

# FEARFULLY AND WONDERFULLY WIRED

*God set the sliders: celebrating the unique way He made you*

**Psalm 139:13-14 NKJV** *For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.*

## Everyone Has a Spoon

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In some homes there is a right spoon. The right shape, the right weight, the one in the drawer that is just correct. Give someone the wrong spoon and the food tastes wrong. It sounds silly, until you realise how many of us have something like it: a favourite mug, a label that has to be cut out, foods that are not allowed to touch, a rabbit hole that swallows a whole evening.

For years many of us assume these things are simply what everybody does. Then slowly they discover that not everybody does. A great deal of what we call “normal” is simply what most people happen to do. Which means many of us are quietly wired a little differently, and always have been.

This teaching is a celebration of that. Scripture does not describe a God who makes people on a production line. It describes a Potter, a Weaver and an Author, and every one of His works is different on purpose.

## What Neurodiversity Really Means

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**Neurodiversity** is the natural variety in every human brain. Just as biodiversity describes the variety of all living things, neurodiversity describes the variety of all minds. It is not about “them.” It includes every one of us.

**Neurotypical** describes a brain that works in the most common, expected way. **Neurodivergent** describes a person whose brain works quite differently, for example with autism, ADHD, dyslexia, dyspraxia or Tourette's.

Around one in five people are thought to be neurodivergent. Many adults have never been assessed, because for a long time the picture of what this looked like was drawn mostly from young boys. A helpful way to remember the words: a group of people is neurodiverse. An individual may be neurodivergent. And every one of us is part of the neurodiversity in the body of Christ.

## The Body Is Not a Line

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When people hear “on the spectrum,” most of us imagine a line, with “a little bit” at one end and “a lot” at the other. It is far more helpful to picture a sound mixing desk with a row of sliders. Everybody has the same sliders: senses, focus, routine, energy, social battery and processing. They simply sit at different levels for different people.

You might be high on senses and low on routine. The person next to you might be the exact opposite. Neither of you is wrong. Having some of these traits does not make anyone autistic or ADHD; that depends on how many sliders are high, how high they go and how much they shape daily life. For most of us, a few high sliders simply means we are human. And here is the good news of Scripture: it was God who set the sliders.

**1 Corinthians 12:17-18 NKJV** *If the whole body were an eye, where would be the hearing? If the whole were hearing, where would be the smelling? But now God has set the members, each one of them, in the body just as He pleased.*

## Skilfully Woven: Words That Reveal Our Design

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**רָקַם** *raqam* Psalm 139:15

Translated “skillfully wrought.” It means to embroider, to weave with threads of different colours. The same root describes the embroiderer who wove the blue, purple and scarlet hangings of the tabernacle. You were not mass-produced. You were hand-woven, thread by thread, colour by colour.

**נִפְלְאֵתִי** *nifleiti* Psalm 139:14

Translated “wonderfully made.” It carries the sense of being distinct, set apart, made in a way that causes wonder. Being different is written into the very word David used to praise God for how he was made.

**ποίημα** *poiema* Ephesians 2:10

Translated “workmanship.” A made thing, a work of art, a masterpiece. It is where our word “poem” comes from. Every person is a different poem, written by the same Author.

**ποικίλος** *poikilos* 1 Peter 4:10

Translated “manifold,” as in the manifold grace of God. It means many-coloured, variegated. The Hebrew of the Old Testament and the Greek of the New say the same thing: God works in many colours, in us and through us.

## Finding Your Kingdom Code

This is a light, fun way to discover your own settings. For each of the six sliders below, read the three statements and circle a score for each one.

**0** = not me at all    **1** = sometimes    **2** = that is so me it is slightly embarrassing

Add up the three scores and write the total, out of 6, at the bottom of each table. There is no pass mark and no fail mark. Nobody sees it but you.

