

# Bible Study: Incredible Me – Psalm 139

## I Am Created!

**Scripture:** Psalm 139, Genesis 1 & 2, verses in John

**Memory verse:** Psalm 139:14 HCSB

*"I will praise You because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well."*

**Central thought:** "I am created unique & in God's image!"

**Object Illustration:** Photo to demonstrate the "image of God"

**Rec. Game with Tie-in:** Photo scavenger hunt – using cell phones, each family group will have a list of things to take photos of and report back within a time limit.

**Bible Lesson:**

**Overview:** We are each uniquely special and incredible because of the Creative God that made us!

**Facts to emphasize:** \* We are each created to be wonderfully unique and are incredible because God created us in His image!

\* God knows me & wants me to know Him. He is all-seeing, all-knowing, all-powerful, and everywhere present...He is the great I AM.

\* Because of sin though we no longer reflect God's image, but His greatest gift is to allow us to know Him through Jesus!

\* When we are "incredible" for God, we make Him "credible" to others!

**Intro. activity:** Skit of who's INCREDIBLE? And why?!

## **BIBLE LESSON:**

Recruit another adult to “argue” the point of which one of you is more “incredible”. Begin skit by saying “I am incredible!” (very enthusiastically!); have other adult say, “No, I am incredible!” Continue for a few minutes “arguing” the point by saying back and forth – “I am incredible because... (I can jump high; I have strong muscles; etc.) Get silly with it! Finally look at the students and ask them who they think is more incredible...take a vote if you want!

After calming everyone down, let students know that this week we will be learning that each one of us is incredible in their own way. We are each unique and special...but not because of what we can do or be, but because of Who created us – GOD!

**Point 1: Who am I?...**I am unique and created by God in His image

Have students open their Bibles to the verse for the week Psalm 139:14 –

*“I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.”*

Remind students that the book of Psalms is near the center of their Bible and actually a book of songs. Psalm 139 was written by David.

In verse 14 David points out that we have been made – “wonderfully” – the Hebrew word there ‘Pala’ (paw-law) translated means “to distinguish, put a difference, show marvelous, separate, set apart, sever, make wonderfully”.

David realized God had made him unique...different...even maybe a little “weird”!, and that was a wonderful thing! There is and never has been nor ever will be another me...another you! God never makes a duplicate! Even twins have differences!

### **Activity 1:**

We LOOK different!!!:

- \* Have those with blue eyes stand. Everyone sit.
- \* Those with curly hair stand. Everyone sit.
- \* Those with earlobes attached at the bottom stand. Everyone with sit.
- \* Those who can curl or roll their tongue stand. Everyone sit.
- \* Those with dimples stand. Everyone sit.
- \* Those who are left-handed stand. Everyone sit.
- \* Those who have freckles stand. Everyone sit.
- \* Those whose hairline on their forehead makes a point or widow’s peak stand. Everyone sit.

\* Finally have everyone clasp their hands together without thinking about it. Have them look to see which thumb is on top and if their left thumb is on top to stand. Genetic studies have shown that about 55% clasp with their left thumb on top and 45% with their right hand on top. Everyone sit.

The point is that God has created us to inherit different genes. No two people have the exact same DNA! We are created to be different...unique...which is INCREDIBLE – unbelievable and wonderful!

Look again at Psalm 139. Have different students read one verse each of verses 13-16.

Not only are we unique from each other, but we are uniquely created, wonderfully made different from any other created thing! God knows us and we have been created to know Him!

Let's go back to THE BEGINNING...turn back in your Bibles to the first book, the first chapter, the first verse...Genesis 1:1. Have someone read this verse out loud.

We know that this first chapter describes how God created everything. Go through a quick review quiz of what God created on each day along with what He said about each creation. Have someone read out loud Genesis 1:26-27. Ask them what is different about God creating humans. (we were created in His image & He said it was "VERY" good! vs.31) [Note: Be ready if someone asks about God referring to Himself as 'Us' and 'We' to briefly mention the Trinity – The Father, The Son & The Holy Spirit, but don't let this get us sidetracked.]

**Object Lesson – photo/image:** Before class begins use your phone to take a picture of someone that will be in the room during the lesson. Tell the class that you are going to describe someone in the room and begin 'vaguely' describing that person; have students raise their hand and guess if they think they know who it is. Hopefully they won't guess. Then ask them if it would help them if you showed them a photo. Is the photo of the person actually the person? (No!) Does the picture look like the person? (Yes!) It is their image. We are not God, but we were created to look like God in every way...the way we act, the way we talk, the way we love.

I don't know about you, but there are a lot of times I don't look or act like God. When people look at me, they wouldn't say, "She is a picture of what God must look like!"

Show students the photo of yourself you brought. Scribble over it with the marker and crumple it. Just like this picture...it's hard to tell who it was a picture of now! Explain that God created us in His image, but sin came into the world and has caused us to no longer look like God.

When we are unkind to others...we don't look like God...it is sin.

When we tell something that is not true (a lie)...we don't look like God...it is sin.

When we disobey our moms & dads...we don't look like God...it is sin.

