

Psalm 139 – God made me

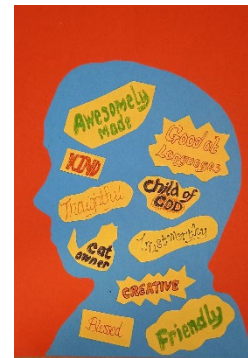
Watch this Lego version of Psalm 139 <https://youtu.be/7eQ7D-A00Bw?si=02HIX46sf09LL0hv>



We are going to make a silhouette of you. You need a big sheet of paper, pencil and scissors, a torch and a friend or relative to help you. Fasten the paper on an area of wall (be sure to check with the house owner first that that's OK to do!). Set the torch up to shine at head height and stand in front of it, facing sideways, to create a shadow on the piece of paper on the wall. Get your friend or family member to draw round the outline of your shadow with a pencil. Now you can cut your silhouette out. It is unique to you – nobody else's silhouette will be the same.

Think of the adjectives that describe you – all the good things that make you you. Decorate your silhouette with those words, or simply colour it with all your favourite colours. You could even do pictures of things that are special to you.

God made each one of us unique and individual and loves each one of us just as we are. And that includes you!



A prayer for when you look in the mirror

**Thank you that I am so wonderfully made.
Amen**

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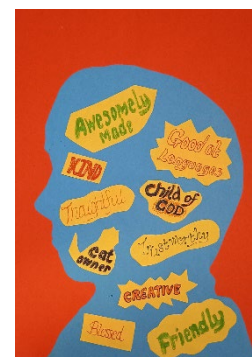
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Bible Reading

Psalm 139 – God made me



You are the one who put me together inside my mother's body,
and I praise you because of the wonderful way you created me.
Everything you do is marvelous! Of this I have no doubt.

Nothing about me is hidden from you!
I was secretly woven together out of human sight,
but with your own eyes you saw my body being formed.
Even before I was born, you had written in your book everything about me.

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I wonder which is your favourite part of this psalm?

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