

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.

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Day 4 - Love Is...

Day 4: Love Is...

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—

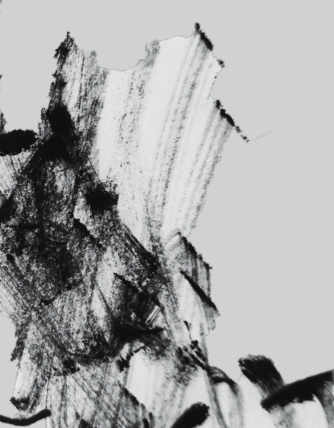
Read today's passage once or twice through, out loud if it helps.

"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

1 Corinthians 13:4-7

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the truth of what love actually is.



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Day 4 - Love Is...

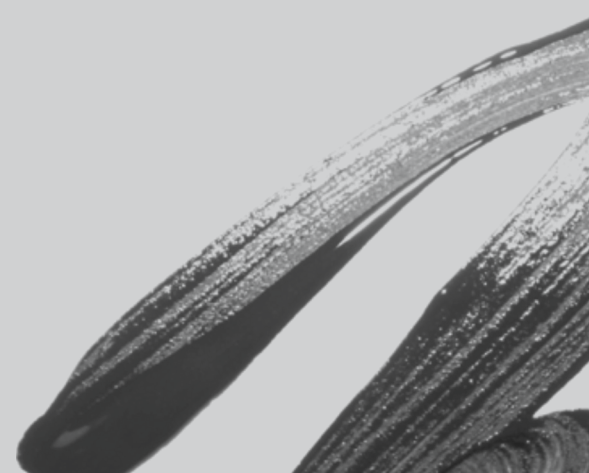
THINK—

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.

I wonder if you've ever asked the question 'what is love'? Today we read a passage in which we're told exactly what love is. It tells us that love is others-focussed, it's faith-filled and it's ever-hopeful. And, above all else, love is ultimately found in God himself. The God who is love and the God who gives love.

So, all of these attributes that we read about today are not only true of love, but they're true of God. Our God is love, so he is patient and kind. He is not jealous or boastful or proud or rude. He exemplifies and embodies love in its entirety, that love which is directed towards you today.

As you read through this passage and focus on what true love looks like, think about the areas where you might be able to love better in your own life. Perhaps it's by encouraging a friend or stripping away your pride. It might mean forgiving someone, truly and honestly. Perhaps it's simply making the decision to exercise patience in whatever circumstance requires it. Whatever it is, make time to meditate on how you can best love those in your own world today.



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Day 4 - Love Is...

In better practicing what love looks like in action you will better understand what God looks like in character – a God who is patient, a God who is kind and a God who loves you so dearly and so fully. As you think on this today, let your mind find rest in this declaration of the goodness of God and the greatness of his love.

PRAY—

God, thank you for your Word, which tells me so clearly what love looks like. Thank you that you are this love, and that you extend that love to me today. Amen.

