

# Uniqueness is learning more about yourself so you can make a difference.

Read: Psalm 139:2



DAY

1

## I Am

Stand in front of a mirror and look at yourself. Wow! You look awesome! Think about the ways that God has made you amazing. While standing in the mirror, say out loud several “I am” sentences describing how great God made you. For example: “I am kind.” “I am a good friend.”

**KNOW that God created you, knows you, and loves you just the way you are.**

DAY

3

## Here, There, Everywhere

The writer of Psalm 139:2 tells us how God always sees us and cares for us. Read this week’s verse with someone in your house. Talk about all the places that you go and how God is always there.

**LOOK for God in everything you do and everywhere you go.**

DAY

2

## Picture Perfect

Draw a self-portrait. Add all the special details that God added to make you unique. When finished, take your drawing around to your family and ask them to write out something that they love about you on the paper. Use this to remind yourself how loved you are.

**ASK God to help you see yourself like others see you.**

DAY

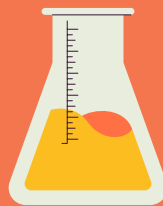
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## Made, Known, Loved

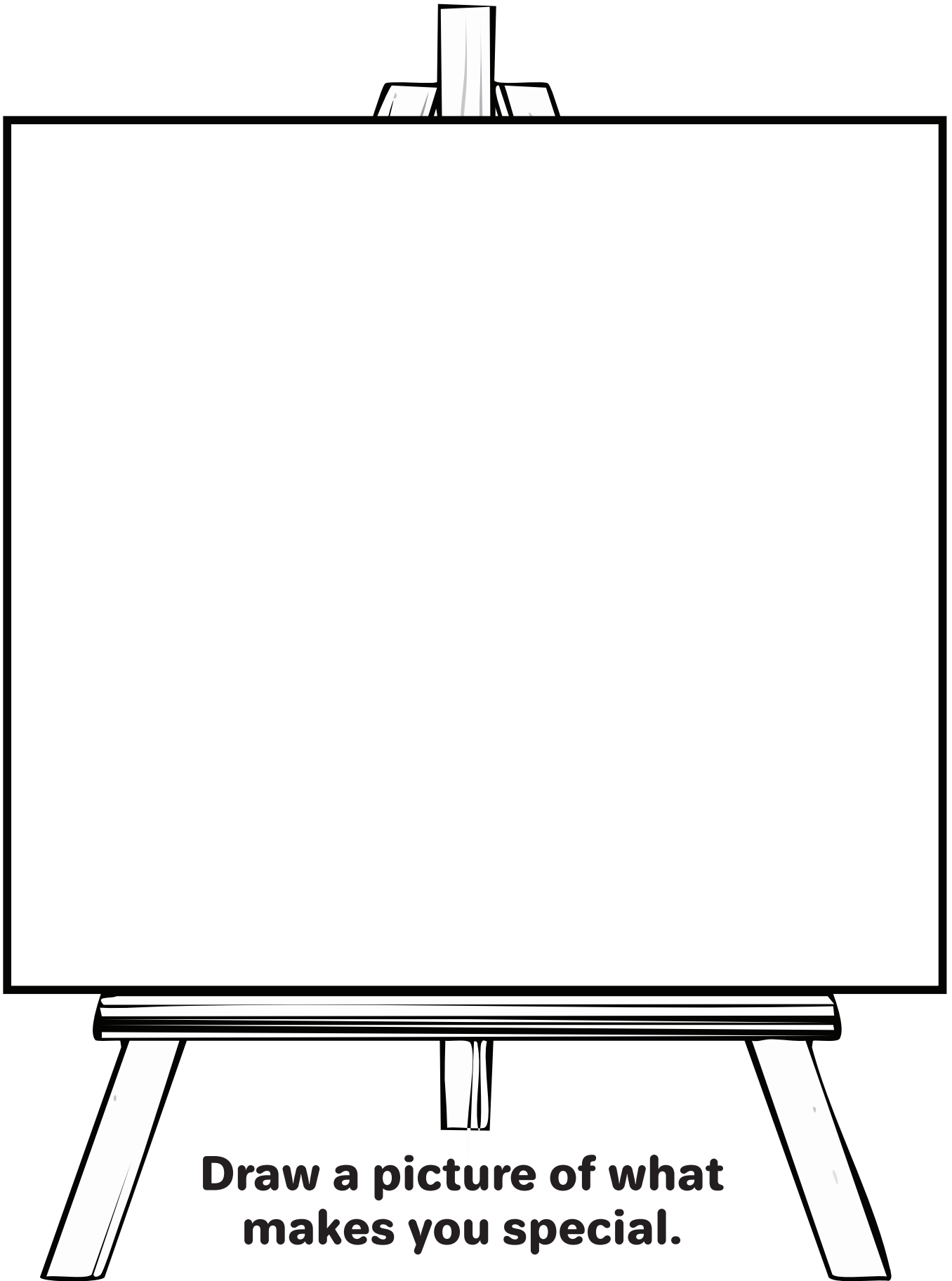
Pray this prayer out loud:

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 “God, it is comforting that you know me so well. You know everything about me—You did even before I was born! Thank you for making me, knowing me, and loving me always. Help me to learn more about You too. I love You. Amen.”  
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**THANK God for always loving you!**



God made you,  
 knows you,  
 and loves you.



**Draw a picture of what  
makes you special.**

# Uniqueness is learning more about yourself so you can make a difference.

DAY 1

## Read Psalm 139:13

Uniqueness is learning more about yourself so you can make a difference. Of all the people in the whole world, there is NO ONE exactly like you. You might find someone who likes many of the same things you do, but you will never find anyone who's exactly like you. Because no two people were created together in the same way. Even twins! Isn't God creative?

Imagine for a minute what it must have been like when God was creating you. Maybe God said, "I'll give this one deep brown eyes and a love of art," or "I'll give this little guy a brain that loves numbers underneath all that curly hair." God knew exactly what you'd look like, what you'd sound like, and what you would DO once you made your big appearance. God made you, knows you, and loves you!

Ask your grownup to show you your baby book or some pictures from your preschool years. What did they think you would be like as you grew up? Were they right? Why or why not?

DAY 2

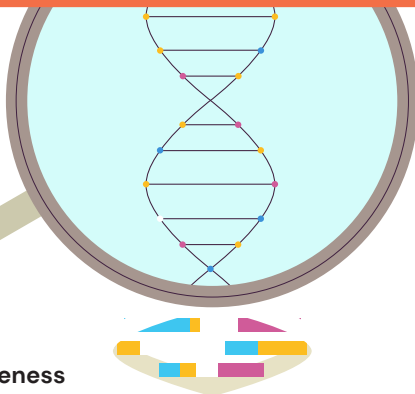
## Read Psalm 139:14

Do you ever look at the people around you and think, "If only I could run fast like so and so..." Or, "I wish I could draw like that guy." It's normal to do the comparison game and wish we were more like someone else, but uniqueness isn't about some other person's story. It's about YOUR story. It's discovering all the unique and special things about you that can be used to make a difference. Instead of focusing on what's true about the people around you, ask God to show you how your uniqueness can be used to make your world a better place.



### Thumbprint Selfie

Create a thumbprint portrait of YOU! Use a stamp pad or color your finger with a marker and place your thumbprint on the page. Draw a face, hair, arms, and legs to create a "thumbprint portrait." Then draw a large thought bubble like you find in a cartoon coming from the thumbprint's mouth. Inside the thought bubble, write one or two things that make you, you.



DAY 3

### Read Psalm 139:15

The bones in your body are pretty amazing. Without them, you'd be one big squishy pile of organs, muscle, and skin. You wouldn't be able to do anything you can do now.

Before you were born, God made sure everything was exactly the way you were created to be. God put all those bones in all the right places, making each and every single one of us unique and different but STILL exactly the way God wanted us to be. And guess what? All that forming and shaping was for a REASON! God has big plans for you, and that plan includes sharing God's love with everyone around you!

#### No Bones About It

Try to guess the answers to the questions below. Check your answers to see if you're correct.

1. How many bones are in the human body?
2. What is the longest bone in the human body?
3. Where are the smallest bones in your body located?

