

Chosen First — You Were Never the Last

Pick You Feel Like

“But you are a chosen people. You are royal priests, a holy nation, God’s very own possession.”

— 1 Peter 2:9 (NLT)

Let me start somewhere honest. A lot of grown adults are still carrying the feeling of being picked last.

Maybe not on a playground anymore. Now it’s quieter. The promotion that went to someone else. The friendships that drifted. The sense that you’re the one holding everything together and nobody really sees you doing it. You give and give, and somewhere along the way you started to believe you’re only as valuable as what you produce — and when the producing slows, so does your worth.

I want to say something to that part of you.

chosen isn’t earned

When Peter writes that you are “a chosen people,” he’s not describing a reward you qualified for. Chosen is not the same as deserved. It came before you did anything — before the wins, before the failures, before you were impressive or useful or put-together. God looked at every person who would ever live and wanted you. First. On purpose. Not as a backup plan.

You did not make the team by trying out. You were drafted before the season ever started.

drop what you’re carrying

Right before the “chosen” line, Peter says to get rid of the fake stuff — the pretending, the performance, the version of you that you put on so people will keep choosing you. Here’s the

freedom in it: when your worth was never about performance, you can finally stop performing. You don't have to earn a seat you were already given.

And he says to crave God's truth the way a newborn craves milk — not as one more thing to be good at, but as the thing that actually feeds the part of you that's running on empty.

built on something that holds

Peter calls Jesus the cornerstone — the foundation that doesn't move. Most of us have built our sense of self on things that shift: how we're doing at work, how the kids are turning out, whether the people around us approve this week. That's sand. It'll have you up at night. A life built on being chosen by God instead of chosen by circumstances is a life with a floor under it.

I don't trust truth that stays in your head and never reaches your week, so let's make this something you can feel. The next time you catch yourself measuring your worth by what you got done — the inbox, the to-do list, whether anyone noticed — stop and say the truer thing back to yourself: *I was chosen before I produced a single thing*. Then go act like it's true. Rest without earning it. Receive a kind word without deflecting it. Let your people love the unfinished, un-caught-up version of you, because that's the version God already chose. Worth you don't have to perform is worth nobody can take.

Three challenges before you close this tab

Don't just nod and scroll on. Pick one and do it today.

- 1. Name the last-picked feeling.** Where in your life do you feel overlooked, or only as good as your output? Say it plainly. You can't hand God something you won't admit you're holding.
- 2. Drop one fake thing.** Pick one place you're performing — one version of yourself you wear so people keep approving — and let it go this week. See what it feels like to be chosen without auditioning.
- 3. Build on the floor that holds.** This week, when your worth gets shaky, preach the cornerstone to yourself: *I was chosen first*. That doesn't move when everything else does.

A final word

You spend a lot of your life trying to get picked — by people, by jobs, by the approval that never quite fills you. Here's what's already true, before you do one more thing to earn it: the God of the universe looked down the long line of history and chose you. First. Not last. You're His own.

Stop living like the last pick. You never were.

Love your people well. The time is now. — Duke