

Week 13 Day 5 | Names for You: Precious

In their toddler years, our kids always enjoyed singing songs before we put them to bed. I would hold them, their heads on my shoulder, and together we’d sing some of their favorites. Of course, “Jesus Loves the Little Children” was always in the mix:

Jesus loves the little children
All the children of the world
Red and yellow, black and white
They are precious in His sight
Jesus loves the little children of the world.

With their innocence, their wide-eyed faith, and inherent trust, children certainly are precious.

Somewhere along the way, we grow out of our preciousness, it would seem. Our sinful nature takes hold. We dilute the value of people, including ourselves, by overestimating things, goals, possessions, or achievements. The more worth we put on them, the more attention we give them. If they’re getting too much attention, when something goes wrong, the world stops. For instance, what happens when a car nut hears a faint, muffled thud coming from the right wheel? He races to the mechanic for an immediate, state-of-the-art diagnosis.

This can happen with our fitness too. A mild injury merits an abrupt trip to the physical therapist. A panic ensues as to whether you’ll set a new personal best. You become preoccupied over lost strength, so you reach for questionable supplements. An obsession with your weight has you starving yourself, leading to the numbness of indifference and defeat.

Be on guard. Matthew 6:21 says, “Wherever your treasure is, there the desires of your heart will also be.” Our hobbies, possessions, and ambitions can become a little too precious to us. We can give them too much attention, treating them like treasures, giving them heart space they don’t deserve.

Have you ever stopped to consider that we ourselves occupy heart space we don’t deserve: the heart of our loving Father? Psalm 139 reads like a love letter from God to us, detailing the room we occupy in the heart of our Creator.

In verses 1–6, we learn that, to Him, we are precious on the inside. He cares about our hearts, our thoughts, and our words. He knows us better than we know ourselves. He knows what we will do before we do it. So, He goes ahead of us, paving a way . . . and follows behind, protecting us . . . His hands blessing us.

Next, verses 7–12 say that what happens to us is also precious to God. No matter where we go, we can’t escape His Spirit. His strength supports us. There’s no darkness too dark for His light to penetrate. His presence is constantly there for us to rely on . . . His hands guiding us.

Verses 13–16 show us that both our bodies and our days are precious, from His workmanship in the womb to each minute of our lives written in the book He wrote just for us—all priceless to the Author. His hands form our bodies and record our days.

Finally in verses 17–18, some of the most humbling and shocking verses of all:

“How precious are your thoughts about me, O God. They cannot be numbered! I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me!”—Psalm 139:17–18 (NLT)

In spite of who we are and how we act, God thinks good things, precious things, about us. The thoughts He has of us are like treasures to Him. Like someone passionate about His treasure. He never leaves us.

Precious thoughts like endless treasures for endless days.

God treasures us so much, in fact, that He put a permanent pause in the record of human history . . . that precious space between B.C. and A.D. He sent His perfect Son, and the “precious blood of Christ” (1 Peter 1:1) was shed on the cross for the sake of His children.

Why? That we might know the Father loves us as much as He loves His Son (John 17:23).

Since we are precious, what happens to us matters to Him, especially during the trials we face. Fitness is a legitimate trial for those who’ve been plagued with feelings of insecurity and unworthiness their whole lives. It is no less a trial when Satan deceives us into treating our fitness like an idol.

Our trials matter because they affect our faith, and even our faith is precious to Him:

“These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold!”—1 Peter 1:7a (NLT)

We once again see the genius and compassion of His love. God pours into us, caring for us, nurturing us, feeding us, protecting us, and providing for us. He has a relentless desire to make our value to Him evident.

We, in turn, need to repent of any sin in our lives. We submit our will. We accept His forgiveness and we rely on His strength. This faith-filled response is worth more than gold to Him!

You see, our Father doesn’t just love the little children. He loves all His children.

Too often, we are our own worst critics. As such, we beat ourselves up with self-defeating, self-effacing remarks. These remarks begin to take root in our belief system, yet they’re not true in the eyes of our Maker. He sees us as precious, and we would be wise to believe that about ourselves.

So, draw near to God. Hold Him close. Rest your head on His shoulders. Listen as He sings, “You are precious in My sight.”

Prayer

Father, thank You for finding anything about me precious. Will You forgive me when I place too much value on the wrong things? Please help me to always place the most value on the precious blood of Your Son Jesus, and on our relationship. Amen.

Meditation

I am precious in your sight.

Daily Spiritual Exercise

Psalm 139:17 says that God thinks precious thoughts about us. Get out a sheet of paper and write down, “I am precious in the eyes 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 to see yourself the way He does. Give Him praise when He does.