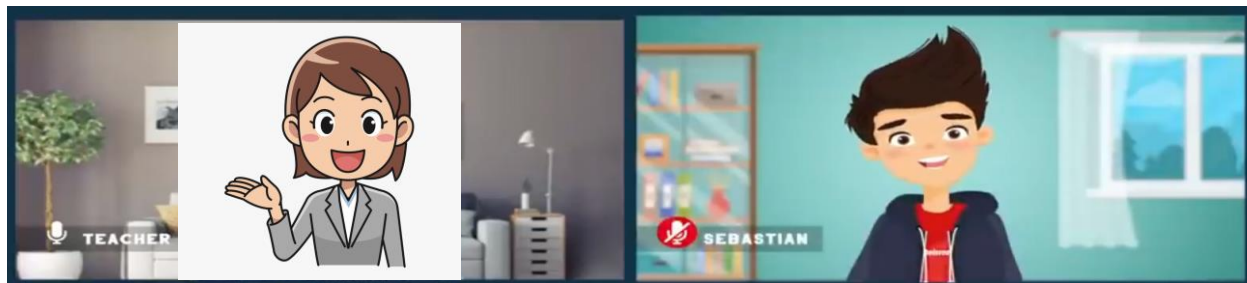


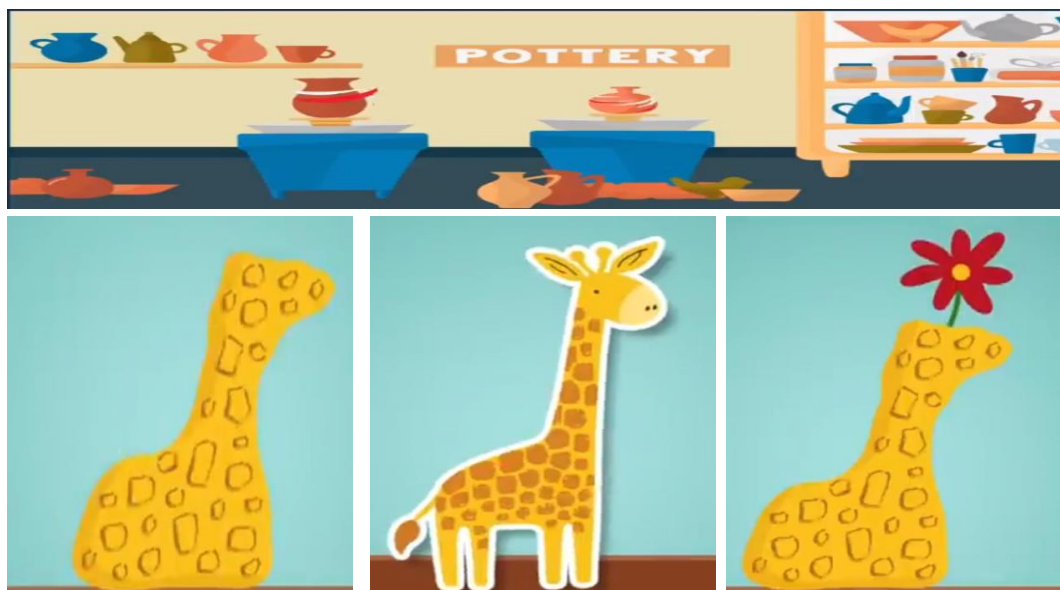
# 受造奇妙可畏

我要称谢你，因我受造奇妙可畏。你的作为奇妙，这是我心深知道的。——诗篇 139:14

嗨，孩子们！我在等我的朋友小天上网。他上周刚开始上一门新的美术课，我正等着听呢。嗯，小天很守时的，他应该现在就在线……














	嗨，小天，你现在是静音，请打开你的麦克风！	哈，对不起！你好，Tabbi 老师！	
	你好，小天！说说你的美术课上得怎样啊？	哦？我的美术课？嗯...算了还是别提好。	
	但是你上星期说好期待的！	是的。我们先上陶艺，你知道的，就是用黏土制作一件东西出来。刚开始我是很兴奋，但现在不是了。	
	发生了什么事？	你看，这就是我的作品。	
	噢，嗯，挺好的啊...看起来是一只可爱的长颈鹿吧？！	长颈鹿？我原本想做成一个花瓶送给我妈妈的，我怎么好意思送这个东西给她呢？	
	嗯，事实并不是真的如你想象中那么差劲。告诉你妈，这是一个长颈鹿造型的花瓶，专门为她手工制作的，是独一无二的！	噢，你说的没错，它看起来确实像长颈鹿。但这样还是不好，我不喜欢长颈鹿，一想到长颈鹿就让我感到沮丧。	

