

Meditations On The Love Of God

21-day series

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GOD IS LOVE

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Introduction

We are designed for contemplation, and we are designed for communion with God. But, as Christians living in a full world with full schedules, time for contemplation and silence before God is often hard to come by. Yet, if we want to hear the voice of God and grow in his love for us, regular time of contemplation is crucial.

The season we find ourselves is one of enforced isolation – this, at times, can be challenging, but it is a season which gives us the unique opportunity to develop our understanding and experience of the love of God. Rather than seeing isolation as a barrier to your spiritual growth see it instead as an opportunity. In John 4:4 we read that Jesus “had” to go to Samaria to see the Samaritan woman. He had a divine appointment with the one. This woman was isolated and alone, yet Jesus came to lift her up. In the same way, although you may be undertaking this journey on your own, Jesus too will lift you up and meet you in your time of devotion.

Meditation is a biblical concept. In Joshua 1:8 we read that success came to Joshua as he ‘meditated’ on the Word of God. In 1 Timothy 4:15, when talking about different spiritual activities, Paul says “Meditate on these things; give yourself entirely to them, that your progress may be evident to all.” Biblical meditation is thus not about emptying your mind; it is instead about concentrating your thoughts and imagination on a biblical truth, to grow in your union with God.

There are 21 days’ of love meditations in this series, each of which is designed to focus our minds on the love of God and lead us into a place of surrender. Surrender is the gateway for intimacy with God. We hope and pray that by the end of these 21 days we have all developed in ourselves an understanding of the importance of meditating on the love of God.

As you approach these meditations, remember that God lives in you. Your starting point is that God dwells within you. The role of these meditations is therefore not that of striving to get a union with God, but rather it is to realise this union that we already have with him. We’re simply placing ourselves in the right environment to best speak and hear from our creator.

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Practical steps for each day

1. FIND A COMFORTABLE POSITION.

-Find yourself a comfortable position for you to spend the next 15 minutes. This could be a chair that can become your 'God chair' or it could be simply taking a comfortable position on the floor, either sitting or kneeling.

2. ELIMINATE DISTRACTIONS.

-Where possible find a silent place – close the door, leave your phone outside, remove the noise.

3. CLOSE YOUR EYES AND BREATHE.

-Closing your eyes and breathing deeply helps you to focus and consolidate all your energy on this time of prayer. Before you begin to read the day's meditation take five deep breaths with your eyes closed.

4. OPEN YOUR EYES AND READ THROUGH THE DAY'S MEDITATION.

-Read through the passage of Scripture as many times as you wish. Let the words sink in. Then read through the attached meditation which is designed to lead you to a place of surrender.

-Having read through the meditation, spend some time in prayer, concentrating on the thoughts that have been pulled out of the passage.

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Day 1 - God Is Love

Day 1: God Is Love

PAUSE—

Close your eyes. Take a moment to still your mind and draw your scattered senses onto the presence of God. He is with you today, and He loves you.

BREATHE—

Take five slow deep breaths, in and out. Allow your mind to clear as you focus on your breathing.

READ—

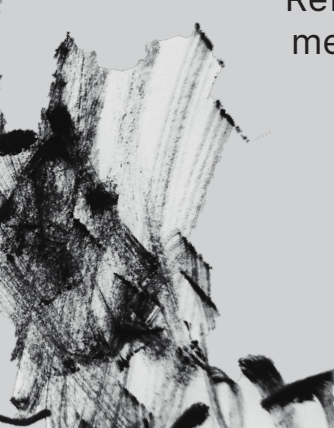
Read today's passage once or twice through, out loud if it helps.

"Dear friends, let us continue to love one another, for love comes from God. Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love."

1 John 4:7-8

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the idea that love comes from God and that God is love.



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THINK—

Allow your understanding of these words to deepen as you contemplate this truth further. Read the thought below and allow it to resonate with your spirit.

Love is not a thing; it is not a concept that you can observe or exhaust or merely just feel. Love is more than that. Love is all-encompassing, it's transformational, it's powerful. Love is so much more than just an idea. Love is a person and that person is God. God is love. As humans we're all capable of acting in a loving way, but only God is true love.

There are all kinds of attributes given to God throughout the Bible – He is said to be gracious, merciful, righteous... And He is. Yet each of these are adjectives; descriptions of his character. Only love is given as a description of who God is, not simply what God is like.

As the very essence and definition of love itself, anyone searching for true love need only look to Jesus, in whom we see love incarnate; love in flesh, love personified. Fully tangible, totally encompassing and powerfully real love.



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Day 1 - God Is Love

Meditate today on this God of love. Remember that he loved us first so that we may extend this love to those around us, loving them through his love for us. The God who was, is and always will be love personified, who has come to dwell in me and you.

PRAY—

God, thank you that you are love. Thank you that I am your child. Thank you that love comes from you. Help me to reflect that love to those around me. Amen.

