

# Meditations On The Love Of God

21-day series

## meditations on the love of god

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.

GOD IS LOVE

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Day 3 - God's Love Perfected In Us

## Day 3: God's Love Perfected In Us

### **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—**

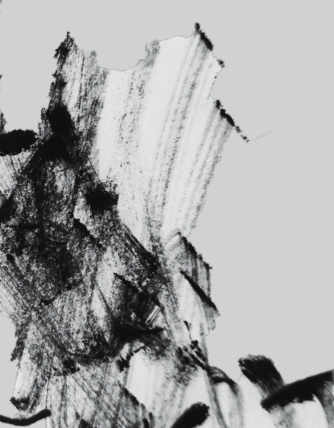
Read today's passage once or twice through, out loud if it helps.

*"No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us."*

**1 John 4:12**

### **REFLECT—**

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that God lives in you, and that by living in you He brings His love to full expression in your life.



# Meditations On The Love Of God

Day 3 - God's Love Perfected In Us

## THINK—

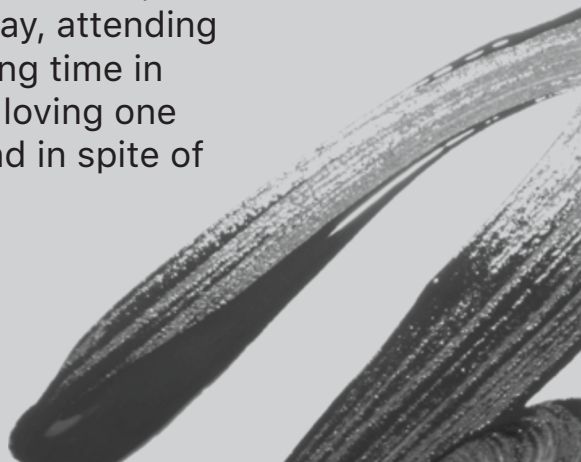
Allow your understanding of these words to deepen as you contemplate this truth further. Read the thought below and allow it to resonate with your spirit.

Think back to a time when you've seen God at work in your life. Maybe you felt his presence during a difficult period of time, or you saw him come through in a miraculous way. Perhaps you just sensed there was something more to life and that led you to an encounter with God. We all have glimpses of seeing God at work but, as we read today, no-one has ever seen God in a full and complete way.

Yet, even though we can't fully see God here on earth, we know that He lives in us through his Holy Spirit. In many ways this is a mystery, but we can trust that through thick and thin and every season of life God is with us.

In today's verse we read that, by God dwelling within us, his love is brought to its full expression through us. So, we can be comforted not just by the fact that God is with us at all times, but also by the fact that He works inside of us and exercises his love through us. Loving us at our core so that we can show his love to our world.

And this love, unconditional in all its essence, is not perfected by behaving a certain way, attending church regularly or even by spending time in prayer. It is simply made perfect by loving one another. Regardless of who we are and in spite of our differences.





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*Day 3 - God's Love Perfected In Us*

So, meditate today on the presence of the Holy Spirit within you. Think about how God's presence in you empowers you to love those around you and how you can rest in the security this love provides so generously for you.

### **PRAY—**

*God, thank you that you live in me. Today I recognise your presence and I choose to rest in your love. Help me today to love those in my world, remembering that you first loved me.  
Amen.*

