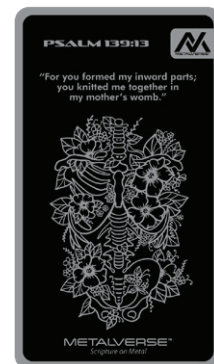




Knitted Together – MetalVerse™ Cards An Expository on Psalm 139:13



Key Themes:

1. The Context of Divine Omniscience

Psalm 139 is one of the most breathtaking and deeply personal psalms in all of Scripture. David opens with an overwhelming declaration — “O LORD, thou hast searched me, and known me” (v.1). The entire psalm is a meditation on the **absolute, intimate, and all-encompassing knowledge God has of every human being**. By the time we reach verse 13, David has already marveled at God’s knowledge of his thoughts, his words, his movements, and his path. Now he dives **deeper still** — into the very **origin of his existence** — and discovers that God’s intimate knowledge did not begin at birth. It began **before birth**, in the hidden, secret place of the womb.

2. “For Thou Hast Possessed My Reins” — God’s Ownership of Our Innermost Being

The word “*reins*” (*kilyah* in Hebrew) literally refers to the **kidneys** — but in ancient Hebrew thought, the kidneys were considered the **seat of the deepest emotions, the innermost self, and the most hidden parts of a person’s being**. In modern language, we might say — “*You have possessed my innermost being,*” or “*You own the very core of who I am.*”

The word “possessed” (*qanah*) means to **create, acquire, and own**. This is a declaration of:

- **Divine ownership** — God does not merely observe us; He **owns** us. We are not autonomous beings who happened to come into existence — we are **God’s possession**, fashioned by His hand for His purposes
- **Divine craftsmanship** — the word carries the sense of **skillful creation**. You were not mass-produced or accidentally assembled — you were **individually crafted** by the Master Creator
- **Divine intimacy** — God’s possession of our innermost being means He knows us at a depth that **no human relationship can reach**. He knows what we ourselves do not know about ourselves

This truth has profound implications for **human identity and dignity**. You are not defined by:

- What others say about you
- Your past failures or sins
- Your social status, appearance, or achievements
- Your own self-perception on your worst day



You are defined by **who God says you are** — His possession, His creation, His handiwork (Ephesians 2:10).

3. “Thou Hast Covered Me” — The Hiddenness of Divine Creativity

The Hebrew word for “covered” (*sakak*) is extraordinarily rich in meaning. It carries the sense of **weaving together, knitting, intertwining, and sheltering**. Some translations render it “*knit me together*” (ESV) — painting the picture of a master craftsman **carefully and deliberately weaving** every thread of a person’s being into a magnificent tapestry.

This word reveals several stunning dimensions of God’s creative work:

- **Intentional design** — every detail of your being was **purposefully woven** by God. Your personality, your temperament, your gifts, your physical features — nothing was accidental or random
- **Divine protection** — *sakak* also carries the meaning of **sheltering and covering**. Even in the hidden vulnerability of the womb, God was not absent — He was **actively covering and protecting** the developing life
- **Artistic excellence** — the image is of a master weaver at work, not a machine on an assembly line. God brought **creative intentionality and artistic care** to the making of every human being
- **Hidden glory** — the most magnificent creative work happens in **hiddenness**. What God weaves in secret, He reveals in due season

4. “In My Mother’s Womb” — The Sanctity of Pre-Born Life

David’s declaration that God was actively at work **in the womb** carries enormous theological weight. It establishes beyond any doubt that:

- **Life begins at conception** — God’s creative, possessing, covering work begins in the womb — not at birth. The pre-born child is not a potential person; they are a person with eternal significance, known and fashioned by God
- **Biblical testimony is consistent** — throughout Scripture, God speaks of knowing, calling, and appointing individuals from the womb:
- **Jeremiah** — “*Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee*” (Jeremiah 1:5)
- **John the Baptist** — “filled with the Holy Ghost, even from his mother’s womb” (Luke 1:15)
- **Paul** — “*separated me from my mother’s womb, and called me by his grace*” (Galatians 1:15)



- **Isaiah** — *“The LORD hath called me from the womb”* (Isaiah 49:1)
- **Every life has divine purpose** — if God is actively at work **before** a person takes their first breath, then every human life — regardless of the circumstances of conception — carries **inherent dignity, eternal worth, and divine intentionality**

