.** Kids respond.

God created us in a wonderful way. **God has always known us. Even before we were born, God was with us. Give yourself a hug.** Kids respond. **God was watching us and forming us as we grew inside the mothers who gave birth to us.**

Leader Tip: Be sensitive to kids who are adopted or who may not know their biological moms or have positive relationships with them.

David was so excited about this. **God knew David and made him personally! David said, "How you made me is amazing and wonderful. I praise you for that. What you have done is wonderful. I know that very well!"** (Psalm 139:14). **Point to your head.** Kids respond.

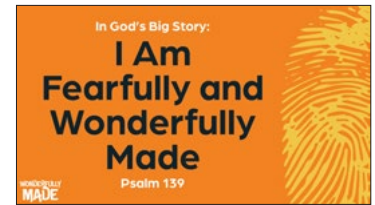
Each person is **fearfully and wonderfully made. Fearfully** here doesn't mean afraid, it means careful. **Can you imagine how much God must love us? He made us very carefully. God knew us before we were even born. David wrote about how much God loved him. God's thoughts about him are too many to count—more than all the grains of sand on every beach! Pretend to build a sandcastle or count little grains of sand.** Kids respond.

Leader Tip: If the kids get too rowdy or have a hard time staying interested in the story with all of the motions, call up a few kids each time to do the motions instead of the whole group.

David ended the psalm by praying, “God, see what is in my heart” (Psalm 139:23a). Point to your heart and then look through binoculars. Kids respond. “See if there’s anything in my life you don’t like. Help me live in the way that is always right” (Psalm 139:24). Because of how much God loves him, David knew that it’s good and right to follow God all the time.

God made David in a wonderful way. And God made each of us wonderfully. He knows us so well, and He loves us so much. Point to others with an open hand and then point to yourself. Kids respond. God made you and He knows you! He has planned everything about your life because God made you on purpose, for a purpose.

VIEW THE GOD’S BIG STORY VIDEO



Connecting the Wonder Truth

Ask the following question to help kids connect the Wonder Truth to God’s big story:

Our Wonder Truth today is **GOD MADE ME ON PURPOSE, FOR A PURPOSE**. Where did you see our Wonder Truth happen in the story? Allow kids to answer freely.

God doesn’t sit back and just watch us from far away. He knows us really well and loves us so much. Many years after David wrote in Psalm 139 that God knows all about him, Jesus pointed to the sparrows and told His disciples, “God does not forget even one of them. In fact, he even counts every hair on your head!” (Luke 12:6–7).

Prayer and Blessing

After the kids finish their activity, pray with them, thanking God for making them on purpose, for a purpose.

As we pray, point to yourself when I say, “making me.” Point to your head when I say, “knowing me,” and put your hands on your heart when I say, “loving me.” Let’s pray and talk to God.

God, thank You for making me (point to self) **on purpose, for a purpose**. Thank You for knowing me (point to head) **and loving me** (hands over heart). **We love You. In Jesus’ name, Amen.**

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands are open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: May you always remember that the God who is everywhere is also the God who created you on purpose, for a purpose. He delights in you and will guide you wherever you go.

Game: Flip It, Pop Up

SUPPLIES: coin

Put the kids into two teams. Have them line up on either side of the room. Stand in the middle with a coin. **I'm going to flip the coin. If it lands on heads, this team** (point to one team) **will pop up. If it lands on tails, this team** (point to the other team) **will pop up. The first person to pop up on each team will answer a question about what we're learning today.**

Each time you flip the coin, quickly say what side it landed on and ask a question from the list below to the first kid to pop up. You can let that kid be the new "coin flipper" after answering a question.

- **Who wrote songs to God in today's story?** (*David*)
- **What part of the Bible is the book of Psalms in: Old or New Testament?** (*Old Testament*)
- **Who created you?** (*God*)
- **When is God with you?** (*all the time*)
- **What do you think it means to be "wonderfully made"?**
- **What's one wonderful thing about you?**
- **David praised God because he knew God loved and cared for him. What can you praise God about?**