



## ***ALIVE! :: FEARFULLY AND WONDERFULLY MADE :: LOUIE GIGLIO***

### **INTRODUCTION**

St. Augustine is attributed as saying, "People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering." In this session we'll take a closer look at the miracle of the human body and the amazing God who uniquely created each of us.

### **DISCUSSION QUESTIONS**

1. Read Psalm 139:1-12. How does it make you feel to realize that God knows you? That there is nowhere that you can go where he doesn't see you or know what you are doing? That there is nothing you can do that will surprise Him?
2. Read Psalm 139:13-14. How does it make you feel when you contemplate the fact that God formed you? That He crafted and created and fashioned every part of you?
3. What, to you, is the most amazing thing about the body that God has created for you?
4. Read Psalm 139:15-16. How does it make you feel to know that God has ordained all of your days—that you have a destiny?
5. Since the end of your days is coming, and you don't know when it will be, how will you live this week like you are dying?
6. Reread Psalm 139:14. How will you make a conscious effort to praise God this week for how He has made you?

### **THINK ABOUT IT**

God has uniquely formed you and ordained your days. How does this change how you view yourself and your life?

### **WHAT WILL YOU DO?**

There are 3,000,000,000 letters in the DNA code in every cell of your body. And no one's DNA is the same. That means that God has created you uniquely. There is no one like you and there will never be anyone just like you. This week, how can you remind yourself of God's amazing creativity in crafting you?

### **CHANGING YOUR MIND**

*I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well, Psalm 139:14*