Message for THE LORD’S DAY MORNING, September 14, 2014
Christian Hope Church of Christ, Plymouth, North Carolina
by Reggie A. Braziel, Minister

TOPIC: GOD

We Are Fearfully and Wonderfully Made
Psalm 139:13-16 (NKJV)

Please open your Bible to PSALM 139, and let’s read verses 13-16.

Psalm 139:13-16 (NKJV)

13 For You formed my inward parts;
   You covered me in my mother’s womb.

14 I will praise You, for I am fearfully and wonderfully made;
   marvelous are Your works, and that my soul knows very well.

15 My frame was not hidden from You, when I was made in secret,
   And skillfully wrought in the lowest parts of the earth.

16 Your eyes saw my substance, being yet unformed. And in Your book they all were written, the days fashioned for me, when as yet there were none of them.

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INTRODUCTION

In this morning’s message I want to tell you HOW WONDERFUL YOU ARE!
You don’t mind me telling you that, do you?

But before any of you start getting the “big head” let me tell you that your being “wonderful” has nothing to do with you! It has nothing to do with your looks......your intelligence.....your talents......your abilities......your net worth......or your position in life.

You and I are “wonderful” because of WHO MADE US and HOW HE MADE US.
Forty one years ago this coming January (January 22, 1973) the United States Supreme Court issued a decision in **ROE VS. WADE** that legalized abortion in the United States. Since that time over **53 MILLION babies have been aborted in this country**.

Proponents of abortion rights believe that tiny little fetus inside a mother’s womb is NOT a human being, in fact in their eyes its not even a life form. In their opinion that fetus is a “worthless piece of flesh” that is expendable.

Obviously proponents of abortion rights have either never read **PSALM 139** or they’ve read it but don’t care what it says.

Human life is very precious to GOD. Even before we were born, even before we ever drew our first breath or took our first step or had a name, GOD already loved us and cared for us.

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For a few minutes this morning I would like for us to focus our attention on **VERSE 14**.

First of all I would have you to consider......

I. **We Are FEARFULLY Made**

1. Notice David begins this **14th verse** by saying, “I will praise You, for I am FEARFULLY and wonderfully made.”

2. Now what does it mean that we are “fearfully made.”

We find our answer in **GENESIS 1:27 (NKJV)** So God created man in His own image; in the image of God He created him; male and female He created them.
3. GOD “fearfully” or “reverently” made us in His very own image. We are the greatest, the brightest, the most valuable of all the beings GOD created.

GOD loves the animals He created and He takes care of them and provides for their daily needs, but MAN is the pinnacle of GOD’S creation.

4. As GOD is three in one: God the Father, God the Son, and God the Holy Spirit, our being is made up of three entities in one: A MIND.......A BODY.......and A SOUL. And it is our soul that sets us off from the animals. Animals have a mind. Animals have a body. But animals don’t have a soul.

5. And as we know, that soul is the eternal part of us that is so valuable to GOD, He sacrificed His only begotten Son to save us.

6. You see, there may be times when you look into the mirror and you don’t “feel very wonderful.”

You may think you are UGLY or STUPID or CLUMSY.

You may think you are TOO SHORT or TOO FAT or TOO THIN.

You may wish you were A BLONDE instead of a BRUNETTE, or that you had BLUE EYES instead of GREEN or BROWN.

You may wish your teeth were straighter........or that your nose wasn't so big or that your ears didn't stick out so far.

7. Well before you go putting yourself down, just remember you have been “fearfully made in the image of GOD” and when you put yourself down you're not critizing you, you are criticizing the GOD who made you.

And like DAVID that should cause us to PRAISE OUR GOD FOR FEARFULLY MAKING US IN HIS VERY OWN IMAGE!
Now let's consider the second part of **VERSE 14**.

II. **We Are WONDERFULLY Made**

**Psalm 139:14 (NKJV)**  
“I will praise You, for I am fearfully and wonderfully made; marvelous are your works, and that my soul knows very well.”

1. It is absolutely amazing that David wrote these words in the days before man could see the great wonders inside his own body.

David wrote these words in the days before there were microscopes to see the tiniest of human cells. He wrote these words before there were sonograms to show the miracle of a tiny little baby growing inside his mother's womb. He wrote these words before there were X-RAY machines to see the skeletal structure inside the human. He wrote these words before scientist made a tiny little camera that could see inside the human heart.

But even without all the incredible technology that we have available to us now, David could observe his own body and realize that GOD had “fearfully and wonderfully” made him.

2. In explaining what it means to be “wonderfully made” the late Charles Haddon Spurgeon wrote, “It is as if GOD painted the human body with a needle.”

   Just imagine someone “painting with a needle.” Imagine the minute detail of every single stroke. That is the way GOD created us.

3. For just a few minutes let me share with you some amazing facts about these wonderful human bodies of ours' that GOD created.
Consider the wonder of the HUMAN BODY AS A WHOLE.

Your body and mine started out as a tiny little egg no bigger than the dot over the letter “i.” And yet inside that tiny little egg all of our future characteristics were already programmed: the color of our eyes, the color of our hair, our facial features, our personality and all our natural abilities.

Everything that we would be physically and mentally was contained in that tiny little egg.

