

Meditations On The Love Of God

21-day series

meditations
on the love of god

GOD IS LOVE

Meditations On The Love Of God

21-day series

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

Meditations On The Love Of God

Day 5 - The Garden

Day 5: The Garden

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—

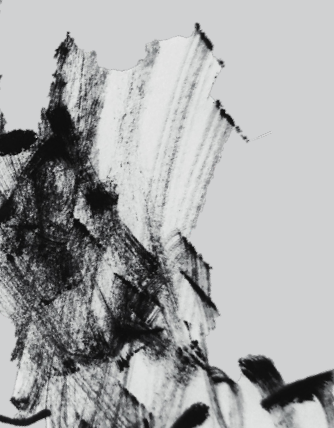
Read today's passage once or twice through, out loud if it helps.

"When the cool evening breezes were blowing, the man and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. Then the Lord God called to the man, "Where are you?" He replied, "I heard you walking in the garden, so I hid. I was afraid because I was naked." "Who told you that you were naked?" the Lord God asked. "Have you eaten from the tree whose fruit I commanded you not to eat?" And the Lord God made clothing from animal skins for Adam and his wife."

Genesis 3:8-11, 21

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that God sought after his people, though they turned away from him.



Meditations On The Love Of God

Day 5 - The Garden

THINK—

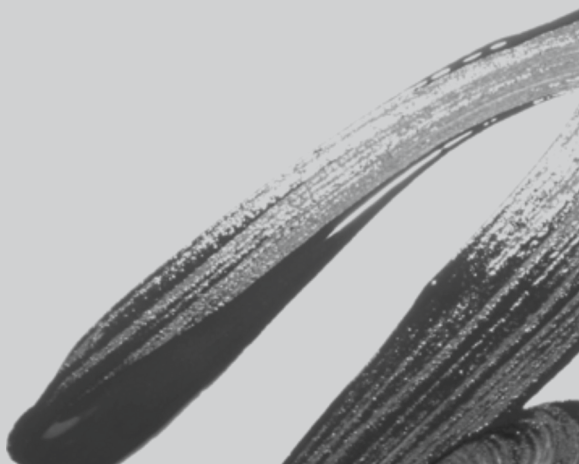
Allow your understanding of these words to deepen as you contemplate this truth further. Read the thought below and allow it to resonate with your spirit.

Today we read about the first humans, and it's a story all about those humans making mistakes, letting God down, but God accepting and receiving them back. It's a story of grace and the undeserved love of God, and it's amazing that this story, which is all about the love of God, is the first account of God interacting with humans in the whole Bible.

God knew the mistakes that Adam and Eve had made, but rather than shaming them he covered their shame. He clothed them rather than exposing them.

Humans expose the sin in other humans but God doesn't; he covers it. Adam and Eve turned away from God; they chose to disobey him, they chose to do life their own way, yet God's first response is to call out to them, to go to them, and to cover their shame.

Perhaps you're feeling a bit like Adam and Eve in your own life. You may feel like you've walked away from God or gone too far to ever deserve his grace. But from this first story in the Bible we see that there is no 'too far', 'too much' or 'too bad' for God. Whilst we may have made significant mistakes, we are never too far gone for him to turn away from us.



Meditations On The Love Of God

Day 5 - The Garden

As you consider what unconditional love truly means, meditate today on how this love is directed towards you. No matter what you have done, are doing or will do, God loves you. He accepts you. He is for you. Flaws and all, he cannot be put off by you. Your brokenness does not push him away, in fact, it draws him near. Love, grace and tender mercy at the ready.

PRAY—

God, thank you that you never give up on me, even when I run away, even when I hide. Thank you that your love is always extended towards me. Help me to come back to you today. Amen.

