My Journey – Worth Your Weight

As I'm writing these words, I am on my way home from meeting my precious new grandson for the first time. He was born February 2nd at 1:56 a.m. weighing 5 lbs 1 oz and was 18 inches long, Josiah Adam Beck. He was 3 weeks premature and because of complications during pregnancy, he was smaller than normal. Well, smaller for a Beck boy! Even though he was small, he was still perfect in every way. God is faithful! Every little feature and every organ developed. As I held him in my arms, the love I felt for him was immeasurable! Not because of anything he had done, but because of who he is. My precious grandson! It was the same way with my boys, an instant love beyond measure. It made me think of how my Heavenly Father feels about me. In Romans 5:8 it says" But God demonstrates His own love for us in this: While we were still sinners, Christ died for us." He loved us so much that He paid the ultimate sacrifice. Julie Hadden in her book Fat Chance states, "You determine something's worth by looking to the person who finds it worthy. As God's children, then, our worth must be off the charts, because the value He placed on our lives warranted the ultimate sacrifice." Think about it; we spend our lives trying to earn love, when He gives it freely. Too many of us see God as this wise but distant dictator, looking down on us waiting for us to mess up and then zap us with some bad circumstance to punish us. Or, see Him as a "Santa Clause" like figure, that if we're not naughty but nice, we'll get what we wish for. And, we get bonus points for going to church on Wednesdays! We may have all the book knowledge (which is necessary) about Him, but a limited understanding of who He is, the creator of the universe, yet longs for us to have a relationship with Him. What good does it do us to follow all the rules if we don't truly know Him? If we put knowing Him and growing in our relationship with Him first, the rest will fall into place, out of our love for Him. Our rules and religious tokens of doing good for Him to give us an "atta boy", here's a blessing, need to be replaced with a relationship with Him, a longing to know Him in a greater way. And as I said above; Who He is, is a Father that loves us, not because of who we are or what we've done, but because of who He is. Are worth is in who He is in and through us not because of anything we've done. When it comes to this weight loss journey; If we refuse to believe that we are worth the time and effort it takes to make necessary changes in our lives, then we'll never take the first step. The first step is a choice to start. Then daily waking up and saying I'm worth it and leaning on His strength daily to continue the journey. We'll never accomplish more than we think we're capable of accomplishing and we'll never realize that capacity until we first realize that we're worthy of those accomplishments. "There are kids who crave our care, spouses who crave our companionship, colleagues who crave our contribution and communities that crave our service. But more importantly, there is a God who craves our hearts. He created you and me for a specific purpose, and nothing brings Him more delight than when we desire to know Him and love Him and find out what that purpose is." (Julie Hadden) "It's in Christ" Ephesians 1:11-12 says, "that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, He had His eye on us, had designs on us for glorious living, part of the overall purpose He is working out in everything and everyone." You are precious to God. You are purposed for good. He has a specific plan for your life. And you are worthy of the life of your dreams. The life He designed just for you. So, if you haven't joined me yet, join me now! For you, it may not be a journey of weight loss, but a journey of finding who you are in Him. With me, it started as a journey of LOSING weight. But, along the way, more importantly, I've GAINED a greater understanding of Him, who I am in Him, and what He has called me to do. (Some excerpts taken from Fat Chance by Julie Hadden)