*The Kingdom Code is a conversation starter, not a diagnosis. If several of your sliders are high and they affect your daily life, it can be worth speaking to a doctor or psychologist.*

## The Sensory Sommelier

*Your senses have strong opinions.*

|                                                                            |                            |
|----------------------------------------------------------------------------|----------------------------|
| 1. I have a “right” spoon, fork, mug or pen, and the wrong one bothers me. | <b>0</b> <b>1</b> <b>2</b> |
| 2. Clothing labels, seams or certain fabrics can ruin my whole day.        | <b>0</b> <b>1</b> <b>2</b> |
| 3. Some sounds, smells, lights or food textures are an absolute no for me. | <b>0</b> <b>1</b> <b>2</b> |
| <b>Total (out of 6)</b>                                                    | _____                      |

### In Scripture: Isaac

Isaac asked for savoury food “such as I love” (Genesis 27:4), and when Jacob came close, it was the smell of his clothes Isaac noticed first. His senses held strong opinions and deep memory. God made the senses, and He invites us to use them in worship: “Oh, taste and see that the LORD is good” (Psalm 34:8).

**Genesis 27:27 NKJV** *And he came near and kissed him; and he smelled the smell of his clothing, and blessed him and said: “Surely, the smell of my son is like the smell of a field which the LORD has blessed.”*

### How it can look at home and at church

Loud worship, strong perfume in a packed row, buzzing hall lights, the scratchy dress for a wedding, a meal where the foods all touch.

| If this is you                                                                                                                                                                 | If this is someone you love                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Choose your seat where you can</li> <li>Earplugs in loud worship are allowed</li> <li>A soft layer under the scratchy outfit</li> </ul> | <ul style="list-style-type: none"> <li>Offer a quieter seat or space</li> <li>Never tease the “fussiness”</li> <li>Go easy on the perfume at meetings</li> </ul> |

|                                      |                                       |
|--------------------------------------|---------------------------------------|
| • Step outside for two quiet minutes | • Ask: “What would make this easier?” |
|--------------------------------------|---------------------------------------|

### ***The gift in it***

Senses “exercised to discern” (Hebrews 5:14). Often the first to sense that something is off, in a room, in a child, or in the spirit.

## **The Deep Diver**

*When it is interesting, the world disappears.*

|                                                                        |          |          |          |
|------------------------------------------------------------------------|----------|----------|----------|
| 1. I have lost hours down a research rabbit hole, often late at night. | <b>0</b> | <b>1</b> | <b>2</b> |
| 2. I know far more than most people about one very specific topic.     | <b>0</b> | <b>1</b> | <b>2</b> |
| 3. When I am absorbed, I forget to eat, drink or check the time.       | <b>0</b> | <b>1</b> | <b>2</b> |
| <b>Total (out of 6)</b>                                                | —        |          |          |

### **In Scripture: Mary of Bethany**

Mary sat at Jesus’ feet and the rest of the world disappeared, including the dinner. Martha noticed. Jesus defended Mary’s depth and called it the good part.

**Luke 10:39, 42 NKJV** *And she had a sister called Mary, who also sat at Jesus’ feet and heard His word... But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.*

### ***How it can look at home and at church***

The quick devotional that turns into a Hebrew word study at midnight, forgetting lunch, the one-page project that is somehow eleven pages.

| <b>If this is you</b>                                                                                                                                                                                                    | <b>If this is someone you love</b>                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Set alarms for meals and bedtime</li> <li>• Park new rabbit holes on a list</li> <li>• Decide what “good enough” looks like first</li> <li>• Protect your quiet time</li> </ul> | <ul style="list-style-type: none"> <li>• Hand them the depth tasks</li> <li>• Warn before interrupting: “In five minutes...”</li> <li>• Ask what they have been studying</li> <li>• Value their knowledge out loud</li> </ul> |

### ***The gift in it***

Depth. This is the go-to person for “Where is that verse?” and the one who brings back treasure from the deep places.

