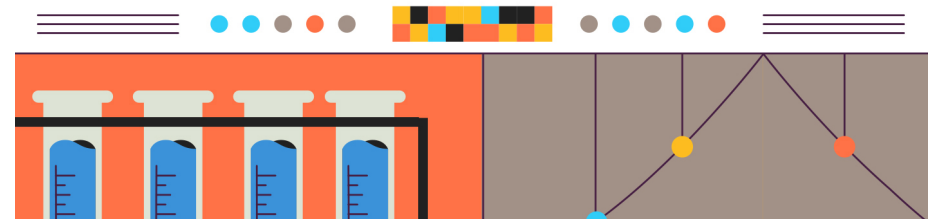
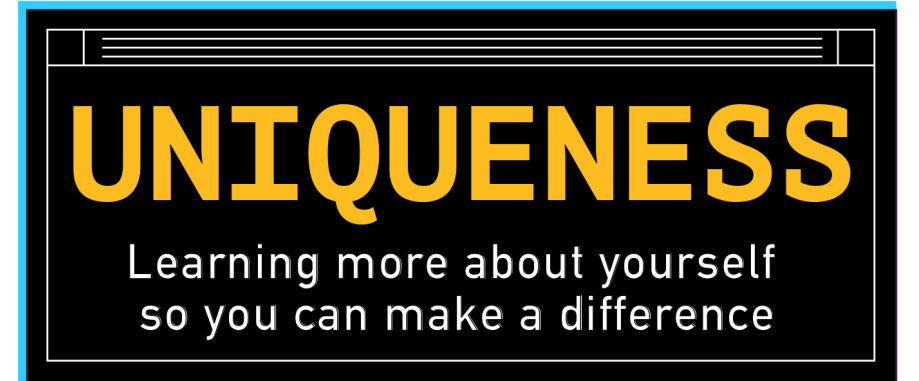
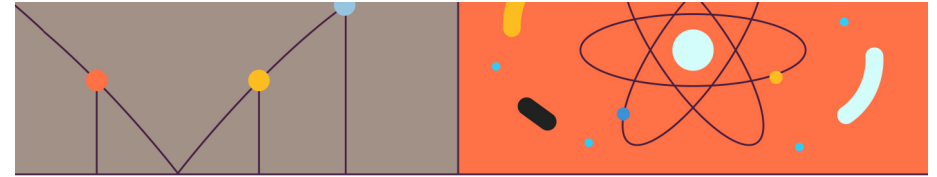


Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Handwriting practice lines (dotted lines) for journaling.

Handwriting practice lines (dotted lines) for journaling.



Day 1

After watching, write one thing that:

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

1. You liked:

2. You learned:

3. You'd like to know:

## Day 2

### Read Psalm 139:1–6,13–14

Read the passage from Psalms and try to fill in the blanks as best you can. Then check your answers against the Bible (or with the answers below).

God knows what's in your \_\_\_\_\_

God knows when you sit \_\_\_\_\_  
and get \_\_\_\_\_

God knows when you go to \_\_\_\_\_  
and go \_\_\_\_\_

God knows your \_\_\_\_\_  
before you speak them

God \_\_\_\_\_ the deepest  
parts of you

God made you \_\_\_\_\_  
and \_\_\_\_\_

~~~~~

What an encouraging passage this is! **God made you, knows you, and loves you.** It should make you feel loved from your head to your toes to know that God loves you this much!



Answers: heart; down; up; work; home; thoughts; created; amazing; wonderful

## Day 3

**The Psalms are a wonderful way to pray, especially when you're not sure you have the words you want to say.**

The Psalmist is nearly always addressing God in the verses, so it really is a prayer (or literally, a song) to God.

Grab a Bible or Bible app and read all of Psalm 139:1-14 out loud, but slowly, really thinking about it as a prayer to God. Pay attention to what you are saying. After you finish, add on any personal concerns you may have, and be sure and thank God for making you, knowing you, and loving you.

## Day 4

**Find a friend with whom you can share Psalm 139:1–14.**

Maybe it's a younger friend or sibling or someone you know who struggles to believe good things about themselves. Invite them to join you for a snack and chat. Start out the conversation with each of you sharing your answer to this question:

### **How would you describe yourself?**

Next, read the verses out loud and take a few minutes to talk about them together. Here are some thoughts and questions to get you started:

How does it make you feel to know that God knows everything about you?

If you feel safe to do so, share with each other something about you that makes you feel different from others. Then take turns reminding each other that God knew you before you were even born. God created you—every bit of you. And God says you're amazing and wonderful!

Now that you've focused on what God thinks about you, would you answer the bolded question above any differently? If so, share that answer with each other.

## Day 5

**No matter how much confidence you have, you likely have days that you feel self-conscious... you know, days when you want to keep your head down and hope no one notices you.**

It's totally normal to feel that way sometimes!

But what God says about you is different. God spoke through the writer of Psalms to let you know that God made you AMAZING. And WONDERFUL!

*How you made me is amazing and wonderful. I praise you for that. Psalm 139:14a*

~~~~~

Think of five places you can put this verse to remind you of this important truth. Here are some ideas to get you started. You can use these or think of your own.

1. Dry erase marker on bathroom mirror
2. Sticky note in the car
3. Write inside notebook
4. Index card or note card on the fridge
5. Lock screen on your device

Wherever you choose to put the verse, make sure it's somewhere you will see it often to remind you of this encouraging verse. How God made you is amazing and wonderful!

