

Week 13 Day 6 | *Names for You: Masterpiece*

When my wife was pregnant with each of our children, we played it “old school” by waiting to learn the gender. There are so few guaranteed good surprises in life, we thought we would have fun, knowing we would be happy no matter what. Of course, that presented some logistical issues.

You can imagine how hard it was deciding what colors to use in their rooms. Registering for baby clothes. Listening to “guaranteed” gender predictions. Having to repeatedly justify to others our decision to hold off finding out. At times, it was almost as if we had offended them by waiting! The biggest issue was, of course, the names.

Society insists that parents must come up with at least one set of first and middle names for both genders. Sometimes more, just “in case.”

Well, when each of the children were born, we were prepared. They were named Jordan, Myla, Genevieve Grace (“Gigi” for short), and Silas.

Now what’s interesting is that—whether you learn their genders early or not—they grow into their names. They start behaving and looking like their name is perfect for them.

Jordan seems like a Jordan. Myla acts like a Myla. Gigi and Silas’s names fit them as well, both in appearance and personality. Whatever their name, it’s an unmistakable part of their personality, written on their ancestral DNA for the rest of their lives.

Our names are a part of our identities. They help define us. They’re engrained in who we are. It’s pretty rare to wake up one day and feel like our names don’t fit us anymore.

I’ve never gotten out of bed and said, “Wow, something feels off. You know, I don’t think my name works for me anymore. I don’t feel like ‘a Matthew.’ From hence point forward, I shall be called Ted!”

Today is a *big* day—Day 90! The final day of this particular journey in fitness and spiritual accountability. Regardless of the physical results you’ve seen, my hope and prayer is this:

You’ve been encouraged.

You’ve developed a more intimate relationship with the Holy Spirit.

You’ve grown in your understanding of God’s love for you.

When we see ourselves through God’s eyes, we can’t help but to experience growth.

We need to allow His names for us to be written on our spiritual DNA, and to adopt them as our own.

Once we believe what He says about us, we don’t suddenly stop seeing ourselves that way. Not when we really believe it to be true.

Unfortunately, we’re out of days to expound upon their implications for your fitness and your entire life.

Studying the many names God attributes to us is amazing. When we read them in succession, His regard for us is overwhelming.

A glimpse of the deep, astounding, and profound love God has for you can empower you to have victory in all things, your fitness included.

Take a moment to shut your door. Turn off the TV. Put your phone in another room. Find some solitude. I’m being serious. Take 20 seconds to get completely alone.

Now, silence the distractions. Prepare your heart and mind for the most remarkable, unique, and only pure love ever known . . . God’s love for you.

Pray that the Holy Spirit would strengthen you. Pray also that He would help you believe what you’re getting ready to read, even though it is undeniable truth.

As you read each name aloud, pause and reflect, marveling at the implications this has for your life.

This is you!

(OUT LOUD) Because of Christ and in Christ...

I am the **temple of the Holy Spirit** (1 Corinthians 3:16).

I am **God’s worker, His field,** and **His building** (1 Corinthians 3:9).

I am **saved** (Titus 3:5) and I am **set apart** (Acts 26:18).

I am **holy** (Colossians 1:22) and I am a **saint** (1 Corinthians 1:2).

I am the **salt of the earth** and the **light of the world** (Matthew 5:13–14).

I am **called** (Ephesians 4), I am **complete** (Colossians 2:10), and I am **Christ’s friend** (John 15:15).

I am **justified** (Ephesians 2) and I am **redeemed** (1 Corinthians 6:20).

I am **righteous** (Romans 5:19) and the **righteousness of God** (2 Corinthians 5:21).

I am **alive with Christ** (Colossians 2:13) and I am the **aroma of Christ** (2 Corinthians 2:15).

I am **purchased** (Ephesians 1:14) and **reconciled** (2 Corinthians 5:18).

I am **chosen** (Colossians 3:12) and **adopted** (Romans 8:15) and **part of God’s family** (Ephesians 2:19).

I am His **ambassador** (2 Corinthians 5:20) and I am His **heir** (Romans 8:17 Galatians 3:29).

I am **accepted** (Romans 15:7), **forgiven** (Romans 5:1) and **free** (Romans 8:1).

I am **loved** (Ephesians 3:18–19). I am **wanted** (Romans 5:8).

I am **very good** (Genesis 1:31).

I am a **new creation** (2 Corinthians 5:17).

I am . . . His **masterpiece**:

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.”—Ephesians 2:10 (NLT)

In Christ Jesus, we are God’s finest work. No matter what has happened in the past 90 days, or what will happen in the next 90, we are God’s masterpiece. Because of that, we can do the good things He planned for us long ago.

Prayer

Father, thank You for seeing me through these 90 days. Will You forgive me when I ever take for granted how wide, how long, how high, and how deep Your love is for me? Please help me keep You as the focus of my life’s ambition by relying on your Holy Spirit to power me—day by day, one step at a time. Amen.

Meditation

You are the Master and I am your masterpiece.

Daily Spiritual Exercise

Ephesians 2:10 says that we are God’s masterpiece. Get out a sheet of paper and write down, “Because of Christ Jesus, I am God’s masterpiece.” 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.