## The Ritual Keeper

*Same order. Same seat. Same mug.*

|                                                                         |       |   |   |
|-------------------------------------------------------------------------|-------|---|---|
| 1. My morning routine happens in the same order, every single day.      | 0     | 1 | 2 |
| 2. A sudden change of plan can throw my whole day off.                  | 0     | 1 | 2 |
| 3. I order the same meal, sit in the same seat, or take the same route. | 0     | 1 | 2 |
| <b>Total (out of 6)</b>                                                 | _____ |   |   |

### In Scripture: Daniel

Daniel's rhythm was so steady that his enemies could plan around it, and still he did not change it. God honoured that faithfulness in the lions' den. God Himself keeps a morning rhythm: His mercies "are new every morning" (Lamentations 3:22-23).

**Daniel 6:10 NKJV** *He knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.*

### How it can look at home and at church

A change to the service order, someone sitting in "your" seat, plans that move at the last minute, a new school timetable.

| If this is you                                                                                                                                                                                                                          | If this is someone you love                                                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ask for notice of changes</li> <li>• Build a small routine around the new thing</li> <li>• Say: "I need a minute to adjust"</li> <li>• Keep one anchor habit, like morning devotion</li> </ul> | <ul style="list-style-type: none"> <li>• Give advance warning</li> <li>• Explain the why, not only the what</li> <li>• Keep things where they usually live</li> <li>• Put changes in writing in the group</li> </ul> |

### The gift in it

Faithfulness. This is the one who keeps the lamp burning continually (Exodus 27:20) and keeps the systems working.

## The Pinball

*Lots of tabs open. Some of them are playing music.*

|                                                                 |   |   |   |
|-----------------------------------------------------------------|---|---|---|
| 1. I have lots of tabs open, on my screen and in my head.       | 0 | 1 | 2 |
| 2. I start new tasks before I have finished the old ones.       | 0 | 1 | 2 |
| 3. Time disappears on me, and I am often running a little late. | 0 | 1 | 2 |

|                         |       |
|-------------------------|-------|
| <b>Total (out of 6)</b> | _____ |
|-------------------------|-------|

## In Scripture: Peter

Peter stepped out of the boat, cut off a servant's ear, and offered to build three tabernacles while heaven was still speaking on the mountain. Jesus never discarded him. He named him the Rock and gave him the first sermon at Pentecost.

**Matthew 14:28-29 NKJV** *And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus.*

## How it can look at home and at church

Ten projects on the go, forgetting the bring-and-share dish, running late again, and a brilliant idea right in the middle of someone else's sentence.

| If this is you                                                                                                                                                                                                                             | If this is someone you love                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>One master list, not ten sticky notes</li> <li>Break big tasks into the very first step</li> <li>Do boring tasks alongside a friend</li> <li>Clocks and reminders where you can see them</li> </ul> | <ul style="list-style-type: none"> <li>Clear dates, not "sometime soon"</li> <li>One thing at a time</li> <li>Friendly reminders without shame</li> <li>Never mistake it for not caring</li> </ul> |

## The gift in it

First out of the boat. Courage, energy and fresh ideas, and calm when everything else is on fire.

## The Social Battery

*People are lovely. And then I need a lie down.*

|                                                                   |                  |
|-------------------------------------------------------------------|------------------|
| 1. After socialising, I need time on my own to recharge.          | <b>0   1   2</b> |
| 2. I rehearse conversations or phone calls in my head beforehand. | <b>0   1   2</b> |
| 3. I would rather send a message than make a phone call.          | <b>0   1   2</b> |
| <b>Total (out of 6)</b>                                           | _____            |

## In Scripture: Jesus Himself

The crowds were so great that Jesus and His disciples did not even have time to eat. So He drew them away to rest. Luke tells us He often withdrew to pray (Luke 5:16). Stepping away to recharge is not weakness. The Son of God modelled it.

