

The God Who Formed Me

Formed by Love, Redeemed at a Cost — Psalm 139 (Week 3)

1. Formed and Fashioned

You were knit. You were woven. On purpose, by a Craftsman who does not make mistakes.

Week 1: The God Who Knows Me (v.1) — He knows the real you, and loves you completely. Week 2: The God Who Is Everywhere (vv.7-12) — there is nowhere you can go where He isn't already there. Today: David moves from where God is, to who made him.

David describes God's craftsmanship using intimate words: 'created,' 'knit together,' 'woven.' These are not assembly-line words — they describe a master craftsman's careful, unhurried work.

Like an insult to a sculpture actually lands on the sculptor, when we say 'I'm worthless' or 'I'm a mistake' about ourselves or others, we are really making a statement about the Craftsman who made us.

David's response to this truth: 'I praise you' (v.14) — worship, not shame.

- You are not an accident
- You are not a rough draft
- You were knit and woven on purpose

2. Written Before I Was Made

Value is something given by God, present from the very beginning, before formed, before born, before anyone else even knows that life exists.

Verse 16: Before David existed, God had already seen him and written every day of his life in His book. This speaks to the sanctity of every life — value is given by God from the very beginning, not earned by development, independence, or usefulness.

This truth also applies to every person in the room: your days — good and hard — were written before you lived a single one. You are not off the page.

3. Wonderful, Not Worthless

Your worth was and is declared by the Craftsman the moment He formed you, and no cultural trend, no unkind comment, no mirror on a bad day gets the final word on that. God does.

Culture's standard of a 'valuable body' constantly shifts — an exhausting, moving target. But David declares in present tense: 'I am fearfully and wonderfully made' — a settled fact, not up for renegotiation.

God's verdict was decided before culture had an opinion — before comments, comparisons, or mirrors. Like a sculptor's original declaration doesn't change when

the finished piece gets a chip or crack, God's verdict on you isn't based on your flaws but on His intention and design.

Question to sit with: Whose voice have you been letting define your worth?

4. The Cost of Your Worth

If you ever start to doubt whether you actually matter to God — whether your body, your life, your story is actually valuable to Him, don't just look in the mirror. Look at the cross. Look at the empty tomb.

The same God who knit you together looked at broken humanity and gave the highest price possible — His one and only Son (John 3:16). Not silver, not gold — His Son, given up to the cross, and raised on the third day.

If you doubt your worth, don't just look in the mirror — look at the cross and the empty tomb. That's the price tag God put on your life.

Challenge: Stop measuring your worth by the world's shifting scale. Start measuring it by the price already paid at the cross.

Discussion Questions

For personal reflection or group discussion

1. David responds to being 'fearfully and wonderfully made' with praise rather than shame. What is your typical response when you think about how God made you?
2. How does the picture of the sculptor and sculpture change the way you think about criticizing yourself or others?
3. What does it mean that your days were 'written in God's book' before you lived a single one? How does that truth speak to your current season of life?
4. Whose voice have you been letting define your worth — culture, comparison, or your Creator? What would it look like to reject the world's shifting standard this week?
5. How does the cross and empty tomb serve as proof of your worth, beyond just a feeling or church phrase?

Key Takeaways

Main points to remember and apply

1. You are not an accident or a mistake — you were intentionally knit and woven by a master Craftsman.
2. Every life, however small or fragile, is already seen, known, and valued by God — before it is formed.
3. God's verdict on your worth ('wonderful') is settled and unchanging, regardless of culture's shifting standards.
4. Your worth was proven at the highest possible cost — the death and resurrection of Jesus Christ.

5. You don't get to decide you're worthless — that verdict was settled at the cross, in your favor.