

# 40 Days of Fitness

A daily devotional by Rev Garry Hardingham

## DAY 11 – God’s Grace is Undeserved

*When I look at your heavens, the work of your fingers,  
the moon and the stars that you have established;  
what are human beings that you are mindful of them,  
mortals that you care for them?*

Psalm 8:3-4

In 2011, a member called “godlikemadman” asked this question on the [www.religiousforums.com](http://www.religiousforums.com) website: (I have removed some of the language he used)

*“Let’s say there is a omnipotent creator being who likes to be called God. He is all-powerful, all-knowing, and all-capable. This dude is the single most powerful being in existence and created this whole universe because he got bored one day and decided to brighten up his surroundings. Why would such a powerful infallible being care about a puny, measly race such as the human race? What makes us so special that we get promises and covenants with this superpower? Why does care whether we know he’s there or not? Why does he care what I eat on Fridays, or whether I lied to my mother? It makes absolutely no sense in my mind, this basic principle of a creator being who cares so much about the impotent human race in our microscopic section of the universe. Someone enlighten me? Please?”*

Its a very good question. And its been asked for as long as the human race has been asking questions about life. But, ultimately, it’s not a question that can be answered.

In his book, *The Hitchhikers Guide to the Galaxy*, Douglas Adam writes that probably God’s biggest mistake was to create the Universe in the first place. Whether creating the universe was mistake or whether we tie ourselves up in knots over the ultimate meaning of why we even exist, the plain truth is that we do....whether we are happy about it our not.

Michael Palin, in his book, “*Travelling to work: Diaries 1988-1998*” recalls a moment when in the same ward of a small hospital, a new born child cries out in the pain and shock of birth while at the same time an old man cries out in the pain and shock of imminent death. He recalls that both cry out in pain for a life they did not choose to be born into.

We have no choice to exist. Indeed there is no particular reason that God could or should care about us at all. But, we know that He does. The Psalmist in Psalm 8 is right when he ponders, “what are human beings that you are mindful of them...” And yet, in the very next verse he writes, “Yet you have made them a little lower than God, and crowned them with glory and honour.” There is this profound question, followed by a quick shrug of the shoulders and then back to the reality of the matter. Ultimately, asking the question becomes irrelevant in the light of our existence. Except, of course, in pondering the divine nature of God.

We do not deserve life. But God imparts it upon us anyway.

In the same way, we do not deserve forgiveness. And yet God freely forgives.

And, as I wrote when we looked the difference between grace and favour a few days ago, we certainly don’t deserve God’s grace. And yet it is so.

Grace is undeserved, But God’s nature of love and God’s desire that all my be in relationship with Him imparts upon us a grace and forgiveness that restores our soul, calms our troubled hearts and excites us to new possibilities.

### PRAYER

I thank You Lord  
for Your compassion towards me, a sinner  
and know that when I truly seek You  
and Your will for my life and turn away from  
whatever is keeping me from living a holy life  
You will forgive me and pour out Your undeserved mercy  
Through His spirit who empowers us with love and self-discipline.. Amen.