

International Conversation Cafe

Bible Topic: Self Worth

Psalm 139, Colossians 1

All of us have a need to feel that we are significant, important and unique. We need to feel that we are needed and can help others in a meaningful way. When we feel that way, it helps us become happy.

Where do we get that sense of significance and purpose? Sometimes we feel this way because people around us value and believe in us. But ultimately, this sense of significance comes from God. Here is what David wrote as he considered God's value about him in Psalm 139.

For you created my inmost being;
you knit me together in my mother's womb.
¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

What is knitting? Can you describe the motion of the needles and yarn?

What do you think it means when he says, "you knit me together in my mother's womb."

David concludes that God made him in a wonderful way. Do you think every person can say this?

Describe the differences between people's appearance and personality. What do these differences suggest about God?

How can knowing God designed you help you accept yourself?

Psalm 139
¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

Besides his body, what else did God plan out for David?

Do you think God has done the same for you?

Most people have something about themselves they don't like, either physical characteristics or mental abilities or personality.

How can knowing God designed you help you to accept yourself, even the parts you do not like?

What about our bad behavior? Does God accept that?

The amazing thing about God is that He loves us as we are. He created us. But God is also a God of justice. He cannot ignore the parts of us that ignore or hate him. He cannot ignore how we treat other people with disrespect and at times, hatred. He knows exactly how we think.

Psalm 139

1 Lord, you have seen what is in my heart.

You know all about me.

2 You know when I sit down and when I get up.

You know what I'm thinking even though you are far away.

3 You know when I go out to work and when I come back home.

You know exactly how I live.

4 Lord, even before I speak a word,

you know all about it.

Explain what God knows about you. How does that make you feel?

Since God is a God of justice and love, he sent Jesus from heaven to take the blame and punishment for our wrongdoings. He did this when he died on the cross. When we trust in Jesus, God forgives us. He treats us with the same love he has for his Son, Jesus.

Colossians 1:21 At one time you were separated from God. You were enemies in your minds because of your evil ways. 22 But because Christ died, God has brought you back to himself. Christ's death has made you holy in God's sight. So now you don't have any flaw. You are free from blame.

Have you ever thought that you might be separated from God and are his enemy? What would that mean?

How could the death of Jesus bring you back to God?

What would it mean to "be free from blame?" Who would be blaming us?

Finally, we see that God not only has created us, forgiven us when we turn to Jesus, but he also has meaning and purpose for our lives, using our gifts and abilities to honor him.

Ephesians 2:10 God made us. He created us to belong to Christ Jesus. Now we can do good things. Long ago God prepared them for us to do.