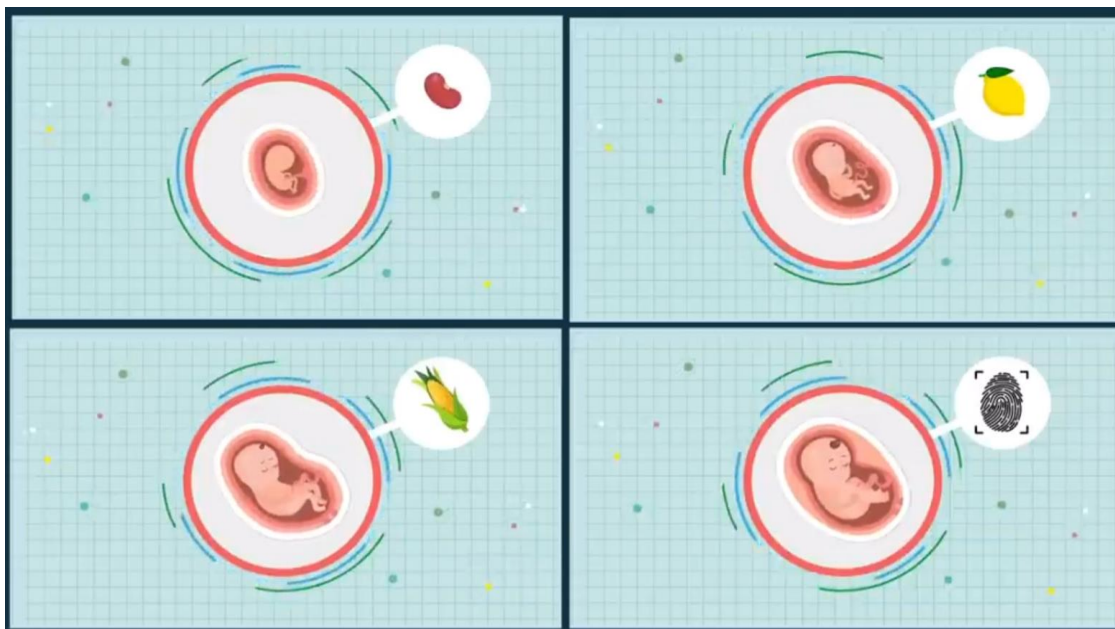


Tabbi 老师很惊讶，就问他是怎么回事？小天告诉老师，因为有些同学叫他“长颈鹿”，他说：“我学校里的一些同学。你知道吗？他们经常嘲笑我。当他们需要拿一些够不着的东西时，他们会说：‘嘿，长颈鹿，给我们拿来！’而当我想坐在课室前面的时候，他们就说：‘嘿，长颈鹿，不要挡住我们啦。到后面去！’打篮球是最糟糕的时刻了，我个子高并不代表我投篮准，对吧？这时他们就开始窃笑并大叫：‘看，长颈鹿打得像鸭子一样！’我讨厌他们！我长得像长颈鹿，并不代表我没有感觉。”



	你看起来并不像长颈鹿。		真的吗？	
	别让他们影响到你。你可是一个很棒的孩子噢！请你告诉我，谁很会逗乐会讲很搞笑的笑话？		你说的是我吗？	
	当然是你阿！和你在一起真的很有趣，你还会唱歌，而且钢琴又弹得非常好。不会打篮球又不是什么大不了的事，况且你已经有这么多优点了。		你真的是这么认为？	
	那当然！你知道吗？你“受造奇妙可畏”啊！		什么？我的样子好可畏好吓人？等等，你是说我样子丑得令人害怕？	
	噢，不是的，不是这样的。“可畏”的意思不是说你长得丑😁，它的意思是“哇，太棒了！哇，太奇妙了！”		圣经真的是这样说的吗？说我“受造奇妙可畏”？	
	我能给你看样东西吗？			

Tabbi 老师继续说：“当你在你妈妈肚子里开始成长时，你还很小，小的就像一粒豆子。但是圣经说上帝已经看见了你，并且认识你。你知道为什么吗？因为是祂创造了你，祂看着你一天天长大的。当你只有柠檬那么大的时候，你的头发长出来了。即使在那时，上帝也非常爱你，祂知道你有多少根头发呢！听着，当你长到像一颗玉米棒这么大时，上帝给了你一套你特有的指纹。甚至在你出生之前，上帝就已经创造了你。因为没人有你那样的指纹，上帝创造了一个独特的你，你是限量版的，是独一无二的！”



