

**Big Idea:** You aren't an accident.

**Primary Scripture:** Psalm 139:13-16

**Supporting Scripture:** Ephesians 2:10; Jeremiah 1:5

- Picture this. You open Spotify, or Apple Music... whatever you use... and right there on the home screen is a playlist waiting for you.  
*Discover Weekly. Daily Mix. Made For You.*
  - And honestly? It's usually pretty good.
- But... like... how does it even know you so well?
  - It feels personal... except it most certainly isn't.
  - Because, when this playlist was created, nobody sat down and actually thought about you.
  - An algorithm looked at your data, found some patterns, and made some educated guesses.
- Now imagine a world before streaming, before downloads, where people made... mixtapes.
  - To make a mixtape, you had to physically sit down with a cassette, hit record at exactly the right moment, and choose every song by hand.
  - If someone made you a mixtape... it meant something special. It meant they were thinking about you. Specifically.
  - And that's just for a mixtape. Something that was essentially a playlist recorded on some magnetic tape, wound inside a plastic shell.
- What if someone thought about *you* with that same level of attention when they made... you?
  - Not the music you'd love. *You*. Every detail. Chosen on purpose by someone who was sincerely thinking about you the whole time.
- Today, we're kicking off a new series called ***You Be You***, and this first week is the foundation for everything else.
  - Before we get into labels, comparison, or any of the other stuff that makes identity complicated... we have to start here.
  - Because you weren't a random result or made by an algorithm. You weren't an accident. You weren't thrown together and hoped for the best.
  - You were made ***on purpose***.

- But here's an honest question. Does that feel true to you?
  - Because for a lot of us... it doesn't. At least not all the time.
- The gap between "*you were made on purpose*" and what your life really looks like right now? That's real. We're not going to skip past that.
- But here's where we're going.
  - About 3,000 years ago, a guy named David wrote something that gets at exactly what we're talking about. David had a complicated life. He'd made real mistakes. He'd been in real trouble.
  - And somewhere in the middle of all of that, he wrote about what it feels like to be known by a God who was personally, carefully involved in making him.

### **SCRIPTURE (What does God's Word say?)**

- Some of us might know the big stuff about David.
  - Shepherd boy. Giant killer. King of Israel.
- But what doesn't always make the highlight reel is how complicated David's life really was.
  - He spent years in hiding. He made serious mistakes. He carried real guilt. He knew what it felt like for things to go sideways in ways he couldn't fix.
- Yet somewhere in the middle of all of that, David wrote Psalm 139.
  - Psalm 139 reads like he's working through what it means to be made by a God who was *personally* involved in making him.

*<sup>13</sup> You made all the delicate, inner parts of my body and knit me together in my mother's womb. <sup>14</sup> Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. <sup>15</sup> You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. <sup>16</sup> You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. (Psalm 139:13-16 – NLT)*

- David is writing about being made, and the word he chose for how God made him is ***knit***.

- Although people of all ages knit, there's a reason we associate knitting with older people who have a little more time on their hands.
- It's slow, unhurried, intentional work. One stitch at a time. The language of someone working carefully, patiently, on something that matters.
- He also said God watched him being formed in ***utter seclusion***.
  - Before David had a name, before his parents had announced anything, before anyone in the world knew he existed, God was already there. Already paying attention.
- Verse 16 takes it even further.
  - Every day of David's life was already written down before a single one of them had actually happened.
  - That's not just God being present at the beginning. That's God being invested in the whole story before it started.
- Psalm 139 is a song, and songs in the Hebrew tradition were meant to be sung by the whole community.
  - We're not reading about David's experience from a distance. We're supposed to read this as our own.
- If God was that present and that intentional in making David... what does that mean for the person sitting where you're sitting right now?

### **INSIGHTS (What might this Scripture mean?)**

#### **1. God knit you together on purpose.**

- A lot of us are fine with the idea that God made people in general.
  - God created humanity. That's not a difficult thing to believe.
- What's more difficult to actually believe... not just to say but actually *believe*... is that God made you specifically.
- Think about the difference between a copy-paste or AI-generated "hey everyone" group chat message and a text someone sent just to you.
  - You can tell the difference *immediately*. One is generic. The other feels like someone was actually thinking about you.
  - That's the difference David is pointing to.

- That doesn't mean everything about your life is comfortable or easy to explain. But it does mean the person who made you knew exactly what they were doing.

## 2. You were made to reflect something bigger.

- The very first thing the Bible says about people is that we're made in God's image.
  - Most of us spend a lot of energy trying to figure out who we are.
  - Most of that effort starts in the same place. Looking inward.
    - *Who am I? What do I like? How do I feel? What's my personality type?*
- We treat identity like something we have to figure out on our own, build from scratch, and then hold together through sheer effort.
  - But if your identity is something you have to figure out on your own, it's also something you can lose.
  - One bad day, one failure, one moment where everything goes sideways, and suddenly you're not sure who you are anymore.

<sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. (**Ephesians 2:10 – NLT**)

- The question Paul is answering here isn't "who am I?" It's "whose am I?"
  - You are God's masterpiece. God created you.
- This means the search for identity starts by looking at who made you.
  - That's a foundation that doesn't collapse when things get difficult.

## 3. Being fully known doesn't have to be scary.

- Most of us have a strong instinct to hide.
  - If someone knew everything about us, we'd want to disappear.
  - In our experience, being fully seen feels like a risk.
- Psalm 139 is saying God already knows every word before it leaves your mouth, every day before you live it.
- Centuries before Jesus was born, God said something to a guy named Jeremiah that stopped him in his tracks.

<sup>5</sup> “I knew you before I formed you in your mother’s womb. Before you were born, I set you apart and appointed you as my prophet to the nations.”  
(Jeremiah 1:5 – NLT)

- Here’s what that means for the version of you that you’d rather nobody saw.
  - God isn’t surprised by that version. God knew it was coming before you took your first breath. And God still decided you were worth making.
- David had plenty to hide. And he *still* invited God to look closer.
- That kind of response only comes from someone who has figured out that being fully known and fully loved aren’t in conflict with each other.
- If that’s true, it changes *everything* about how you see yourself.

### **ACTION (How could we live this out?)**

#### **1. Personalize Psalm 139.**

- Take Psalm 139:13-16 and rewrite it to make it personal.
  - Write it as if David is handing you the pen and asking you to make it about yourself specifically. Personal. Honest. Yours.
  - Then read it out loud to God.
- If you’re stuck, try finishing this sentence: “God, you made me with...” And keep going from there.
- Even a few lines that are genuinely yours is worth more than the most beautifully written prayer that has nothing to do with your actual life.

#### **2. Invite God into a new area of your life.**

- Think about an area of your life where God hasn’t really had much access, that you’ve tried to keep hidden.
- This week, specifically invite God in. By name. Out loud.
- You don’t need to have it figured out first. You don’t need to clean it up before you bring it to God. The invitation itself is the step, and it’s enough to start with that.

#### **3. Thank God for how He made you.**

- Think of one specific thing about how you’re wired that you’ve never stopped to thank God for.
- This week, thank God for it. Out loud. Specifically.

- You don't have to feel it fully to say it honestly. Start with one thing. Say it out loud. Let that be enough and let gratitude begin to take hold instead of negativity.