

Meditations On The Love Of God

21-day series

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GOD IS LOVE

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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 2 - This Is Real Love

Day 2: This Is Real 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—

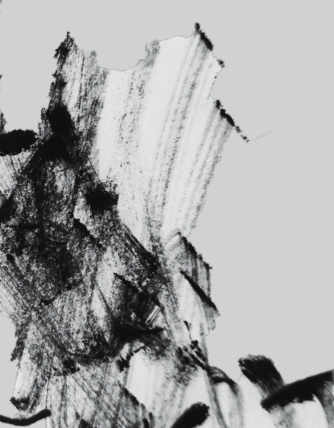
Read today's passage once or twice through, out loud if it helps.

"God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love—not that we loved God, but that he loved us and sent his Son as a sacrifice to take away our sins."

1 John 4:9-10

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that God demonstrated his love for us by sending Jesus to die and rise again.



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Day 2 - This Is Real Love

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.

Have you ever felt completely loved? Loved without hesitation of affection or half-hearted endearment, but fully loved for all you are. The kind of love that leaves you feeling unexplainably secure, completely at peace and fully assured.

This love, overwhelmingly good as it may seem, is but a glimpse of the love God extends towards you. His love for you is more than you could ever consider or imagine. It's real and it's active. Ever-giving itself towards you - flaws, failures, triumphs and all. God loves you as his own; his son, his daughter, his precious child who he is pleased with and who he dwells within.

The same God sent his son Jesus into the world, so that his life may be given to redeem yours. And, although this took place long before you were born, it was and remains the greatest act of love the world has ever seen. Jesus, the perfect Son of the living God, gave his life for you. Gladly and without hesitation. This is real love.

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Day 2 - This Is Real Love

Meditate today on Christ's downward humiliation culminating in his crucifixion on the cross.

Think about what Christ's death says about his love for you, and how his victory over that death means freedom from shame, relief from guilt, and forgiveness from any mistakes. Spend time contemplating the grace of God that is continually extended towards you and the perfect sacrifice that would have been made even if only for you.

PRAY—

*God, thank you for sending Jesus. Thank you for his death and resurrection, which is the ultimate demonstration of real love. Help me to understand the freedom and victory which this has bought me.
Amen.*

