

Fearfully and Wonderfully Made

Start your thinking by listening to some of the following parents podcasts by Faith in Kids:

Faith in Kids parents podcast: 'Who Am I?' series
['Identity Foundations'](#)
['Telling the Better Story'](#)
['The Transgender Debate and Gender Identity'](#)
['Lost and Found'](#)
['Parenting Boys. Parenting Girls'](#)
['Who Am I? The Story So Far'](#)

You might also like to read some books:

[Gender: A Conversation Guide](#)
[Raising Confident Kids in a Confusing World](#)
[Talking Points: Transgender](#)

Some 'everyday moment' conversations you could have with your children:

When you are moving your body

In Psalm 139, King David sings to God about how God made his body.
He says,
'You made my whole being.
You formed me in my mother's body.
I praise you because you made me
in an amazing and wonderful way.
What you have done is wonderful.
I know this very well.'

God made our bodies just right for us, and they're a gift from him to us.

Our bodies are wonderful!
Our eyes can see better than any camera.
Our hands can move better than any machine.

God says that our bodies are fearfully made.
So we'll respect our bodies and others' bodies.
We'll be true and kind when we talk about our bodies, and about others' bodies.

Faith in Kids podcast: 'Who Am I?' series
['I Am Made by God'](#)
['I Am Made to Love Others'](#)

When you are not feeling happy with your body

No one has a perfect body.
Sometimes our bodies hurt, or don't work well.
We live in a sinful and broken world.
But we can still thank God for what our bodies can do.
Sometimes we don't like what our bodies look like.
But we can remember that our bodies are God's good gift to us.
And because Jesus died to defeat sin, and rose to life again, our heavenly bodies will be perfect bodies.

Paul says in Philippians 3,
'But our homeland is in heaven, and we are waiting for our Saviour, the Lord Jesus Christ, to come from heaven. He will change our simple bodies and make them like his own glorious body. Christ can do this by his power. With that power he is able to rule all things.'

Sometimes we wish our bodies were different.
But God made us just the way he wanted us to be.
If you're a girl, he gave you a girl's body.
If you're a boy, he gave you a boy's body.
And God can help us to enjoy the bodies he gave us as boys and girls.

Faith in Kids podcast: 'Who Am I?' series
['I Am Hurting'](#)

When you're wondering about boys and girls

God made boys and girls different on purpose.
Our bodies are different, and our brains are different.
God made it so that girls need boys,
and he made it so that boys need girls.
It's wonderful that we have each other.

In Genesis 1, we read that
'God created human beings in his image. In the image of God he created them. He created them male and female. God blessed them and said, 'Have many children and grow in number. Fill the earth and be its master. Rule over the fish in the sea and over the birds in the sky. Rule over every living thing that moves on the earth.'

God has made men and boys to especially be leaders and workers. And God has made women and girls especially to be carers and helpers. He loves men to show what true strength looks like, and he loves women to show what true beauty looks like.

There are also a lot of different things that boys and girls can do.
Boys and girls can play football, write poetry, dance, climb trees, and do all sorts of other things.
We're free to use and enjoy the bodies that God gave us as boys and as girls.

Faith in Kids podcast: 'Who Am I?' series
['I Am Given a Body'](#)

You might like to read some books together:

Roots and Shoots (0-3 years)
You and Me by the Book

Vineyard Juniors (4-7 years)
God Made Boys and Girls
God's Signpost

Vineyard Seniors (8-11 years)
Birds and Bees by the Book
Growing Up God's Way for Boys
Growing Up God's Way for Girls

And there are lots of songs that help us remember and celebrate these truths, too!

Roots and Shoots (0-3 years)
God Made Me
God Made Me Special
I Belong to Him

Vineyard (4-11 years)
Who I Am
Just the Way God Wanted Us to Be

Everyone - children and adults!
I Am Not My Own
How Firm a Foundation
Behold the Power of His Word