

Devotion, Week of July 23, 2023
Rev. Jeanne Simpson

See what great love the Father has lavished on us,
that we should be called children of God!
And that is what we are! *1 John 3:1*

I don't know about you, but I try not to look in the mirror when I get up first thing in the morning. I don't look quite human, and I don't feel that way either. I'm "grumpy, frumpy, with bed hair, dragon breath, and no makeup." ¹My nose is stopped up, my eyes are full of gunk, my pile of vitamins is waiting, and hopefully, my toothbrush is charged. I act like an automaton with my ritual to get to the point that I can think clearly, throw on a pair of shorts and t-shirt, and head downstairs to start the coffee and retrieve the newspaper.

But if you have a dog in the house, you will notice that it doesn't react that way when it first sees you. It wags its tail furiously and begs for a big pat or hug. The dog is full of "slobbery, devoted, unconditional adoration." ¹You are the most important person in this dog's world, and you are beautiful and beloved. The dog doesn't care what you look like. The dog just greets you like a long lost friend and then heads down with you to get its kibble in the kitchen while you, bleary-eyed, make the coffee, head out to the garage for a pair of flip flops, and head up the driveway to see where the newspaper guy threw the paper this time.

Maybe we need to see ourselves like the dog does – because God sees us that way too. We are beloved children and God lavishes great love on us – even when we're not fully awake and look like something that we'd prefer not to see in the mirror. I'm going to try to look in the mirror and smile each morning, because God has given me a brand-new day as a gift. And then head for the coffee and the paper so I can sit in the sunroom and watch the birds on the feeder. God sends those wonderful, energetic creatures to help me be thankful.

If you're like me in the morning, try a smile and a little prayer to thank God for your new day. Things will look brighter and the coffee will smell better!

¹ Debora M. Coty, [Too Blessed to be Stressed](#), Barbour Books, 2016.

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