5. The Broader Context of Psalm 139:13-16 — The Complete Portrait

Verse 13 is the gateway into one of the most remarkable passages on **human origins** in all of Scripture. The surrounding verses complete the magnificent portrait:

- *“I will praise thee; for I am fearfully and wonderfully made”* (v.14) — David’s response to the revelation of verse 13 is **worship**. The correct response to understanding how God made us is not pride — it is **awe and adoration**.
- *“My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth”* (v.15) — the phrase “curiously wrought” means **embroidered** — another textile image of intricate, detailed, artistic craftsmanship. Even the **hidden formation** of bones, organs, and systems was fully visible to God.
- *“Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them”* (v.16) — before a single cell divided, before a single feature formed, **God had already written the complete story** of this person’s life. You were in God’s book **before you were in your mother’s womb**.

6. “Fearfully and Wonderfully Made” — The Theology of Human Dignity

Though verse 14 extends beyond our text, it **cannot be separated** from verse 13. The word “fearfully” (*yare*) means **with awe-inspiring, reverential wonder**. The word “wonderfully” (*pala*) means **set apart, distinguished, extraordinary**. Together they declare:

- Every human being is an **awe-inspiring work of divine art**
- Every person is **set apart and distinguished** from all other creation
- The human body and soul together constitute the **most complex and magnificent** creative work in the known universe
- To despise yourself is to **critique the workmanship of God**

7. Implications for the Struggling Believer

This verse speaks with particular power to those who struggle with:

- Self-rejection and self-hatred — God possessed and crafted you with intentional care. You are not a mistake.
- Identity crisis — your deepest identity is not constructed by culture, trauma, or opinion — it is woven by God before you drew your first breath.



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- Depression and worthlessness — the God who spoke galaxies into existence considered you worth His most careful, intimate creative attention.
- Questions about purpose — if God was at work before your birth, He had purpose in mind before your beginning. Your life is not an accident waiting to be explained — it is a divine intention waiting to be unfolded.

The Three Revelations of Psalm 139:13:

Truth	Hebrew Word	What It Reveals
God Owns Us	<i>Qanah</i> — possessed/created	We are His craftsmanship, not accidents
God Wove Us	<i>Sakak</i> — covered/knit	We are intentionally and artistically made
God Was There	<i>Beten</i> — womb	Life and dignity begin before birth

New Testament Fulfillment:

The truth of Psalm 139:13 reaches its fullest glory in the New Covenant:

- We are “*created in Christ Jesus unto good works, which God hath before ordained*” (Ephesians 2:10) — the same intentionality seen in the womb extends to **eternal purpose in Christ**
- “*Before the foundation of the world*” God chose us (Ephesians 1:4) — His knowledge and purpose for us extends not merely to the womb, but to **eternity past**
- “*I have called thee by thy name; thou art mine*” (Isaiah 43:1) — the God who wove you **knows your name** and claims you as His own

A Word of Personal Application:

In a world that assigns worth based on **performance, appearance, productivity, and social approval** — Psalm 139:13 declares a radically different value system. Your worth was **not earned** — it was **woven in**. Before you achieved anything. Before you failed anything. Before anyone knew your name. **God possessed you, crafted you, and covered you** with the same hands that fashioned the stars.



You are not:

- A biological accident
- A product of chance
- Defined by your worst moment
- Worthless, forgotten, or overlooked

You are:

- Personally crafted by the Creator of the universe
- Possessed and owned by the God of all eternity
- Covered and protected from your very first moment of existence
- Written in God's book before the world began
- *"Fearfully and wonderfully made"* — set apart and extraordinary by divine design

The Call: Receive the truth of how God made you — and **worship**. That is David's response in verse 14, and it is the only fitting response to the staggering reality of Psalm 139:13. You are not an accident. You are not forgotten. You are not worthless. You are the **intentional, intimate, and extraordinary handiwork of Almighty God** — possessed, woven, and covered by the One who knows you better than you know yourself, and loves you still. Walk today in the dignity of **who He made you to be**.

SOURCES

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5. desiringgod.org - Fearfully and Wonderfully Made
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