

**Friday, March 7<sup>th</sup>, 2025**  
**WORLD DAY OF PRAYER**

Scottish Charity Number SC 020446



**“I Made You Wonderful”**

**Reflection**

**by The Very Rev Dr. Susan M Brown.**

The whole of Psalm 139 is about being noticed and known.

It's about being noticed and known by **God**.

And the ladies of the Cook Islands, live that truth.

They know that God notices them. And knows them.

And they know too, that that's been true since before they were born  
and throughout their lives.

God understands them; their language and culture and everything that  
matters to them.

God has their names on God's lips.

Like the Psalm writer, they know that in the heights God is with them.

And in the depths, God holds them even closer.

They see God's presence, carved through God's creation all around  
them and they see that presence weaving its way through every  
part of their lives.

And through every part of *them* too.

The women of the Cook Islands, realise they are wonderfully and  
fearfully made.

And that it's God's doing.

And that knowledge transforms the way they look on and treat, one  
another.

So...

How wonderfully do *you* think you're made?

If I was to pass a mirror round right now and ask you to look into it  
and as you look, to say out loud, 'I am wonderfully and fearfully  
made' would you do it? How would you feel?

I confess I might find that difficult.

As Brits and especially as Scots, we tend to be good at knowing what  
we get wrong and what our shortcomings are. To do anything else,  
feels like getting above ourselves or blowing our own trumpet.

But the call to acknowledge how wonderful and fearfully we are made,  
is not about **us**.

It's about God.

The Psalm our sisters are pointing us to is celebrating the marvellous  
creativity of the God whose imagination dreamt us all into being  
and whose hands formed and shaped us.

It's celebrating the very different characteristics, gifts and personalities we all have – and smiling at how amazing God is to have created such variety!

Think of how wonderful it is, to have those who can make things and others who can draw or paint – or write... or sing... or play music....

It's God who gave the person sitting on one side of you, green fingers, and on the other side of you, fingers light enough to bake.

It's God who gave the person in front of you a mind sharp enough to problem solve or to speak another language – and who, when God looked at **you**, deliberately chose to give you the patience to be a good listener... or the wisdom to teach.... Or the passion to care for others.... Or the kindness to want to **help** others... as well as the generosity to reach out to those in trouble.... and the warmth to welcome others.

If you have a sense of humour, or love nature; if you are a good partner... or parent... or sibling... friend... or neighbour... these are gifts that come to you, from God.

And yes we all have our faults.

Yes, we all get things wrong – but we are people whom God himself has made. To a unique design – a design made with us alone, in mind.

And whether we can bring ourselves to say it or not, the truth is we **are** amazing.

Thanks to **God**.

Practice seeing the God-gifts in others,

And practice too, looking in a mirror, giving thanks to God for the unique, God inspired, God loved human you are!

Kia Orana! Thank you for listening. God made you wonderful! Believe it!