*Answers: 1. 270-300 at birth; 206 by adulthood; 2. The femur; 3. Your ears!*

DAY 4

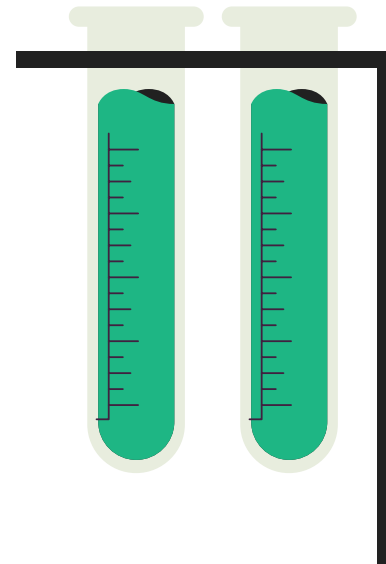
### Read Psalm 139:15b-16

Did anything happen today that took you by surprise? Maybe you had a pop quiz on your spelling words. Maybe your dad came home early from a business trip. While most of us have a pretty good idea of what to expect each day, every day brings a few surprises.

Want to hear an amazing, blow your mind kind of truth? God knows every single thing about the day ahead, from the cereal you'll eat for breakfast to who you'll play with at recess. God even knows the exact moment you will drift off to sleep in your bed tonight. Nothing is a surprise to God. So as you discover who God made you to be, ask God to guide you today to make a difference in the world around you.

Do you have a plan for tomorrow? Is it a school day? Write down three things you think you'll do tomorrow. As you head for bed at the end of the next day, check your list to see if you were right!

God made you,  
knows you,  
and loves you.



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

**HOW would you describe yourself?**

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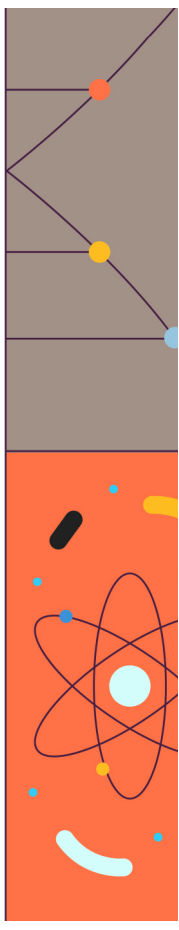
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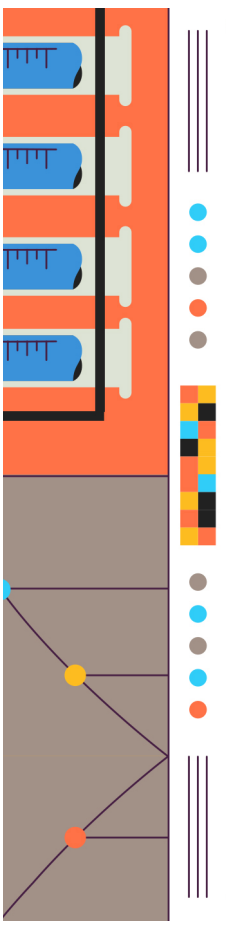
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**UNIQUENESS**

Learning more about yourself so you can make a difference



**Day 1**

After watching, write one thing that:

- 1. You liked: .....
- 2. You learned: .....
- 3. You'd like to know: .....

Download it for free at [parentcue.org/app](http://parentcue.org/app).

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



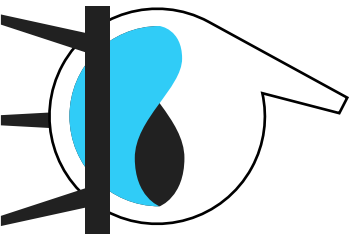
## Day 2

### 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; amazing; wonderful



## Day 4

### Find a friend with whom you can share Psalm 139:1-14.

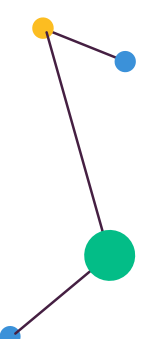
Maybe it's a younger friend or sibling or someone you know who struggles to believe good things about themselves. Invite them to join you for a snack and chat. Start out the conversation with each of you sharing your answer to this question:

#### 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!

## 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.