

Week 13 Day 3 | *Names for You: Child*

My son Silas is three years old and he’s a pure delight. He’s a well-mannered, smiley little fellow who talks well and is generally very chipper. He’s also at that age where he’s really into me. I have to say, I love it. Where I go, he goes. If I’m working, he wants to work. If I have to run an errand, he wants to go. If I’m reading a devotional, he’ll “read” his. He talks to me in the shower, wakes me up in the morning, and interrupts my trips to the potty. He even likes to exercise when I exercise. One morning, literally the first thing he said to me was, “Daddy, time to beast up?” He’s my shadow. He adores me and I adore him.

Something else I love about Silas is that he comes to me when he needs help. Now, not everything is truly a “need.” Sometimes he already knows what to do and how to do it.

“Daddy! Need help with high chair.” “No, Silas, you can do it. Just keep pushing.” “I can’t open door, Daddy.” “Yeah, you can, Silas. I’ve shown you what to do. Just pull down on the handle. You got it.”

Other times, though, the need is real: he needs genuine help, or he’s hurt, or he’s scared. As his father, it’s my joy and privilege to be there for him. I want him to come to me. Can’t get your shoes fastened? Come to me . . . I’ll help you. Fall down and bump your knee? Come to me . . . I’ll kiss it. Scared of the Chick-fil-A cow? Come to me . . . I’ll hold you.

This is the same relationship you are blessed to have with God because He is your heavenly Father. You are his precious child.

*“See how very much our Father loves us, for he calls us his children, and that is what we are!”—1 John 3:1 (NLT)*

Just think about that for a moment. The God of all creation is your Father. That means you are a member of His family and belong in His household. You’ll participate in the glory of His heavenly kingdom some-day. Yet, you have all the benefits and advantages of being a member of His family while here on earth, now. So, you can approach Him anytime, anywhere, with anything. You can follow Him day and night. You can be His shadow.

He wants you to come to Him, not just day or night, but day *and* night. He wants you to seek Him first, with all things and in all things. In so doing, His perfect love can spread over you like the shadow of His perfect wings:

*“How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings.”—Psalm 36:7 (NLT)*

As His children, our Father wants us to come to Him with all things. Shouldn’t that include our fitness? We can approach Him in our weakness and ask Him to make us strong: “Father, I hate exercising. I know I need to do it, but I’m struggling and I feel stuck. Can you help?”

“Lord, I’ve been teased, mocked, looked down upon for my weight and it really hurts. I don’t want to find my worth in the eyes of man, but I do. I need Your help.”

“Father, I know I shouldn’t go to food for comfort because it just makes matters worse, but it’s hard. Will

You help?”

“God, I’m currently doing a great job of honoring You with my body, but I’m scared it won’t last. Please help me.”

I mentioned that sometimes I give Silas additional support and encouragement for things I know he is capable of doing. Our Father will sometimes do the same thing with us. We know the right things to do because He’s already told us and shown us.

Truth be told, we just aren’t willing to do them. You see, the Father always hears His children, but He doesn’t always give us the answer we want as quickly as we want. He will, however, answer in the way that will ultimately bring Him the most glory. So, be honest with Him when expressing your needs because, when the need is real, He picks us up, wipes us off, kisses our scratched knees, and loves on us.

That’s the Father we have: one who holds the universe in the palm of His hand, yet is tender enough to hold us in His heart.

One who is capable of handling our every need. One who said to His son, “Go to them.”

One who says to us, “Come to me.”

Therefore, as His children, we should go to Him, reach for His loving arms, and never stop adoring Him.

Our Heavenly Father certainly adores us.

Prayer

*Father, thank You for calling me Your child. Will You forgive me when I reach for something or someone other than You? Please help me rely on the Holy Spirit for discernment and to empower me in a way that brings You joy. Amen.*

Meditation

I am my Father’s child.

Daily Spiritual Exercise

1 John 3:1 says that our Father calls us His children. Get out a sheet of paper and write down, “Because of Christ, I am a child of God.”

Next to it, write down the implications this has in your life—what it will enable you to accomplish, how it affects your struggles, how it equips you for victory.

Then, post it somewhere you can see it regularly. Every time you do, ask the Lord to help you believe it. Pray that He will help you see yourself the way He does. Give Him praise when He does.