

WEEK 10 PREVIEW

The Lord Is _____

How would you fill in the blank above? On one hand, it's really easy because He is so many things. There is no shortage of adjectives that apply to our Lord.

On the other hand, where do we begin? I mean how do we adequately describe the One who is the Lord of all the Earth? There aren't enough books to contain descriptions of our Lord and His love for us.

Frederick M. Lehman wrote in the great hymn, "The Love of God":

*Could we with ink the ocean fill,
And were the skies of parchment made,
Were every stalk on earth a quill,
And every man a scribe by trade,
To write the love of God above,
Would drain the ocean dry.
Nor could the scroll contain the whole,
Though stretched from sky to sky.*

Here's the thing: even though we can't adequately describe Him, He's still honored when we try.

If my six-year-old daughter were asked to describe me and she wrote, "Daddy takes care of me," or "My daddy helps me when I'm scared," her words would melt my heart. Not because those illustrations completely describe me and all that I do for her as a parent. They fall far short of that.

Her words honor me by giving me a peek into her heart and what I mean to her. Her descriptions also help me see that she understands, on some small level, how valuable she is to me, how much I cherish taking care of her and being her father.

We are in Week 10 of this fitness journey, still persevering through the fortitude phase. Now, more than ever, we need to seek the Lord. We need to better understand who He is and to acknowledge how important He is to us. Then, when we dive deep into who the Lord is, we start to see how important we are to Him!

Over the course of this week, we will examine what Scripture says about who the Lord is. We will look at some of the more popular conceptions about the Lord. We'll also see some of the less obvious ideas about who the Lord is—ones that aren't the first words to pop into our heads when thinking about filling in that blank. We'll find that both the common and less common descriptors equip us to battle our way through the week. At the end of the week, we'll have emerged victorious because, well, our Daddy takes care of us too.

Daily Spiritual Exercise: Write a Devotional

Every day this week take 10 to 15 minutes to examine one adjective you would use to complete the sentence, "The Lord is_____." Take a closer look at how just one of the attributes of the Lord has empowered, comforted, or sustained you. By working on it a little each day, you'll have written a love letter to the Lord by week's end.

Don't worry about being profound or eloquent. That's not the goal. It's about recognizing the Lord's character and paying Him the honor He deserves. This will likely be the most challenging daily spiritual exercise you'll do during our fitness journey . . . and potentially the most rewarding.