

“The generation gap today is reflected not simply in fashion and music but in attitudes and beliefs about some of the most basic aspects of human existence.”

—*Carl Trueman*

OVERVIEW OF 3 WEEKS

As a human being...

- How should I see myself? (today, 7/10)
- How should I see God? (next week, 7/17)
- How should I see others? (end of the month, 7/31)

PSALM 139

God knows you infinitely better than you know yourself!

1. God knows you personally and meticulously. (1)
2. God knows every thought you think. (2)
3. God knows everywhere you go. (2-3)
4. God knows everything you do. (3)
5. God knows every word you say—before you even say it. (4)
6. God surrounds you—behind you, in front of you—all around you (5).

“[God] knows who I am at heart, who I am in my darkest moments, who I sometimes wish to be and what I sometimes long to do... He knows all there is to know about me, things I don't even know about myself. I am an open book before him, laid bare before his penetrating gaze.”

—*Tim Challies*

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God planned your life! He planned YOU!

MAIN POINT

As a human, you are *wonderfully made!*
You are wonderfully made *by God,*
and you are wonderfully made *for God.*

APPLICATION – PART 1

There's one thing you should not do when you think about yourself in light of Psalm 139:14...

Don't take a verse that's worshiping God and twist it into a verse that's worshiping you.

Our value as humans—which is very real—is a derived value. All our worth comes from God. He is the source of it, and apart from him, we are nothing. We exist for God—nor for ourselves.

APPLICATION – PART 2

There are five things you should do when you look at yourself in the mirror (in light of Psalm 139:14):

1. Remember that God made no mistakes when he made your body—even with any physical defects (real or perceived) you might wish you could change about yourself.
2. Remember that God expects you to care for the body he gave you with wisdom, humility, and gratitude.

APPLICATION – PART 2

There are five things you should do when you look at yourself in the mirror (in light of Psalm 139:14):

3. Remember that God chose how beautiful and strong you would be—everyone is not equally beautiful or strong, but beauty and strength are real gifts that are good and valuable, yet temporary and fleeting.

APPLICATION – PART 2

There are five things you should do when you look at yourself in the mirror (in light of Psalm 139:14):

4. Remember that God wants you to reject our world's obsession with physical beauty and fitness—it is constantly changing, often self-focused and immoral, normally unattainable, sometimes destructive, and ultimately empty and vain.

APPLICATION – PART 2

There are five things you should do when you look at yourself in the mirror (in light of Psalm 139:14):

5. Remember that God wants you to pursue imperishable beauty—he wants the enduring beauty of a worshipful heart that is gentle, quiet, and servant-minded, and the strong faith of one who trusts in God.

“We have been created in God’s beautiful image, and it is for this reason alone that we are truly beautiful. We are not beautiful because we fit the popular ideal of beauty, and we are not ugly or unattractive because we don’t measure up. Our beauty as human beings is not derived from ourselves. It comes from our beautiful God...”

—Carolyn Mahaney & Nicole Whitacre

“Here is the fixed standard of beauty in our fickle culture. No matter our body type, age, skin color, height, or weight, whether we have a disability or deformity, whether or not we meet the current cultural standard, we are all beautiful because we have been created in the image of God. This levels the playing field. It radically redefines physical beauty. And it pulls our gaze away from ourselves and onto our beautiful God.”

—Carolyn Mahaney & Nicole Whitacre