哇！原来我是独一无二的！太棒了！



现在你明白我的意思了吗？

**受造起妙可畏**——我懂了！你知道我现在想干什么吗？我要修饰这个花瓶，我要给它上漆，让它看起来像个真长颈鹿。我妈妈会喜欢它的。我得走了，拜拜，Tabbi 老师！



嗨，孩子们，由于你外表的原因而被他人取笑、被他人嘲笑真的一点也不好玩。我上学的时候，各种各样的孩子通常也被叫各式各样的的花名(绰号)——高佬，矮仔，胖仔，瘦仔，四眼仔等等。这样的花名，如果只是被叫一两次还可以接受，但如果被没完没了的取笑，就不好玩了，开始变得伤害他人了。如果你明白我的意思的话，就点一下你的头。

至于我的童年，就是那个又矮又瘦的孩子，是个让那些受欢迎的孩子们取笑的对象，这令我在某种程度上觉得自己很丑，很自卑。我不喜欢自己的样子，我在其他孩子身边感到不舒服，这意味着我没有朋友。我记得我 11 岁时，每天课间休息时间，我都很孤独。

有一天，我把自己当时的感受和处境告诉了教会里的老师。老师当时的教导对我很有帮助。她说：“哦，Tabbi，不要太担心外表的美。只要确保你的内在美，外在美很快就会迎头赶上。”然后她给我看了诗篇 139:14 这一节，你也可以把它标出来，说的是：“**我要称谢你，因我受造奇妙可畏。你的作为奇妙，这是我心深知道的。**”当我看到这句话的时候，我想，“哇！我可以赞美神创造我的方式呢！”那是第一次有人这样告诉我，我是受造奇妙的！我不丑，因为是上帝创造了我，这给了我做我自己的信心和力量。我不再担心那些坏孩子会对我窃笑，我开始交一些新朋友。我越赞美上帝创造了我，我就越喜欢自己，也变得越自信。我变得越自信，那些欺负我的人就越少骚扰我了。



我的老师是对的。我的身高并不是一成不变的。在我 15 岁的时候，我开始长个子，赶上了我的大多数朋友。但如果你是个男孩，你可能会觉得个子矮会让你处于很大的劣势，你跑不了那么快，跳不了那么高，你也没有个子大的孩子强壮。这会让你感到弱小和卑微。但你猜，我发现了什么？——我发现身高并不是一成不变的。我认识一个男孩，他在班上很长一段时间个子都是最矮的。有一年，当他 13 岁的时候，他突然长高了，成为了身边的人中最高的。即使你最终没有成为身边的人中最高的，也不要担心，不要放弃。记住，你是“受造奇妙可畏的”。

也许你在想：“Tabbi 老师，我的问题不是我的身高，而是我的体重，成为班里最胖的人一点也不好玩。”但请记住，创造你的神也告诉你：“靠着那加我力量的基督，我凡事都能作。”以斯蒂芬·库里为例，斯蒂芬·库里是一名职业篮球运动员和 NBA 超级明星。在学校里，我敢肯定他不是班里个子最矮小的。但你知道吗？他一直是篮球场上个子最矮小的。但就像你一样，斯蒂芬·库里也是个基督徒，他相信《圣经》上说的：“靠着那加给我力量的基督，我凡事都能做。”他并没有因为身高的缘故而放弃，而是一直坚持，一直努力，并且倚靠耶和华。如今，斯蒂芬·库里身高 6 英尺 3 英寸。如果你把他和普通人相比，那就太高了。如果斯蒂芬·库里站在我旁边，我就得这样昂起头来和他说话。但你猜在 NBA 会怎么样？6 英尺 3 英寸对于 NBA 球员来说还不算高。在 NBA，大多数球员都是 6 英尺 6 英寸以上。所以，尽管斯蒂芬·库里个子很高，但作为 NBA 球员来说，他仍然很矮。他的身高阻碍了他成为 NBA 最佳球员吗？并没有，斯蒂芬·库里绝对是个篮球巨星！



