

Seeing as He Sees

Ready:

“But the Lord said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.” -- 1 Samuel 16:7

Set

God knows His children well because He created them. Every single detail about the way we look, how our bodies work, the way we think, move, and speak has our Creator’s creative intention behind it. It is easy for us to look in the mirror at ourselves or at a friend, teammate, or coach and see the way God created each person specifically. As individuals, we each have unique qualities and differences that make us diverse and beautiful. Some of these we can see on the outside, and others we become more aware of when we get to know and understand the other person. Above all of the beautiful ways God has designed each of us, there is one thing that He looks at before anything else--something that we do not have access to see with our human eyes.

Even though God created us beautiful, strong, and unique on the outside, He looks inside at our hearts more than anything else. Often, we judge people immediately based on their outside appearance--what they choose to wear, how big or tall they are, and even the sound of their voice or the color of their hair. We judge others based on their outward appearance long before we judge them based on the posture of their heart. For God, He focuses on our hearts the most rather than how we look on the outside.

God calls us to have eyes that see more like He does. And though we will never be able to view another’s heart the perfect way that God does, we can strive to see more of their heart and less of their outward appearance. We can decide to judge them based on who they truly are rather than the way they simply appear on the outside. Let us not be distracted by the skin we are each wrapped in, but let us close our eyes and open the eyes of our hearts to see one another the way our Heavenly Father does.

Go

- Have you ever been treated, or treated someone else, based on outward appearance alone? How did that make you feel?
- How can you intentionally change your perspective to focus on someone’s heart first?
- How does judging someone based on their heart rather than their appearance change your relationship with that person?

Workout

1 Chronicles 16:11; Hebrews 4:12; Psalm 19:14

Overtime

“Heavenly Father, thank You for loving me perfectly and for seeing my heart. Forgive me for judging people by their outward appearances instead of their hearts. Help me to see and love people the way that You do. I love You. In Jesus’ Name I pray, Amen.”

Bible Reference:

1 Samuel 16:7

1 Chronicles 16:11

Hebrews 4:12

Psalms 19:14



Fellowship of Christian Athletes © 2025
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

Source URL: <https://fcaresources.com/devotional/seeing-he-sees>