



Wonderfully Made Devotional

Scripture

Luke 12: 22-28

Focus

God takes care of all His living creations. He takes special care even for each flower and bird. If there is this much love in small things, how much more does God love those created in his image?

Discern

In Missouri, around mid-April, you can start to see an abundance of new life and growth as Spring begins. At first, you may glance at the grass or trees and notice the bright greens, purples and whites of new blooms. As you look closer, you can see the tiny intricate leaves starting to unfurl and transform the branches that once appeared dead. If you look even closer, you can see that the life surrounding the tree helps it grow. Maybe you see ants and worms. Maybe you feel the sun and the cool air that help the plant to thrive.

What happens when we can view our own bodies with this kind of wonder and appreciation? Are we not wonderful creations that grow in every season?

Begin to look at yourself in passing, maybe a quick glance in the mirror. Then, take a closer look. Notice the color of your eyes or the texture of your hair. As you zoom in on your skin, notice how it stretches over bone and muscle to form your fingers. Do you see the hidden veins of blood running underneath and then tendons that move as you wiggle your toes?

How wonderful are our bodies! They are made so intricately and unique to each of us. From the colored specs in our eyes to the shades of our skin. God has taken the time to breathe life into each of us.

Breath Prayer

Take a moment to breathe in and out. Notice how your ribs and lungs expand and relax. As you breathe repeat the following phrases either internally or out loud. As you breathe in say, "I am uniquely and wonderfully made". As you breathe out say, "God loves me as I am."

Study

Read Psalm 139 to hear more about how we are wonderfully made by God.