**Mark 6:31 NKJV** *And He said to them, “Come aside by yourselves to a deserted place and rest a while.” For there were many coming and going, and they did not even have time to eat.*

### ***How it can look at home and at church***

Drained after Sunday service and lunch, rehearsing a phone call five times, much happier to send a WhatsApp than to ring.

| If this is you                                                                                                                                                                                                                       | If this is someone you love                                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Guilt-free gaps between commitments</li> <li>• It is fine to leave fellowship early</li> <li>• Plan a quiet day after a conference</li> <li>• Protect your secret place with God</li> </ul> | <ul style="list-style-type: none"> <li>• Offer a message instead of a call</li> <li>• Share plans ahead of time</li> <li>• Quiet is not unfriendly</li> <li>• Make events an invitation, not a test</li> </ul> |

### ***The gift in it***

Deep listening, faithful intercession and loyal friendship. This is the person who hears what is really being said.

## **The Processor**

*Give me a moment, and give it to me in writing.*

|                                                                         |          |          |          |
|-------------------------------------------------------------------------|----------|----------|----------|
| 1. I need instructions written down, not just said out loud.            | <b>0</b> | <b>1</b> | <b>2</b> |
| 2. I need a moment to think before I can answer a question.             | <b>0</b> | <b>1</b> | <b>2</b> |
| 3. I sometimes miss hints, or take things more literally than intended. | <b>0</b> | <b>1</b> | <b>2</b> |
| <b>Total (out of 6)</b>                                                 | _____    |          |          |

### **In Scripture: Moses, Mary and Nicodemus**

Moses told God he was “slow of speech,” and God did not shame him; He sent Aaron alongside him. Mary “kept all these things and pondered them in her heart” (Luke 2:19). Nicodemus heard “born again” and asked how a grown man could enter his mother’s womb (John 3:4). Jesus did not mock him. He explained patiently.

**Exodus 4:10 NKJV** *Then Moses said to the LORD, “O my Lord, I am not eloquent, neither before nor since You have spoken to Your servant; but I am slow of speech and slow of tongue.”*

### ***How it can look at home and at church***

Announcements made only out loud, freezing when asked to pray on the spot, missing the hint that someone wanted help with the dishes.

| If this is you                                                                                                                                                                                                                     | If this is someone you love                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• Ask for important things in writing</li> <li>• Say: "Let me come back to you on that"</li> <li>• Ask: "What exactly do you need?"</li> <li>• Journal what God is saying to you</li> </ul> | <ul style="list-style-type: none"> <li>• Say what you mean, plainly and kindly</li> <li>• Follow up in writing</li> <li>• Ask before calling on them to pray aloud</li> <li>• Allow silence; it is thinking time</li> </ul> |

### ***The gift in it***

A pondering heart. Careful, accurate and honest. Says what they mean, and means what they say.

## My Kingdom Code

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Write your six totals in order. This is your Kingdom Code. No two codes are the same, and that is not a problem to solve. It is the whole point.

| Sensory | Deep Dive | Ritual | Pinball | Social | Processor |
|---------|-----------|--------|---------|--------|-----------|
|         |           |        |         |        |           |

Share your code with a friend, a family member or a prayer partner, and notice where you are most different. You will likely misread each other more often than you misread people who are wired like you, which makes them exactly the right person to pray with. Afterwards, write your code on a sticky note and put it on your favourite spoon or your fridge as a reminder of how God made you.

## Manifold Grace: Different Wiring, Real Strengths

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**1 Peter 4:10 NKJV** *As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God.*

Every slider carries a gift. The Sensory Sommelier notices. The Deep Diver goes deep. The Ritual Keeper stays faithful. The Pinball steps out first. The Social Battery listens. The Processor ponders and speaks plainly.

These are not magic superpowers. For many people the same traits also make life genuinely hard. But the trait that makes one task difficult often makes another task easy. A healthy body is not one where every member is the same. It is one where every member is in the place God set them.

