

# Meditation on Being Fearfully and Wonderfully Made

By Doug Hamilton

It is always important to employ meditation when reading the Bible. Meditating is process quite different from simply reading a Bible verse. It means to contemplate and make personal application. King David evidently took this process seriously in his relationship with God.

- Psalm 19:14, “May these words of my mouth and this meditation of my heart be pleasing in your sight...”
- Psalm 49:3, “My mouth will speak words of wisdom; the meditation of my heart will give you understanding.”
- Psalm 104:34, “May my meditation be pleasing to him, as I rejoice in the LORD.”
- Psalm 119:15, “I meditate on your precepts and consider your ways.”
- Psalm 119:48, “My eyes stay open through the watches of the night, that I may meditate on your promises.”
- Psalm 143:5, “I remember the days of long ago; I meditate on all your works and consider what your hands have done.”

In this lesson, I am going to take a verse from David’s writing in the Psalms and meditate out loud, so as to provide an example of meditation. I will use the following verses. *Psalm 139:13-14, For Thou didst form my inward parts; Thou didst weave me in my mother's womb. <sup>14</sup> I will give thanks to Thee, for I am fearfully and wonderfully made; Wonderful are Thy works, and my soul knows it very well.*

This is a deeply, thought-provoking image which David reflected on. This is one of my favorite verses in the Bible, for David was meditating on the glory of God through the tenth-century B.C. perspective of his own formation in the womb. In doing so, he grew in joy concerning his present relationship with God. I want that same joy in my life. Therefore, I will also meditate on this verse from a twenty-first century perspective.

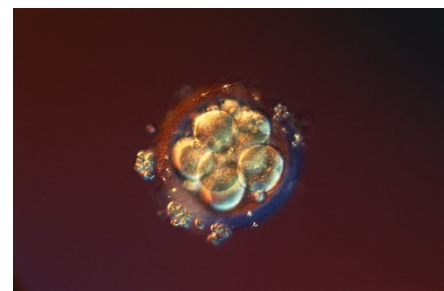
## The Meditation of Doug

### Conception

God formed my inward parts...hmmmeditation. At my conception, 23 chromosomes my biological father and 23 from my biological mother, came together at fertilization and formed me, tiny one-cell embryo. My DNA, the most basic of my inner parts, was formed. My 46 chromosomes were assembled for the first time. This is the exact same DNA for which I have to this day and for the rest of my life. No other person on earth, in the past, present or future, will have the same genetic code as me. I am fearfully and wonderfully made.

### Cell-Duplication and Implantation

The size of my whole being within the first 24 hours was less than the size the head of a pin, but cell duplication is already under. I descended down the fallopian tube and was implanted in the uterine wall. As the hours tick away, I went from one cell, to two, then two cells to four, and four to eight. Because I was growing inside the womb, the placenta and umbilical began to form to provide the nutrients I would need. Additionally, the amniotic sac formed and began filling with fluid for my protection. Wow! I am fearfully and wonderfully made!



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## Month One

Over the next four weeks, my body continued forming, along with my oversized head and facial features. The placenta continued to provide all the nutrients, oxygen and immunity needed to keep me alive and thriving. My tiny heart was beating 65 times a minute and I was a whopping ¼ inch tall! Wow, I truly was knit together in my mother's womb! *Jeremiah 1:5, "Before I formed you in the womb I knew you..."*



## Month Two

Meditating further, at the end of the second month, my legs and arms had formed from the tiny buds on each side of me. My facial features had further formed to the point of forming ears, fingers, and even fingers and toes. The neural tube at the back of my already contained a brain, spinal cord and other neural tissue. I was now one-inch tall, sporting a skeletal structure and early digestive tract. *Eccl 11:5 Just as you do not know the path of the wind and how bones {are formed} in the womb of the pregnant woman, so you do not know the activity of God who makes all things.*



