

Tuesday 5 April 2022

Psalm 139: 13 - 16

13 For you created my inmost being;

you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made;

your works are wonderful,

I know that full well.

15 My frame was not hidden from you

when I was made in the secret place,

when I was woven together in the depths of the earth.

16 Your eyes saw my unformed body;

all the days ordained for me were written in your book

before one of them came to be.

There are very few people on this planet who are profoundly happy with who they are. If you are like the millions of others out there who wish they were taller, shorter, thinner, more muscular, younger, older, lighter, darker; had different hair, eyes, ears, mouth, nose; were more outgoing, more intelligent; could sing, paint, act, orate, write, basically be anybody other than you. Well, this psalm is for you. Most people wish to change something about themselves but here we hear that God purposefully made us exactly the way we are. The utterly unique person that you are was created by God for a reason. You with all your gifts, talents and beautiful "flaws" are exactly who you are meant to be to fulfil God's purpose and plan (if you let God, we have free will after all). While we look at ourselves and highlight all our flaws. God looks at us and says "What a masterpiece" because God doesn't make mistakes. You are exactly who you are supposed to be, exquisitely crafted by the one artist every other artist tries to imitate.

So as you look in the mirror, stop measuring yourself by the standards of the world. See yourself as the one-of-a-kind masterpiece that God created you to be. No one else has exactly the same combination of talents, gifts and personality and you have been placed where you are for a very good reason. Stop hiding who you are, who God created you to be and start living the best version of yourself, created in God's image, being transformed into Christ's likeness but still utterly uniquely you.

Prayer

Creator God, we look at ourselves and we see all our "imperfections", all the ways we don't measure up to the "perfection" of others and we fail to see ourselves through your eyes. Help us to rejoice with the Psalmist declaring that we are fearfully and wonderfully made. Help us to recognise our own beauty, our own magnificence because we are one-of-a-kind creations made by you for a purpose.

Holy Spirit empower us and give us courage to live out our full potential, using all the gifts and talents that you have blessed us with. And help us to praise you for how you have created us instead of wishing we were someone else. As we discover who you have created us to be, transform and renew our minds and hearts to balance loving ourselves while growing to be more Christ-like.

In Jesus name we pray,

Amen.

Rev Kim S Brown