When we talk behind our friends backs or bully someone...we don't look like God..it is sin.

**Point 2: Who is God?** ...He is the Creator! He knows me & wants me to know Him!

Let's look at Psalm 139 from the beginning. Have different students read one verse each of Psalm 139:1 – 6.

From the very beginning of creation, God has wanted us to know Him. Let's go back and look at Genesis 2. It tells the creation story also, but there is something unique & different. Have students compare Genesis 1:1 with Genesis 2:4 to see what is different about what God is called. In chapter 1 it just says 'God' in chapter 2 over and over He is called LORD God. This is special and unique!

Have students look through chapter 2 and count how many times they see LORD in capital letters.

Tell them that any time they see LORD in all capital letters in the Bible it is God's personal name! From the very beginning God wanted us to know Him...to have a relationship with Him!

Use the example of someone famous; say "you know them as "...", but their family knows them as "...." God doesn't want us just to know about Him, He wants us to really know Him...as a Father and a friend.

When God spoke to Moses out of the burning bush, Moses asked God who he should say had sent him to lead the people out of Egypt. God told Moses to tell the people that "I AM, WHO I AM" had sent him.

God is and always has been. He was not created. He has always existed and always will exist. He is all-seeing, all-knowing, all-powerful, and everywhere present...He is the great I AM...and He wants us to know Him and know Him by His personal name!

There is still a problem though...that sin that messed up our image of God in us...it also keeps us away from knowing God.

We can't fix it ourselves (try wiping off the marker with a wet wipe; it should make the picture even worse). We just make things worse. The only way to fix it would be to take a new picture.

2 Corinthians 5:17 tells us that we can be made into new creations!

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; and look, new things have come."

It makes me think of an ugly caterpillar that turns into a beautiful butterfly!

Jesus called it being born again. When He was talking to Nicodemus one day. (Read John 3:3) That didn't make sense to Nicodemus...

Jesus went on to explain and I bet you can say John 3:16 with me! (Quote it all together) Did you know that Jesus had said those words to Nicodemus?

Jesus made a way through His death and resurrection for us to be made new ... like a new photo...to be made in the image of God again! (Have someone take a new picture of you with your phone and then show the class.)

What did John 3:16 say God did? What does it say we need to do to be right with God again and have eternal life? Believe...it means to not only believe in our head, but in our hearts we are to trust God with all that we are.

God wants us to know Him through Jesus Christ. He is "I AM".

A little further in the Gospel of John, Jesus uses 7 "I am" statements to tell Who He is. Let's look at these.

### **Game of Pictionary:**

Ask for volunteers. Give each a word with a Scripture reference. (bread, light, gate, shepherd, resurrection, vine) Have them draw the item for others to guess and then share the Scripture reference for someone to read and see if they guessed correctly.

After someone reads each one, allow a few students to share what they think the statement means for us.

Have everyone to look up John 14:6 together at the end and read. Remind them that Jesus, God Himself, said that He was the WAY, the TRUTH, & the LIFE...no one comes to the Father except through Him. The world may say there are many ways to God, many ways to heaven, but Jesus said He is the ONLY way. Who will we believe & trust?

John 6:35 "I am the bread of life." (He is all we need.)

John 8:12 "I am the light of the world." (He guides us. He helps us see...)

John 10:9 "I am the gate." or "I am the door." (He stands guard. He is the way...)

John 10:11 "I am the good shepherd." (He watches over us. He takes care of us...)

John 11:25 "I am the resurrection and the life."

John 14:6 "I am the way and the truth and the life."

John 15:1 "I am the vine."

Every time you see the word LORD all in capital letters, let it remind you of Who God is and how much He loves you! He created you to unique and special and to be incredible for Him!

### **Point 3: Living Incredible**

When we live an incredible life in Jesus, we make God credible (believable) for others! We reflect His image...they can see a picture of God in us! They can see God's love in us and for us and for them!

In this Bible study lesson series, we will be using the phrase "I am..." –

"I Am Created!" – I am INCREDIBLE because God created me in His image!

"I Am Chosen!" – I am INCREDIBLE because God loves me and let's me choose Him!

"I Am Christ's!" – I am INCREDIBLE because with Jesus I am never alone; He is always with me & has made me a part of God's family!

"I am Called!" – I am INCREDIBLE because God has a plan & purpose for my life!

**Guided prayer time:** Lead students in silently praying to God. Use the following ideas or create your own prayer prompts.

Have everyone bow their heads & close their eyes so they can focus on God & not be distracted. Lead in talking to God –

Let's start our prayer praising God. Tell God how "Incredible" He is!

If there is anything in your life that you know of that God may not be pleased about, let Him know you agree it is wrong and ask Him to forgive you.

Now think of some things you want to thank God for and tell Him thank you for each. Also thank God for bringing you to camp this week.

Ask God to speak to you this week & help you listen to Him and come to know Him better. Tell Him about any worries or needs you may have. Yes, He knows everything, but He wants you to come and talk to Him about everything and ask for His help.

Pray for others that you know of that need God's help – maybe they are sick or sad or need to know that God loves them.

Close the prayer time with a short prayer of your own.