Fearfully and wonderfully made
Ps Karl Holz

I am not what I ought to be, I am not what I want to be, I am not what I hope to be in another world; but still I am not what I once used to be, and by the grace of God I am what I am. – John Newton, the converted slaver who wrote “Amazing Grace…”

1 The LORD is my shepherd; I shall not want. 2 He makes me lie down in green pastures, He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name’s sake. 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:1-4

5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever. Psalm 23:5-6

1 O LORD, you have searched me and known me! 2 You know when I sit down and when I rise up; you discern my thoughts from afar. 3 You search out my path and my lying down and are acquainted with all my ways. 4 Even before a word is on my tongue, behold, O LORD, you know it altogether. 5 You hem me in, behind and before, and lay your hand upon me. Psalm 139:1-5

6 Such knowledge is too wonderful for me; it is high; I cannot attain it. 7 Where shall I go from your Spirit? Or where shall I flee from your presence? 8 If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! 9 If I take the wings of the morning and dwell in the uttermost parts of the sea, 10 even there your hand shall lead me, and your right hand shall hold me. 11 If I say, ‘Surely the darkness shall cover me, and the light about me be night,’

12 even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you, 13 For you formed my inward parts; you knitted me together in my mother's womb. 14 I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. 15 My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

Pro 18:14 A man's spirit will endure sickness, but a crushed spirit who can bear?

Pro 15:13 A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

18 But they all cried out together, *Away with this man, and release to us Barabbas*— 19 a man who had been thrown into prison for an insurrection started in the city and for murder. 20 Pilate addressed them once more, desiring to release Jesus, 21 but they kept shouting, *Crucify, crucify him!* Luke 23:18-21