Video #4: You are a Woman of Worship

Outline

Amy shares with us about a blanket that she has lying on the back of her couch. It is special to her because it was knitted by her grandmother who is no longer here. When Amy snuggles with this blanket she remembers the hands that made it and the love that was poured into her for her.

Amy then shares **Psalm 139:13-14** which tells of our own beautiful making by God Himself. We are perfectly and wonderfully made by our Creator.

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Amy poses the question: “Do you struggle with the thought of being perfectly made?” She tells us about an exercise she does at speaking events, asking women to write on a blank notecard all of the things they love about themselves … and how very, very difficult this is for many women to do.

Many women struggle with the self love movement and why it just doesn’t feel right. That’s because it’s missing the key point: ***I praise You.***

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Amy spends some time discussing praise: how God calls us to praise, the different ways that praise can look like, the intimacy of praise, and belief in our being made by our Creator. Ultimately, ***loving ourselves is an act of worship toward our Creator.***

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**What to do next:** Praise God for who He made us to be, embracing the idea of being fearfully and wonderfully made.
Just like Amy’s blanket, being knit carefully just for her, God made each of us unique and with our own story. That is worthy of praise!

**Question to ask:** Write a list of what you love about who you are. When everyone is finished, read them to each other and praise God for how you are wonderfully made.