

w e e k e n d m e s s a g e s e r i e s

Lunchroom

 WOODBURY
LUTHERAN

September 14, 2025

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

Reflect

Pause and be still for a moment. Invite Jesus to speak to you from His word.

Read the full passage in your Bible - 1 Samuel 16:1-13 NLT

What is it from these verses that grabs your heart or sparks curiosity?

Put yourself in David’s shoes for a moment. What might it have been like (felt like?) to be enough, chosen and anointed?

Have you ever feared not being “enough”? That’s a vulnerable question! Have you experienced Jesus’ message, you are fully loved, fully accepted, and truly enough?

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Pray

Turn to God and use the previous question as a springboard for prayer. What might God want to say to you about this? Listen carefully.

Talk to God about where you are tempted to look for approval, to find your identity, outside of his radical welcome, outside of his approval and love.

Take a moment to just be quiet with Jesus, inviting him to pour out his love on you. Invite him to refresh your identity as the beloved, someone fully seen, known, welcomed.

Live It Out

Read 1 Samuel 16:7 again. “The Lord doesn’t see things the way you see them. People judge by outward appearance, but the Lord looks at the heart.” Is there someone in your life you’ve judged by outward appearance without knowing their heart? Invite God to show you. Confess this to God. Ask him for a heart of love toward them that sees them like Jesus sees them. Ask him for an opportunity, and the courage, to reach out to them with love, to see and hear their heart and to get to know them more deeply.