

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 6 - Jesus and Bartimaeus

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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—

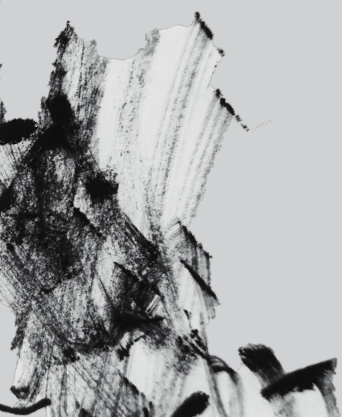
Read today's passage once or twice through, out loud if it helps.

"Then they reached Jericho, and as Jesus and his disciples left town, a large crowd followed him. A blind beggar named Bartimaeus was sitting beside the road. When Bartimaeus heard that Jesus of Nazareth was nearby, he began to shout, "Jesus, Son of David, have mercy on me!" "What do you want me to do for you?" Jesus asked. "My rabbi," the blind man said, "I want to see!" And Jesus said to him, "Go, for your faith has healed you." Instantly the man could see, and he followed Jesus down the road."

Mark 10:46-47, 51-52

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the healing power of God which is extended to all, whether rich or poor.



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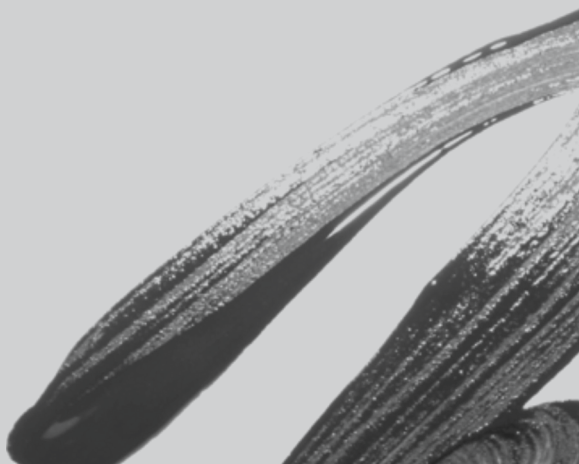
Day 6 - Jesus and Bartimaeus

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.

Bartimaeus was a man who would have been shunned by society; an outcast who was looked down upon because of his physical deficiencies. Not only was he a beggar, but he was blind too, which at that time would have made him the very lowest of the low in society.

We all feel like outsiders sometimes, we all have moments where we feel like we don't belong. And for Bartimaeus this feeling of being an outsider was the narrative of his life. Yet whilst others shunned him and treated him like he didn't belong, Jesus welcomed him, met with him, and changed him. Jesus took this outsider and brought him into his inner circle, drawing him near even though the world around him had pushed him far.



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Day 6 - Jesus and Bartimaeus

Meditate today on the way in which the love of God draws you near. The same love which surrounded Bartimaeus, the same love which held him close, the same love which embraced him totally and healed him fully. The love which met him where he was at but led him forwards, not leaving him there. The love which took him from his old way of living and gave him a new lease of life. That same love is extended to you today – whether you feel like an outsider, disregarded, discarded, or rejected - the transformative love of Jesus which was extended to Bartimaeus is also extended to you.

PRAY—

*God, thank you that you accept me as I am, regardless of what the world says about me. Thank you that your healing love is extended towards me and, like Bartimaeus, I choose to follow you today.
Amen.*

