





Oh yes, you shaped me first inside, then out; you formed me in my mother's womb.

I thank you, High God—you're breathtaking!
Body and soul, I am marvelously made!
I worship in adoration—what a creation!
You know me inside and out,
you know every bone in my body;
You know exactly how I was made, bit by bit,
how I was sculpted from nothing into something.



Discuss

Consider people with different types of handicaps.

- Blindness
- Wheelchair bound
- Walk only with crutches
- Hard of hearing
- Breathing problems
- What obstacles would such people face if they started attending your church?
- What can your family do to help people in these situations with their disability?
- Physical obstacles are one thing. What kinds of emotional struggles might they also have?



Pray

- Thank God for His help to you each day with whatever obstacles you encounter.
- Ask God to open your eyes to the challenges faced by people with different kinds of handicaps or disabilities.
- Pray for specific disabled people you know who are struggling with an ongoing physical or emotional problem.
- Pray for those who are struggling with spiritual issues related to their physical problems. Pray that they will have spiritual and emotional healing and renewal.