

## **There IS a Reason**

### **Ready:**

"I will praise you because I have been remarkably and wondrously made." – Psalm 139:14a

### **Set**

When I began character coaching for a local college football team, I encountered athletes who were discouraged. Especially just starting out, they wouldn't get much playing time, if any, and would make rookie mistakes. They would start questioning why they were there.

I reminded them that if they were on that field, they were there for a reason. They were recruited and on the team because the coaches saw something in them that could enhance the team. They needed to remember that.

We need to remember that, too. We may look at our mistakes and sin that trip us up and wonder, "Why am I here?" or "Why does God care about me?" Remember, if you are a child of God, if you are in Christ, that is a special place to be.

In Psalm 139, King David speaks of the magnitude of God: how big and powerful He is, how He is everywhere. He tells us that God knit us together with His hands. Then he says, "I will praise you because I have been remarkably and wondrously made." (Psalm 139:14a) The word "remarkably" means we have a unique design. "Wondrously" means we were made for a distinct purpose.

You may look at yourself and wonder why you are here and for what purpose. Only God can answer that. But believe what the Word says. There is a reason God made you. Seek Him, and you will find it.

### **Go**

- Was there a time when you wondered why you were on a team? How did you get through it?
- What goes through your mind hearing that God made you?
- What goes through your mind hearing that God has a purpose for you?

### **Workout**

Psalm 139:1-18

### **Overtime**

"Father, You are so much bigger than I and on a level I cannot comprehend. Thank You for

creating me. Help me to fulfill the purpose You have for my life. In Jesus' name. Amen.”



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