

For the Week of January 11, 2026

“Fearfully and Wonderfully Made”**Psalm 139:13-16**

¹³For you created my inmost being;
you knit me together in my
mother's womb.

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

¹⁵My 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,

¹⁶your eyes saw my unformed body.

All the days ordained for me
were written in your book
before one of them came to be.

Write down 5 significant observations. Raise 2 significant questions and try to answer them.

Observations	Interpretation (Questions)	Applications

Opening Questions:

- What is a season of your life that you look back on as a particularly clear example of life being a gift?

The Living Word: Please read our text for this week.

- Highlight words or phrases that stand out to you.
- Please narrate using your own words.

Verses 13-14

1. What do verses 13–14 reveal about **who, when, where, how, and why** regarding our creation? How significant are the answers to these questions?
2. What words does David use to describe God's action in forming him?
3. What does it mean that God formed David's "inmost being" or "inward parts"?
4. Based on these verses, how should we understand ourselves?
5. How does David respond to God's creation of him? What does it mean to be "fearfully and wonderfully" made? How important is it for us to know this?

Verses 15-16

1. What do verses 15–16 reveal about God's awareness, care, and knowledge of us before we are known by others?
2. What images does David use to describe his early formation, and why does he use poetic language?
3. What does "my unformed substance" tell us about God's awareness of human life?
4. What do you think David is trying to communicate by "All the days ordained for me were written in your book before one of them came to be"?
5. What do these verses tell us about God? What do these verses teach about human dignity? How does this passage inform a Christian view of the sanctity of human life?

Living the Word/Application:

- How might this passage speak to someone struggling with worth or purpose?
- What would change if we truly believed this?