嗨，孩子们，今天，你们知道该做什么了吗？你应该好好照照镜子，好好看看上帝给你的闪亮的眼睛，看看你精致的鼻子和可爱的笑容。仔细看着镜中的你，然后对他/她说：“嘿，帅哥/美女，你的生命真是奇妙可畏啊！”如果镜子里的你似乎还不太确定，看着镜里自己的眼睛说：“你最好相信他/她，因为圣经是这么告诉我的！”**永远记住你是谁——你是神所爱的孩子！**上帝用那么多的关爱创造了你。祂给你注入了所有你需要的美和力量。当上帝创造你的时候，祂给了你特别的天赋，比如擅长运动、音乐或艺术，或者成为大家的开心果。即使聪明也是上帝赐予的礼物。上帝给你的真正好的礼物通常是放在你里面的，像一颗大而善良的心，让你成为别人真正的好朋友。所以，不要太担心自己所不喜欢的外表某个地方。你在你外表所看到的并不能决定你是谁。只要确保你的内心是美好而坚强的，那么外在美很快就会迎头赶上。想想看，当上帝创造你的时候，祂把你创造得如此特别，以至于没有其他人和你一样。你是限量版的，独一无二的，这让你变得很宝贵。如此宝贵，你说：“哇！主啊，我赞美你，因为我是受造奇妙可畏的。”所有的孩子们一起说：“阿门！”

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孩子们，如果你正在听这个故事，你从来没有邀请耶稣进入你的生命，成为你的主和救主，你现在可以这样做，跟着我重复这个祷告：“亲爱的主耶稣，感谢你为我死在十字架上。你是神的儿子，你死了，也被埋葬，第三天又复活了。你宝血洗去了我所有的罪，使我得以永远与阿爸天父在一起。我请求你现在进入我的生命里，成为我的主和救主，我永远是个义人，永远是有福的，永远是神的孩子。奉耶稣的名，阿门！”

## **Fearfully and wonderfully made**

**I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ----Psalm 139:14**

Hey Rock Kidz! I'm waiting to get online with my friend Sebastian. He started a new art class last week, and I'm waiting to hear about it. Hmm. Sebastian is very punctual so he should be popping in just about... now!

T: You're on mute! Turn on your mic!

S: Heh! Sorry! Hi teacher Tabbi! Hi Sebastian!

T: So, how was your art class? Oh. My art class?

S: Um... I don't really want to talk about it. Huh?

T: But you were so excited last week!

S: Well, we started with pottery.

T: Hottery? What's hottery?

S: POT-TER-Y. you know, when you make things out of clay?

T: Ah! Yeah.

S: At first I was so excited. But then, sigh.

T: But then what? What happened?

S: But this happened! Look!

T: Oh! Um, well.. That's a lovely looking... giraffe?

S: Giraffe? It's supposed to be a vase! For my mom! I can't give her this!

T: Um, this is not as bad as you think. Really! Look, tell your mom it's a giraffe shaped vase. Specialty hand-made for her. One of a kind!

S: Oh yeah! You're right! It does look like a giraffe. No, no. It's no good. I don't like giraffes. Giraffes makes me sad.

T: What?

S: They call me "Giraffe".

T: Who?

S: Some of the kids at school. See? They laugh, but when they need something no one else can reach, they say “Hey Giraffe, get it for us!” Then when I try to sit in front, they say, “Don’t block us, Giraffe” “Go to the back where you belong!” Basketball is when it’s the worst. Just because I’m tall doesn’t mean I can shoot, right? That’s when the snigger and shout, “Look! The Giraffe plays like a duck!” I hate it! Just because I look like a giraffe doesn’t mean I don’t have feelings.

T: You don’t look like a giraffe.

S: I don’t?

T: No! I mean, come on. Don’t let them get to you. You’re a great guy. Tell me. Who’s funny and tells really good jokes?

S: Uh, me?

T: Yes, you! You’re fun to be with and you can sing! And play the piano really well. So what if you can’t play basketball? You’ve got so much going for you.

S: You really think so?

T: Absolutely! Did you know that you are “Fearfully and wonderfully made”?

S: What? Why am I fearfully made? Wait, you mean I’m so ugly I made people afraid?

T: Wait! No, No, no. “Fearfully” doesn’t mean “Whoa...” because you are ugly. It means “Whoa!”, like “Whoa! Awesome!” or “whoa! Amazing!”

S: Oh. The Bible really says that? It says I’m amazing and wonderfully made?

T: Can I show you something? When you started to grow inside your mom, you were tiny, like a bean. But the Bible says that God already saw you and knew you. You know why? Because he made you. He watched over you as you grew and grew. When you were about the size of a lemon, your hair appeared. And even then, God loved you so much He knew exactly how many strands of hair you had. Then get this, when you grew to be about this size God gave you your own special set of fingerprints. Even before you were born, God already made you, you. Because no one has fingerprints just like yours. God made you unique, a limited edition, one-of-a-kind!

S: Whoa! I’m one-of-a-kind! Awesome! See what I mean? “Fearfully and wonderfully made!” You know what? I’m going to fix this vase, I’ll paint it so it looks a real giraffe. My mom will love it! I’ve got to go Teacher Tabbi! See you!

