



## Psalm 139 List Sheet

Remember when Abigail got upset and felt like nobody cared and she wasn't good at anything? Abigail's mom told her to read Psalm 139 to remember how amazing God is and how wonderfully he made her.

Read Psalm 139 for yourself now! Then, fill out these lists with ideas. They could be from Psalm 139, or they could be other things you remember from the Bible or that people you love have told you.

Just like Abigail, you can come back to these lists of what's true whenever you're feeling down!

Amazing Things About God

Ways God Made Me Wonderful

Abigail

Jesus said, "Here is  
My Command.  
Love one another,  
just as I have  
Loved you."

John 15:12

**Who do you want to love with Jesus's love?**

Draw them or write their name here: