

Easter, Day 1
Monday, April 22, 2019

Revelation 21:9–27

Four years ago I decided (or responded to God’s invitation) to lose some weight. A big part of my weight was the way I was eating, so I started there first. I addressed the portions of food I was eating at each meal and then, I tried to not snack between meals, and certainly to not snack after 8:00 pm. The results were tremendous. I began losing weight rapidly and in under a year I had achieved my target weight.

About six months into my weight loss journey I decided I should also tone, particularly my stomach. I wasn’t looking to get ripped abs (I was willing to have them though), just to continue disciplines that would lead to good health. Something started to twist though. With the weight loss I bought new clothes and for the first time in a long time I paid attention to how I looked in them. Too much attention.

I started to obsess with how I looked. I spent time in the mirror to see if my exercise was having effect on my body—multiple times per day! For the first time in my life I became unsatisfied with my body. Still today, when I look in the mirror I am disappointed in what I look like. The image in the mirror does not match the idealized image in my head. It probably doesn’t help that I watch so many superhero movies and tv shows either; all those guys with their superhero bodies.

This also reflects where I am at spiritually as well. I have worked hard over the years, becoming more disciplined. However, this often leads to me focusing on the areas where I have not grown, or grown as fast as I would like. Even here there are others who seem to be what I long to be. I know I’m not alone. The church as a whole struggles to be what God in Christ has made her to be.

So, we rejoice in the finished picture. We are resurrection people, through patient endurance, and the grace of God we are going to be perfect and beautiful. Again, this is a call for us to hang on to continue to trust God to finish this good work in us which he has begun.

Prayer

Lord, you love us and see our beauty. Help us to see ourselves, in every way, as you see us. Reveal the beauty in us. Amen.