

LWML *Texas* District

December 25, 2023

Meditation

Babies

When you think of your favorite gift as a child what comes to mind? There was a little girl who received a baby doll for Christmas. She loved the babydoll to the point of carrying it with her wherever she was going. The girl would take it on car rides regardless of the destination, sometimes to church, the grocery store, the soccer fields, to grandparents' house, and even in the car to school. When she was forced, she would leave the doll in the car knowing it wasn't appropriate or might get lost. She treated the doll as though it was a real child, changing its diaper, feeding it, rocking it to sleep, cuddling it, and changing its clothes.

When it comes to your personal faith journey, where are you? Are you like a baby in need of everything — to be dressed, changed, fed, and more? Jesus says being child-like is important to being faithful. *“Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it”* (Mark 10:15). Like an infant, we are to long for “spiritual milk” that comes from God. *Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation—if indeed you have tasted that the Lord is good* (1 Peter 2:2–3).

Breast milk is an amazing gift for newborns. It has been proven to change structure based on the needs of the child. Yet, as humans grow, we know we need more than just milk to survive. We need more substance to enable our bodies to grow stronger. Likewise, we are called to grow up in our faith and not only enjoy the milk of the simple truths of the Bible, but deeper truths born from study and meditation. *For everyone who lives on milk is unskilled in the word of righteousness, since he is a child. But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil* (Hebrews 5:13–14).

When children begin to eat solid food, they start with soft small bites and eventually are able to eat a feast, like many do at Christmas. Growing in faith is much the same way. We begin with small steps, leading us to maturity where we can enjoy deep theological growth. We are able to digest the bigger issues. We are not as easily thrown from our faith by small infractions or comments of others.

Let us long for the maturity of faith given to the faithful who stand firm in the Word of God by devouring it day and night, growing in strength and faith through its consumption.

Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), Copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Babies

Written by Kayla Winkler

*Published by Lutheran Women's Missionary League Texas District
Christian Life Committee, 2023*