From that tiny little egg we developed into a human being consisting of:

- 206 bones
- 650 muscles
- 590 miles of hair
- 10 vital organs
- 20 square feet of skin
- 60 trillion cells
- 7 octillion atoms (that's 7 with 27 zeroes after it)
- 60,000 miles of blood vessels

(to give you an idea of how many miles that is, it's almost 25,000 miles around the world. If all your blood vessels were tied end to end as one continuous rope, it would be enough to wrap around the earth two and half times.

*But wait, there's more! We also have 100,000 miles of nerves and 100,000 miles of veins.* If you tied all our nerves and veins end to end in one continuous rope, it would stretch from the earth to over half way to the moon.

PRAISE GOD FOR WE ARE FEARFULLY AND WONDERFULLY MADE!
Consider the wonder of THE HUMAN HAIR

While ago I told you GOD created us with approximately 590 miles of hair, of course some have fewer miles than others.

If your hair were braided together into a rope and attached to a crain, your hair would be strong enough to support 12 TONS. That would be the equivalent of four full size Chevy or Ford pickup trucks............OR......a 480 yacht.

PRAISE GOD FOR WE ARE FEARFULLY AND WONDERFULLY MADE!

Consider the wonder of THE HUMAN BRAIN

Our brains only weigh about 3 lbs. or roughly about the same as three 1 lb. packages of bacon.

In a lifetime, your brain can store 1 quadrillion bits of information. That is more data than is stored in the world's largest computer. And if your brain and mine were a computer, it would have the capability to perform 38 trillion functions per second.

PRAISE GOD, FOR WE ARE FEARFULLY AND WONDERFULLY MADE!

Consider the wonder of THE HUMAN EYE

If your eyes were a digital camera they would have a resolution of 576 MEGA PIXELS. The most powerful digital camera in the world only has a resolution of 120 MEGA PIXELS.

And consider this: If the earth were completely flat, the human eye would be able to see the light of a single candle over 30 miles away.

Praise God for we are FEARFULLY and WONDERFULLY MADE!
Consider the wonder of THE HUMAN HEART.

The heart beats around 3 billion times in the average person’s lifetime. Depending on how active you are, your heart may pump as many as 7 gallons of blood per minute; that’s approximately 2,000 gallons of blood per day. Over the course of your lifetime your heart will pump 1.5 million barrels of blood. That is enough blood to fill 200 railroad tanker cars.

Every single day, your heart produces enough energy to drive a full-size pickup truck twenty miles.

And every single day the blood inside your body travels 12,000 miles. That is the equivalent of traveling back and forth across the United States four times.

PRAISE GOD FOR WE ARE FEARFULLY AND WONDERFULLY MADE!

Consider the wonder of THE HUMAN MUSCLES

I told you earlier there are about 650 muscles in the human body. In fact, our muscles account for nearly half of our total body weight.

Do you know every time you take a single step you are using about 200 muscles. (makes you tired just thinking about it, doesn’t it?)

In your face alone, there are about 60 muscles. It takes 20 muscles to smile, and over 40 muscles to frown. (Don’t forget that!)

PRAISE GOD, FOR WE ARE FEARFULLY AND WONDERFULLY MADE!
Consider the wonder of THE HUMAN LUNGS


Do you know your lungs inhale and exhale about **25,000 times per day**. That means those of you who are about seventy five years old have already taken over **9 million breaths**.

**PRAISE GOD, FOR WE ARE FEARFULLY AND WONDERFULLY MADE!**

Here's just a few other amazing facts about your body you will find interesting.

*Do you know the average person produces **25,000 quarts of saliva** in a lifetime? That's enough saliva to fill **two large backyard swimming pools**.

*I know all of you realize that every human being has a **unique set of finger prints**. No two sets of prints are alike. Did you also know every human being has a **unique “tongue print?”** No two tongue prints are exactly alike.

*Did you know that even though your body stops growing around the age of twenty, **our noses and ears never stop growing**?

*Did you know that when you are awake **your brain produces enough electricity to power an 11 watt light bulb?**

*Did you know over the course of your lifetime you will shed **40 pounds of skin?** In fact, we actually shed our top layer of skin every 30 days.

Scientists have discovered that most of the dust underneath our beds is actually “dead skin” that our bodies have shed. Think about that the next time you see “a dust bunny” blowing across the floor. That “dust bunny” is actually part of you!

**PRAISE GOD, FOR WE ARE FEARFULLY AND WONDERFULLY MADE!**
In conclusion, let me just say this. When you and I look at all of the intricacies of our human bodies, it is just further proof that we are no accident!

We aren’t the product of some “BIG BANG EXPLOSION” that occurred in outer space billions of years ago. We didn’t start out as monkeys and evolve into human beings. Nor are we the end result of some evolutionary process that started out as a microscopic life form that swam out of the ocean and developed arms and legs and started walking upright.

How stupid can one be to ever believe such foolish nonsense?

You and I are the WONDERFUL CREATION of A WONDERFUL GOD who has “FEARFULLY AND WONDERFULLY MADE US IN HIS OWN IMAGE!”

The next time you start thinking that you are worthless or that you aren’t important or that your life doesn’t matter, turn your eyes heavenward and say, “Father, I will praise YOU, for I am fearfully and wonderfully made.”