

Wonderfully Made

Just in case you may begin feeling unloved, unappreciated or depressed, or think that you don't matter much to anyone, here is good news: You are a child of the King, made in His image, and you are very important to Him.

Psalm 139:13-14 instructs us: *You (God) formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.*

Have you considered that you are "fearfully and wonderfully made?" Well, you are. From a biological point of view, know this. The average adult body consists of:

- 650 muscles.
- 50,000 miles of blood vessels.
- 206 bones.
- About 20 square feet of skin tissue to cover these components in males, and 17 square feet in females.
- A baby at birth is even more complex with 300 bones. During childhood, 94 of these fuse together.

These facts alone ought to increase our respect for the Creator. In return, we should:

- Praise Him for making us.
- Celebrate our lives and our relationship with Him.
- Appreciate and take care of the bodies He has given us.

God is the giver of each person's life, and He has a purpose for every one of us. For thousands of us in Life Care, Century Park and Life Care at Home, that purpose is to care for His frail and infirm children.

--Beecher Hunter