

## **My Father's Eyes**

### **Ready:**

“For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart.” -- Hebrews 4:12

### **Set**

As a high school freshman, I was chosen to play on the girls' junior varsity team. One week, the JV team did not have a game, so I was “bumped down” to play with the freshman squad. I was arrogant and felt disappointed to be forced to play on what I deemed as a “lesser” team.

During a timeout, our coach called us into a huddle. I stood there, a few feet away from the huddle thinking I didn't need to hear the coach's instructions. Then my eyes met my father's from the stands. That's all it took. Though he didn't say a word, the look in his eyes spoke volumes to my heart. I immediately recognized my attitude as prideful and selfish. I adjusted my perspective and learned a valuable lesson that evening.

Hebrews 4:12 tells us that God's Word has that same penetrating and convicting power as my father's eyes did that evening. Sometimes we fall into sinful attitudes and actions, and we need our heavenly Father to help us get back on track. By fixing our eyes on God's Word, we can constantly adjust our hearts and lives in a way that is pleasing to Him.

### **Go**

- Are there sinful attitudes or actions in your life that you need His help adjusting?
- In what ways can you adjust your behavior so that it pleases and honors God?

### **Workout**

[Psalm 51:10](#)

[Psalm 25:4-5](#)

### **Overtime**

“Lord, forgive me for my pride, selfish attitude, and sinful actions. Teach me from Your Word, Father, that I may learn to please and honor You. Amen.”



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