

Psalm 139 (Elementary)

1. Start with a Question

- What does it mean when someone really knows you?
- How does it feel to know God always sees you and understands you?

2. Read Psalm 139 Together (from your Bible or use this kid-friendly version)

God, you know me so well.
You know when I sit and when I stand.
You know everything I am thinking before I even say it.

Wherever I go, you are there.
If I go up to the heavens, you are there.
If I go down to the depths, you are there too.
Even in the darkness, nothing is hidden from you.

You created every part of me.
I praise you because I am wonderfully made.
Everything you do is amazing.

3. Talk About It

- How does it feel to know that God sees everything about you and loves you?
- Can you think of a time when it helps to remember God is with you?
- What is one thing that makes you “wonderfully made”?

5. Activity: “Wonderfully Made” Picture

- Have your child draw or write:
 - Something they love about themselves
 - A time they felt God was with them
 - Write the memory verse at the bottom:
“I praise you because I am wonderfully made.” — Psalm 139:14

6. Closing Prayer

Dear God,
Thank you for knowing me completely and loving me no matter what.
Thank you for being with me in every place and every moment.
Help me remember that I am wonderfully made by you.
Amen.