## Receive One Another

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**Romans 15:7 NKJV** *Therefore receive one another, just as Christ also received us, to the glory of God.*

For a long time it was assumed that the person who communicates differently has the problem, and it is up to them to fix it. But communication always has two sides. When two differently wired people misunderstand each other, the gap runs both ways. Both miss something, and both find it hard. So nobody is “the problem.” Both adjust a little, bearing with one another in love (Ephesians 4:2).

**Blunt is not always rude. Quiet is not always unfriendly. Late is not always lazy.**

## Five Ways to Love Any Brain

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### 1. Ask, do not assume

“What helps you?” is one of the kindest questions you can ask anyone.

| **James 1:19 NKJV** *Let every man be swift to hear, slow to speak, slow to wrath.*

### 2. Say what you mean

Clear beats clever. Skip the hints and say it plainly and kindly.

| **Matthew 5:37 NKJV** *But let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No.’*

### 3. Put it in writing

Follow up plans, changes and important conversations with a short message.

| **Habakkuk 2:2 NKJV** *Write the vision and make it plain on tablets, that he may run who reads it.*

### 4. Adjust the space, not the person

Lighting, noise, seating and timing. Small changes make a big difference.

| **Romans 14:13 NKJV** *Not to put a stumbling block or a cause to fall in our brother’s way.*

### 5. Believe the best

Before you decide what a behaviour means, get curious about it.

| **1 Corinthians 13:7 NKJV** *[Love] bears all things, believes all things, hopes all things, endures all things.*

And one thing never to do: never try to diagnose someone. Whether they share anything about themselves is always their choice. Our part is simply to ask what helps.

## Your Wiring Is Not a Stronghold

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We have spent much of this year learning to identify strongholds and close doors to the enemy. So it matters to say this clearly: the way God wired your brain is not a stronghold. A stronghold is a lie that exalts itself against the knowledge of God (2 Corinthians 10:5). Your wiring is His workmanship.

We can and should pray against the things that often grow around being different: shame, anxiety, exhaustion, rejection and the lie that says “something is wrong with me.” We can pray for wisdom, peace and the right support. But we do not ask God to undo what He skilfully wove.

| **Ephesians 2:10 NKJV** *For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.*

## Handle With Care: My Owner's Manual

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Finish each sentence, then share it with someone you trust. Keep it, and consider sharing it with your family, your friends or the people you serve alongside. It saves months of guessing.

**I flourish when...**

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**I find it hard when...**

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**The best way to speak to me is...**

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**You can love me well by...**

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**A scripture that reminds me how God made me...**

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## Scriptures to Carry

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**Psalm 139:14 NKJV** *I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well.*

**Isaiah 64:8 NKJV** *But now, O LORD, You are our Father; we are the clay, and You our potter; and all we are the work of Your hand.*

**1 Corinthians 12:18 NKJV** *But now God has set the members, each one of them, in the body just as He pleased.*

**Romans 15:7 NKJV** *Therefore receive one another, just as Christ also received us, to the glory of God.*

**Mark 6:31 NKJV** *Come aside by yourselves to a deserted place and rest a while.*

## **A Prayer Over the Way God Made Me**

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*Father, thank You that I am fearfully and wonderfully made. You formed my inward parts, and You skillfully wove me together in secret, thread by thread and colour by colour. Thank You for every slider You set, the ones I love and the ones I have struggled with.*

*Forgive me for the times I have wished I were made like someone else, and for the times I have judged someone because their wiring was different from mine. Heal the places where I was teased, misunderstood, or made to feel too much or not enough. I break agreement with every lie that says I am faulty or broken because I am different.*

*Teach me to steward the way You made me: to rest when I need rest, to ask for help without shame, and to offer my gifts without apology. Help me to receive others as You have received me. Let Your manifold grace flow through every colour You have woven into Your body.*

*I am Your workmanship. Marvelous are Your works, and my soul knows it very well. In Jesus' name, Amen.*

*Your wiring is not random. It was woven.*

**Now go and live as His workmanship.**