Hey Rock Kidz, getting teased and laughed at for the way you look is no fun at all. When I was at school, all kinds of kids were called all kinds of names. The tall kid, the short kid, the fat kid, the skinny kid, the kid with the thick glasses. You know, all kinds of names. Some teasing is ok when it is just once or twice, but when it doesn’t stop, it stops being funny and starts to hurt. Nod you head if you know what I mean. Me? I was the short and scrawny kid. The one that made the popular kids giggle in a way made me feel



ugly and bad about myself. I did not like the way I looked. I felt uncomfortable around other kids and this meant I had no friends. I remember being lonely every day at recess when I was 11.

One day I told my teacher at church about it. What she told me really helped me. She said, "Oh Tabbi, don't worry too much about the beauty on the outside. Just make sure you are beautiful on the inside and the outside will soon catch up." Then she showed me this verse, In Psalms 139:14, you can highlight it as well. It says, I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. When I saw this, I went, "Whoa! I can praise God for the way I am made!" That was the first time anyone ever told me that I was wonderfully made! I wasn't ugly because God made me. Just knowing this gave me the confidence and strength to be myself. I stopped worrying about the mean kids sniggering at me and I started to make some new friends. The more I praised God for making me, me , the more I liked myself and the more confident I became. The more confident I became, the less power the bullies had to bother me.

And my teacher was right. My height was not a permanent thing. By the time I was 15, I had shot up and caught up with most of my friends! But if you're a boy, you may feel that being short puts you at a big disadvantage. You can't run as fast, or jump as high. And you are not as strong as bigger boys.it makes you feel small and weak. Guess what? Like what I discovered, height is not something permanent.

I know a boy who was the smallest in the class for the longest time. Then one year, when he turned 13, he suddenly shot up and became the tallest kid around! And even if you don't end up being the tallest kid around, don't worry and don't give up! Remember, you are fearfully and wonderfully made.

Maybe you are thinking, "teacher Tabbi, my problem isn't my height. It's my weight! It's no fun being one of the biggest in class." The God who made you is also the God who tells you to say, "I can do all things through Christ who strengthens me!" Take Steph Curry, for example. Steph Curry is a professional basketballer and an NBA superstar. In school, I'm sure he wasn't the smallest in the class. But you know what? He was always the smallest guy on the basketball court. But just like you, Steph Curry is a Christian and believe what the Bible says, that we can do all things through Christ who gives us strength. He did not let his height stop him but kept on, keeping on and put his trust in the Lord. Today Steph Curry is 6'3". That's tall if you compare him with an average guy. If Steph Curry stood next to me, I would have to look up like this to talk to him! But guess what? 6'3" is still not tall enough for the NBA! In the NBA, most of the players are easily 6'6" and above! So, even though he is a tall man, Steph Curry is still short for an NBA player. Did his height stop him from being a champion basketball player? No! Steph Curry is definitely a basketball superstar!

Hey Rock Kids, you know what you should do today? You should have a good look at yourself in the mirror. Take a long, good look at the sparkly eyes God gave you. Look at your cute nose and your lovely smile. Take a good look and say, "Hey good looking, you are fearfully and wonderfully made!" And if your reflection doesn't seem too sure, look yourself in the eye and say, "You'd better believe it because the Bible tells me so!" Always remember who you are. You are a beloved child of God. God made you with a lot of care and a lot of love. He put inside you all the beauty and strength that you need. When God made you, He put special gifts inside you, like being good at sports, or music, or art. Or being able

to make people laugh. Even being smart is a gift from God. The really good gifts God gave you are usually the ones He puts on the inside, like a big and kind heart that makes you a really good friend to others. So, don't worry too much about what you don't like on the outside. What you see on the outside does not get to decide who you really are. Just make sure you are beautiful and strong on the inside, and the outside will soon catch up by itself. Just think, when God made you, He made you so special that there is no one else just like you. You are a limited edition, one-of-a-kind. And this makes you precious. So amazing precious you need to go, "Whoa! I praise You, Lord! Because I am fearfully and wonderfully made!" And all of the Rock Kidz say, "Amen."

**Hey rock Kidz, if you are listening to this story and you've never asked Jesus to come into your life to be your Lord and Saviour, you can do so now. Just repeat this prayer after me, "Dear Lord Jesus, thank You for dying on the cross for me. You are the Son of God, who died, was buried and on the third day, you rose again. Your precious blood washed away all my sins making me forever right with Daddy God. I ask You now to come into my life to be my Lord and Saviour. I am forever righteous, forever blessed, forever a child of God. In Jesus' name," and everyone say, "Amen."**