

11am Service talk

When did you last look in a mirror? Most people I know are not pleased with what they see. But our Psalm for today says stop and marvel at the brilliance of God's creation.

*Oh yes, you shaped me first inside, then out;
you formed me in my mother's womb.*

I thank you, High God—you're breathtaking!

Body and soul, I am marvellously made!

I worship in adoration—what a creation!

You know me inside and out,

you know every bone in my body;

You know exactly how I was made, bit by bit,

*how I was sculpted from nothing into
something.*

*Like an open book, you watched me grow from
conception to birth;*

*all the stages of my life were spread out before
you,*

*The days of my life all prepared
before I'd even lived one day.*

First thing to note about this is that You were planned by God. The human body is a very complex device, made of millions of parts, like the largest Lego model , multiplied by a thousand times. The plan is encoded in a minute chemical spiral called your DNA which is unique to you. And its being repaired and maintained constantly. Did

you know that God creates in you, individually, 25 million new cells per second!

What is more, you are unique. Look at the palms of your hands. They are unique to you. Nobody in the whole world of 70 billion people has hands like you. Not even if you have an identical twin. YOU are special because God made you special. That is the just the physical plan God has for you. To try and explain that Jesus said

“²⁹ Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. ³⁰ And even the very hairs of your head are all numbered. ³¹ So don’t be afraid; you are worth more than many sparrows. (Matthew 10:29-31)

Today you could buy them for as little as £50 for living in an aviary. But the point is not how we value them, but how God values them. He knows and cares for every one of them. And Jesus says *you are worth more than many sparrows*. The bank note you were shown, is only of value because the Bank of England promises to pay the bearer. Otherwise its just a piece of paper. You are valued because God says so. Then he goes on to add *even the very hairs of your head are all numbered*. Now for some people that’s easier than others! But did you know that the hairs on your head are unique to you? Modern science can identify a person from their hair and also work out what you have been eating!

The psalmist says ¹⁴*I praise you because I am
fearfully and wonderfully made;
your works are wonderful, I know that full well.*
Maybe we should all have that on the mirror to
remind ourselves that our good looks are praise
items for our creator! And as you comb or brush
your hair, thank God that he knows you that well.

But God created you for a purpose. And that is to
be loved by him and love him in return. He loved
you so much, Jesus died a terrible death so that
you might be free to love him in return. We mess
up, but that does not stop God loving us. Just like
the banknote we saw earlier, its not how you look
or how you behave, God's love for you is
unchanging. You are valued most of all because
God loves you.

That is not all! The Psalm begins with
*GOD, investigate my life;
get all the facts firsthand.
I'm an open book to you;
even from a distance, you know what I'm
thinking.*

He knows everything about you and yet he still
loves you. Yes, he does! He knows about your
good, kind thoughts and he knows when you are
angry and upset and think bad things. He knows

when you are generous in sharing what you have with others and when you are selfish and unkind. Now here's a thing. God loves you whether you are good or bad. He does not like it when you get it wrong, but that does not stop him loving you. There is nothing you can do to stop God loving you. But you can reject his love.

The Bible has a special picture about it

Jesus says in Revelation 3:20: *Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.*

So Jesus created us and is creating us. He knows us inside out. He loves us and he wants us to understand that our best place in life is with Jesus. There is no better way to live than to follow him. He is *the way, the truth and the life*, to quote John 14:6.

So tomorrow when you comb your hair remind yourself of the memory verse:

"I praise you because I am fearfully and wonderfully made"

Psalm 139:14a

When you are not as good as someone else at sport or sums or writing or drawing, remember winners and losers are loved by God as you are.

And when you are having a bad sulk, remember Jesus still loves you and wants you to say sorry and put to rights what upset you.

And there's even more!

Not only are you a special creation. Not only does God know everything about you but You can never be out of sight from God, which means you are never on your own!

Did you listen to the reading?

*Is there anyplace I can go to avoid your Spirit?
to be out of your sight?*

If I climb to the sky, you're there!

If I go underground, you're there!

*If I flew on morning's wings
to the far western horizon,*

*You'd find me in a minute—
you're already there waiting!*

*Then I said to myself, "Oh, he even sees me in
the dark!"*

You can't play 'Hide and seek' with God. He is already where you thought you might hide! That is good news because it means you can't fall out of his love.

So today *I praise you because I am fearfully and wonderfully made*". We are reminded that not only are we special to him but he knows everything about us and we are never out of sight from him.

And he loves us so much that when we spoil our lives by being naughty and wrong, he gave Jesus so *that whoever believes in him shall not perish but have eternal life*. That is a verse from the Bible. In fact it is John 3:16.

It's a good idea sometime during the day to read a bit of the Bible. It is God's handbook for life and he knows the best way to live.

The psalm ends with a prayer for life. It is saying that we should embrace the fact that God knows us, good and bad and he knows exactly where we are so we ask him to set us on the best road to eternal life.

Let's pray it together now:

*Investigate my life, O God,
find out everything about me;
Cross-examine and test me,
get a clear picture of what I'm about;
See for yourself whether I've done anything
wrong—
then guide me on the road to eternal life.*