

**Chris Schmit**



# **Sculpted Inside**

**a devotional**

**Psalm 139**

**I thank you, God, for  
making me so  
mysteriously  
complex!**

## About This Devotional

We are surrounded by a world that idolizes a beautiful, fit, and in shape body. Many times, we find ourselves comparing the package someone else was given to our own body. We wonder why we can't have smaller thighs, a bigger chest, longer hair, or clear skin.

This activity is meant for you to embrace yourself and to be honest with how you truly feel about yourself. Allow yourself some space and time to be real with all the emotions involved without being interrupted and see where God takes you.



## Reflect

Stand in front of a mirror and look at the reflection staring back at you. Notice the physical things you don't like about yourself. Things you haven't liked your entire life.

Please only allow yourself to notice and not judge or shame yourself.

Then say: God I have never appreciated this \_\_\_\_\_ about me.

Allow yourself to be honest in what you say. Picture God in the room with you listening intently, He may be sitting on the bed with his legs crossed looking up at you with eyes that gently invite you to share.

Spend some time meditating on this.

## Read the following verses from Psalm 139

“You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother’s womb. I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord! You even formed every bone in my body when you created me in the secret place, carefully, skillfully shaping me from nothing to something. You saw who you created me to be before I became me! Before I’d ever seen the light of day, the number of days you planned for me were already recorded in your book.” Psalm 139:13-16 TPT



## Reflect

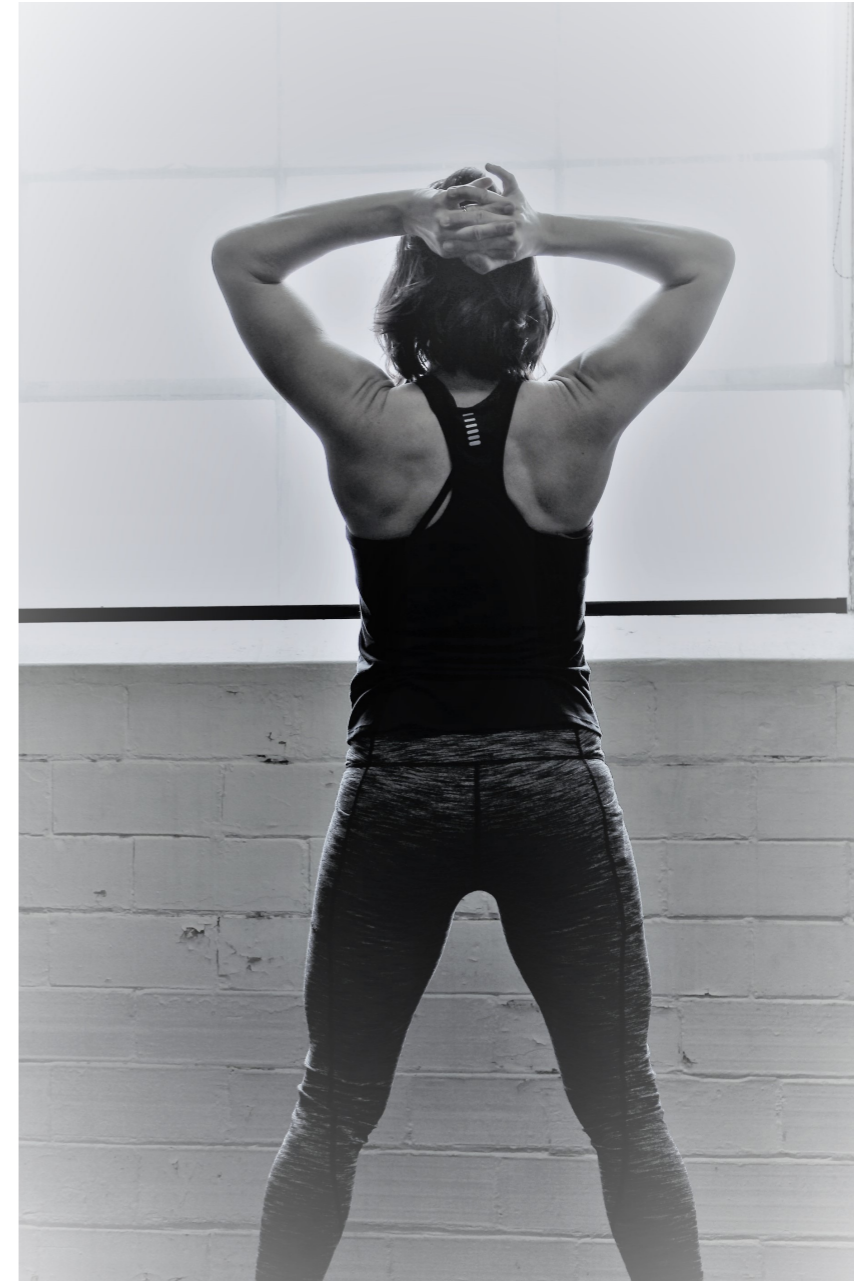
What is happening in this verse? Can you picture God forming you at His work bench? He created nothing into something which is you. What was God's expression as He was creating you, as He was forming every part of you? Read it aloud a few times. Read it quietly a few times. Slow down and read each sentence and ponder what is happening.

Now go back to your list of things you do not appreciate about your body. Ask God for forgiveness. Make sure to carve out some space and time to do this. Then respond back to God thanking Him for how He has made you.

You are sculpted inside and out. Go live this out.



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