



# Look at the Heart

## Devotion

*"The Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees; man looks on the outward appearance, but the Lord looks on the heart.'"*

1 Samuel 16:7

People can be remembered for a lot of different reasons. It could be because of a major achievement or a terrible disaster. We can remember their positive influence on the world or even the ways in which they have fallen to sin and darkness. There are people famous for their height, their looks, their TikToks, or their influence on the purchasing power they exert on their social media.

We remember people for many reasons, but God sees us all. Not only that, where we see an outward appearance, the Lord tells Samuel that He looks on the heart. Maybe knowing that God sees all of you is comforting. In a world where we may feel invisible and unseen, a God who made us, knows everything about us, and loves us can be a deep relief.

Or maybe it makes you uneasy. The idea that God would see what is in your heart may remind you of sin you have tried to hide. 1 Corinthians 4:5 says, "The Lord...will bring to light the things now hidden in darkness and will disclose the purposes of the heart...." We are all sinners, and even though we confess our sins each week in worship, sometimes confession can be hard.

God reminds us that He sees us and loves us still. There isn't any use in trying to hide in the darkness. We can confess openly to Jesus.

Even when we tried to hide our sin, the good news is that Jesus took on all your sin. When the Lord looks at your heart, the Father sees the perfection of Jesus. We are clothed in the righteousness of Jesus. Even when others don't remember us, when we don't stand out, when we are in the margins, God sees us, loves us, and died for us.

Think about an introduction to a TED talk, or even a teacher introducing a special guest. They are going to highlight earthly achievements. What is on the outside is all that seems worth paying attention to. But that's not what God says. God sees all of you, but He sees you through His Son Jesus and He sees your faith as Jesus' righteousness.

Write down how Jesus would introduce you. Think about how Jesus identifies you and what Jesus thinks of you."

"This is \_\_\_\_\_, who \_\_\_\_\_"

**Prayer:** Jesus, thank you for loving me, for valuing me, and thinking highly of me, and for dying on a cross to save me from my sin. I'm sorry for the sin I try to hide and for the sin I do openly without shame or thought. Help me to remember that I am worth your life given for me. Forgive me, work in and through me, and use my life for your glory. Amen.