

# Connect360: The Goodness of God's Creation: God's Good Creation of Bodies

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- *Lesson 9 in the Connect360 unit “Sacred Life: God’s Plan for Us” focuses on Psalm 139:13-16.*

When the psalmist reflects on the goodness of God in Psalm 139, notice how integrated and joyfully he considers the interweaving of God’s goodness and the physical body. This passage suggests each person is not a product of chance or an afterthought, but a masterpiece of divine design, reflecting God’s creativity and attention to detail. The psalmist’s awe in response to this realization is a testament to the depth of God’s involvement in the formation of each life.

Verse 13 points to God’s intentional and intimate work along every step of our physical creation: “For you created my inmost being; you knit me together in my mother’s womb.” The “inmost being” is a word that includes both the physical and internal. It encompasses the concept we would call in modern times “the vital organs,” but interestingly, the word also includes or allows for a figurative meaning of the interior of a person—the pieces inside each person that uniquely makes us who we are. And according to Scripture, this most intimate and internal part of our identity was woven together by God himself.

As a result of God’s intentional and intimate role in our creation, the Psalmist cries out in verse 14, “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” This is a powerful affirmation of humanity’s inherent value and the meticulous

care God takes in our creation. This verse encapsulates the awe-inspiring truth that each person is not a random product of chance but a deliberate and exquisite creation of God.

For Christians, this realization ought to foster a deep sense of confidence and self-worth, knowing that we are the product of divine craftsmanship. It encourages a perspective of self that transcends superficial societal standards of beauty, success or ability, focusing instead on the intrinsic dignity bestowed by their Creator.

In a world where self-esteem easily can be shaken by external influences, comparisons and cultural trends to separate the internal from the physical body, Psalm 139:14 offers a stabilizing truth: each individual, in their unique complexity and individuality, reflects God's magnificent and intentional design. From the smallest to the grandest details, our bodies are part of the goodness of God's creation.

This acknowledgment becomes a source of comfort and strength, allowing God's children to view themselves and others through a lens of divine appreciation and respect and to navigate life with the assurance of their valued place in the tapestry of God's creation.

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