Love is an incredibly special and profound exchange because, at its core, love…is a choice. Think about it: the most powerful dictator in the world can do anything except make someone love him. Love, by its very nature, must be chosen. And so, when you became a Christian, it was because you chose to know and love Jesus. You gave the most precious treasure you have — your heart — entirely to him, all because of choice. When someone becomes a Christian, though, they step into a mystery. At precisely that moment, they realize that they chose Jesus because he first chose them (see 1 John 4:19). Before you chose to give your heart, God chose you to be his own. Like a parent-to-be eagerly waiting at the adoption agency, your God sought you out. He saw all of your weaknesses, your quirks and your frailties. And with great delight and wide-open arms that dreamed simply of holding you, he chose you! He truly knows you — and He chooses you still! Don’t run from him in your perceived places of weakness or vulnerability. Don’t keep trudging through life under the weight of trying to figure it out on your own. Run to the God who chooses you! Hallelujah, what a Savior!

“He chose us in Him before the foundation of the world, that we should be holy and blameless before Him” Ephesians 1:4 (ESV) – Emphasis added.

“For we know, brothers and sisters loved by God, that he has chosen you” 1 Thessalonians 1:4 – Emphasis added.

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light” 1 Peter 2:9 – Emphasis added.

QUESTIONS FOR PERSONAL REFLECTION:
1. Take a few minutes and tell God how grateful you are that he chose you. If you need help getting started, read through Ephesians 1 and begin to thank God for what he said he has done for you.
2. Write a poem telling God what you choose to give to him today. Be honest and vulnerable. Don’t worry about making your poem rhyme or fit a certain form. Just write from your heart and let it flow.

WORSHIP RESOURCE:
“So, I will lift these humbled hands to the hands who tore the veil apart!”

Listen to “The One Who Holds This Heart” by The Overflow. Find more info about their album at the back of the devotional.
**PRAYER:**
Thank you, Father, for choosing me. I am so grateful to be in your wonderful light and to know this was your plan before the beginning, which brings me great security. Thank you for choosing me in all my frailties, all my quirks, and all the places I’m still growing up. In this dance of life, I might step on your toes a lot, but my whole heart is yours. Show me all the ways I can choose you today. I give you all that I am.

**LISTENING TIME:**
Stop for a few minutes and ask the Lord what he wants to say to you. He might bring to mind a picture, a word, a song, an encouragement, a Scripture or an answer to a burden in your heart. Don’t rush or feel pressure to figure out the meaning of your impressions. Just invite him to speak and draw or write down what you sense. Afterward, ask God to help you discern and understand what he is saying to you. You might want to ask other trusted friends in the Kingdom for their input as well.

USE THE FOLLOWING SPACE TO RECORD WHAT GOD IS SAYING

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**TOOLS FOR FAMILY DEVOTIONS:**
Ask everyone to choose a praise song they love. Take turns reading the lyrics for the songs and discussing what they mean. Thank God for what he has done for you and for your family. As an optional activity, sing one or several of these songs together as a family.

**TOOLS FOR PRAYING FOR OTHERS:**
As a family, ask the Holy Spirit to reveal someone to each of you who struggles with feeling overlooked or rejected. Pray together for them and ask God what he wants to say about them.