## Month Three

By the end of the third month, my arms, hands, fingers, feet, and toes are fully formed. I was able to open and close my hands and mouth. My teeth were already forming under my gums and my gender was clearly prevalent. I was fully-formed, sporting a 4-inch frame before entering the second trimester. *Job 31:15 "Did not He who made me in the womb make him, and the same one fashion us in the womb? Yes, God did knit me together in the womb through the natural biological programming he installed in DNA.*

## Month Four

By the end of month four, my fingers and toes were very defined. They could hear my heartbeat pumping blood through my veins. Additionally, I was able to grow eyelids, eyebrows, eyelashes, nails, and hair. I was now the impressive length of 6-inches and could already suck my thumb! I had finally left the most vulnerable trimester, passing from first to second. *Jer 20:17 Because he did not kill me before birth, so that my mother would have been my grave, and her womb ever pregnant. I am fearfully and wonderfully made, and my soul knows it very well!*



## Month Five

By the end of this month, I was able to move around in the womb. My muscles have developed enough that I could push against the uterine wall, causing a fluttering movement to my mother. My hair was growing on my head and body was coated with a whiteish coating called vernix caseosa to protect my skin from the amniotic fluid. I was ten-inches long and weighed nearly a pound. *Psalms 119:73, "Your hands made me and fashioned me..."* Yes, he fearfully and wonderfully made me!

## Month Six

At that point, my finger and foot prints, which I would have for the remainder of life, are fully formed. My skin was translucent and all my veins were showing. I could hear sound outside the womb, like my mother's voice or music playing. Sometimes I develop hiccups, even though I am not eating. Being 12 inches tall and



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two pounds, I could have survived outside the womb had I needed to. *Job 10:11*, “*Clothe me with skin and flesh, And knit me together with bones and sinews*”. God was a masterful designer!

### Month Seven

My hearing at this stage was fully developed and could hear all the conversations around me and my mother’s voice calmed me in time of duress. The amniotic fluid decreased because I had grown to 14 inches and almost 2 pounds. I needed my space!

### Month Eight

In preparation of being born, was able to shift my position and kicked the uterine wall quick frequently. My brain was developing rapidly and my lungs, ears, eyes were nearly fully developed. My immune system kicked in for the coming journey. I was 18-inches and nearly five pounds. *Ps 22:10 Upon Thee I was cast from birth; Thou hast been my God from my mother's womb*. Meditating on this fact leads me to better understand how He has been my God from my mother’s womb.

### Month Nine

I was fully developed to the point of being able to respond to sounds, light, and touch. It was incredibly crowded in the womb due to growth, forcing me to shift position and turn head down. I was more 21-inches and over seven pounds, fully ready to enter the world on January 28, 1965. After meditating on Psalm 139:13-14, I can conclude that *God did form my inward parts and weaved me together in my mother’s womb. I am fearfully and wonderfully made. God, wonderful are your works and my soul knows it very well!*

### Reflection

At every step of the fetal journey, from conception to birth, it is evident to me that God had His hand in the process. He designed the DNA which made it all possible. He knew me before I was even made, being the master programmer of the whole genetic code. I can see how He formed my inward parts and knit me together in my mother’s womb. If any of those steps failed along the way, I would not be here today. I have meditated and come to a marvelous conclusion: I am fearfully and wonderfully made!

### Closing thought:

I once heard of a young teenage girl from a small rural town, who was found to be pregnant. Worse yet, the young man she was going with was a religious man who had not relations with her out of respect for his religious convictions. When he found out, he was extremely upset and did not want to continue the relationship. If her parents found out about this, it could be very, very bad for her at home. All her friends from the small conservative community would surely frown on this behavior. She was so scared. Though she was in a terrible position, she never considered aborting the child, for which I am very grateful.

- Matt 1:23-25 "Behold, the virgin shall be with child, and shall bear a Son, and they shall call His name Immanuel," which translated means, "God with us." <sup>24</sup> And Joseph arose from his sleep, and did as the angel of the Lord commanded him, and took {her} as his wife, <sup>25</sup> and kept her a virgin until she gave birth to a Son; and he called His name Jesus.

