

WHO AM I?
(PSALM 139)

Items needed: glass to fill with water and a mirror to look in.

GETTING READY: Before we begin, we need to get ready... Shake off all the distractions and wiggles out of our bodies, take a deep breath and...

Let us begin...!

Place the candle and the cross on top of the green felt... Remembering that green represents the "green and growing season" which we are in...

Light the candle and open in prayer:

*Jesus, we love to hear Your Word...,
so we can continue to grow and learn how to be more like You in all we do and say.
Be with us today as we wonder about this story of Your Creation...!
Amen.*

Keep your eyes closed... We can see nothing with our eyes closed... And, yet God - creator of all seen and unseen - IS here with us even in darkness...

Let's open our eyes... Remember from the story of creation... in the beginning there was nothing but - perhaps - a big smile... (*can draw a big air smile...!*)

Fill glass with water to the very top...

God created water. God is the sustainer of life. God knows everything about everything; there is nothing that God does not know. Before now and forever...

Find a window to look out or go outside if the weather is nice...

What do you see? The sun... birds... trees... clouds... rain... stars... the moon...? God knows all these... Remember, all this is God's creation... Before now and forever... All that you see is perfect in God's glory...

Now get your mirror and pass it around slowly, letting each person look in it.

God created you and me... Look at your face... your ears... your eyes... hair... and say out-loud or silently, "In God's image, I am fearfully and wonderfully made..." Feel your skin, your nose... smell your breath... Taste your tongue... God knows everything about you even before you do... Even before I do... God is all knowing... all feeling... all seeing... Loving you and me and all that has been created.

God knew you even when you were in your mother's womb, still being formed.

Allow children to touch mom's tummy...

Psalm 139 says God knows everything about me. God knows each one of us even better than we know ourselves.

Touch your temple and say MMMMMMMMM.

Because God knows us so well, none of us can ever hide from God. When we are hurt or sad, God knows. When we have done something we shouldn't, God knows. When we are happy and joyful, God knows. God is with us in all things.

WONDERING QUESTIONS:

I wonder what it means to you that you are fearfully and wonderfully made...

I wonder how you know that some one loves you... I wonder how you know that God loves you...

I wonder how you know that God hears your prayers...

Let us pray: Dear Lord, help each one of us grow in wisdom, understanding and strength. Help us remember each day that we are fearfully and wonderfully made by you and that you love us always, no matter what! Amen.