

Week 13 Day 4 | *Names for You: Wonderfully Made*

I was watching a program recently about the so-called “Wonders of the World.” It was interesting to learn about these ancient monuments and to see why and how they were built.

For instance, a Mughal emperor built the Taj Mahal in memory of his third wife at a cost of 32 million rupees (in 1648). An ornate, architectural masterpiece of reflecting pools, towers and domes, it’s 240 feet high and took 20,000 workers nearly 22 years to complete.

The program also profiled the Great Wall of China. Thought to have taken 200 years to finish, it measures up to 26 feet high and 5,500 miles long. For some context, the continental United States extends about 3,000 miles from east to west. At nearly twice the length of the U.S., the Great Wall probably feels as long as this 13-week fitness journey.

Probably the prettiest and most interesting was Machu Picchu, built around 1450 by the Incas in Peru. It rises in stair-stepped grass terraces and stone retaining walls, climbing into the clouds to nearly 8,000 feet above sea level. Machu Picchu culminates in some temples, what’s thought to be a clock of sorts, and glorious vistas overlooking the Urubamba Valley.

The show also took trips to Jordan to see Petra, a city carved into the stone in the side of a mountain; Christ the Redeemer, a nearly 100-foot-tall, 30-foot-wide statue in Brazil of Jesus with His arms spread wide; Chichén Itzá, a Mayan city in Mexico recognized by its ancient temples, columns, and statues; and perhaps most famous of all, the impossibly giant Great Pyramid of Giza, in Egypt, spanning 750 feet wide and 450 feet high. All, of course, are manmade, which is remarkable given the time periods in which they were constructed. These monuments took laborers and craftsmen, architects and artists, astonishing resources, time, energy, and commitment to construct.

As impressive as these structures are, however, they’re all stagnant. They don’t move. They don’t improve. They don’t grow, change, or challenge. These so called “wonders” don’t think, reason, or respond. Edifices don’t evolve, emote, or engage. Yes, they’re impressive. Yes, they’re interesting . . . that is, unless they’re compared to you. On their own, the monuments are astounding . . . but next to you, they’re boring.

At any given time, your body is doing trillions and trillions of things at once. Cells are dividing and reproducing. Energy sources are being consumed and replaced. Electrical impulses are firing. Light is being deciphered. Oxygen is replenishing. Germs are being battled. Muscles are moving.

Sound waves are being interpreted. Countless reactions and responses are happening constantly.

Those are only the chemical and biological reactions. Quantifying the non-physical processes is equally staggering. Thoughts produced. Problems solved. Emotions triggered. Masterpieces conceived. Ideas generated. Dreams perceived. Behaviors learned. It’s astonishing when you consider what your body is capable of doing.

These amazing intricacies of our bodies were not lost on King David:

*“You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.”—Psalm 139:13–14 (NLT)*

The temptation when reading this verse is to merely acknowledge the “complexity” of our bodies. We somehow gloss over the “marvelous workmanship” part. We know that there’s a lot going on, things we don’t understand and things we can’t see. Yes, when we stop to think about it, our bodies certainly are incredible. Yet, we don’t stop to think about what is happening for our bodies to sustain life. We are too focused on what we can see in the mirror. And what we can see we don’t like. So, we rush past the fact that we were created by a master craftsman. The thing is, we are works of art *just as we are*. As the NIV puts it, we are “wonderfully made.”

As grand as all of creation is, the Bible says we are grander still. Our creator God created only one of us, and so each of us is priceless. We are priceless, yet His Son paid the price for us, evidence of just how wonderful we are to Him.

We are closing in on the end of our 13-week journey. If you’ve improved your nutrition, exercised consistently, and been diligent about your sleep, you’ve likely seen some changes in your body, and probably in your emotions as well. You’ve seen His workmanship in action. You’ve experienced how good living can feel when you treat your body with the respect it deserves.

The challenge is this: glorifying Him with your heart . . . regardless of the results you see when you’re trying to glorify Him with your body.

If you haven’t seen changes, it’s not an indictment of the brilliance of His craftsmanship. You are still one of a kind. You are still the work of His hands. Christ still considers you worth dying for.

Remember this always . . . there’s no Wonder of the World that’s made more wonderfully than you.

Prayer

*Father, thank You for the incredible bodies You’ve crafted for us. Will You forgive me when I’m overly focused on results at the expense of overlooking what You’ve created? Please help me to keep You at the center of my fitness. Amen.*

Meditation

I am wonderfully made by an even more wonderful Maker.

Daily Spiritual Exercise

Psalm 139:14 says you are “fearfully and wonderfully made.” Get out a sheet of paper and write down, “I am wonderfully made.” 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 to see yourself the way He does. Give Him praise when He does.