

SEPTEMBER SCRIPTURE & SPOTLIGHT

PSALM 139: 14, 16-18 | SELF-AWARENESS

- 14** I praise you because you made me in an amazing and wonderful way. What you have done is wonderful. I know this very well.
- 16** You saw who you created me to be before I became me! *Before I'd ever seen the light of day*, the number of days you planned for me were already recorded in your book.
- 17-18** Every single moment you are thinking of me! How precious and wonderful to consider that you cherish me constantly in your every thought! O God, your desires toward me are more than the grains of sand on every shore! When I awake each morning, you're still with me.

AFFIRMATION:

I am known. I am loved. I was born on purpose for a purpose. I matter. Today, I can do hard things! I can and will learn from my mistakes. I am growing through challenges. I am taking charge of my thoughts, feelings and actions. No matter what comes my way, God is with me. He is for me. I'm ready to conquer today!

DUE THURSDAY, SEPTEMBER 30, 2021

LET'S TALK ABOUT IT!

This psalm is attributed to David. Yes, the shepherd boy who defeated Goliath and would one day become king! Did you know that when David was just a boy, he was almost overlooked because of what he looked like? Read the story in 1 Samuel 16. Now, read what he wrote in Psalm 139. What advice do you think grown-up David would give to his younger self in 1 Samuel 16?

Just like David, God made you on purpose for a purpose! What are some amazing and wonderful ways God made you? This could be your strengths, your skills or talents.

Sometimes we may be hard on ourselves. We might not like some things about ourselves, but the Bible tells us that these things we consider "weaknesses" are the perfect places for God to make us strong. What are some areas you are needing God to make you strong in?

How do you feel when you consider that God knows everything about you? Yup, all the good and even the bad! Nothing is hidden from him.

Have you ever done something wrong and tried to hide it? What happened? How did you feel? Why do you think we try to hide?

Do you ever feel like someone didn't understand you? Why? What happened?

Read verses 17 & 18. How do these verses help us have peace in lonely, sad, scary or uncertain times?

From these verses, how would you describe God? How does knowing who God is help us to trust him?

David realized that the one who knew him best was the one who created him, God. Yes, that God knew him better than anyone and even better than himself. The more we know God, the more we know ourselves and who he created us to be.