

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 8 - Jesus and Nicodemus

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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—

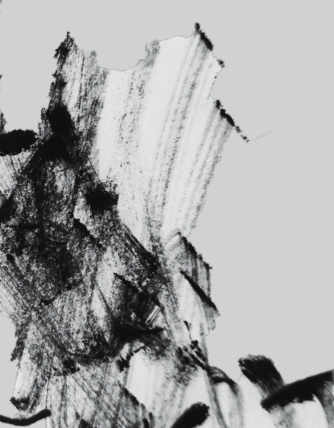
Read today's passage once or twice through, out loud if it helps.

"There was a man named Nicodemus, a Jewish religious leader who was a Pharisee. After dark one evening, he came to speak with Jesus. "Rabbi," he said, "we all know that God has sent you to teach us. Your miraculous signs are evidence that God is with you." Jesus replied, "I tell you the truth, unless you are born again, you cannot see the Kingdom of God."

John 3:1-3

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider your experience of coming to know Jesus and being born again.



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THINK—

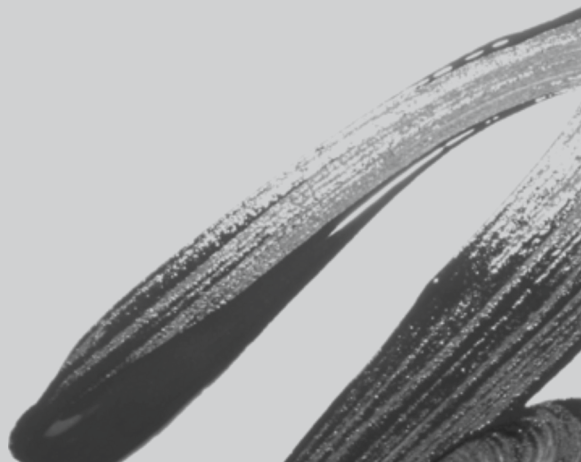
Allow your understanding of these words to deepen as you contemplate this truth further. Read the thought below and allow it to resonate with your spirit.

I wonder what you think qualifies you to be right with God. So often we think it comes down to our good deeds or our correct beliefs; even if we have been a Christian for a while we can easily fall into the trap of believing that God counts us as righteous because of our outward performance or our perfect theology.

Today we read Jesus telling Nicodemus, who would have lived a near perfect life as a Jewish religious leader, that what qualifies him is not what he knows about the law, but rather being born again.

The concept of being born again is central to the gospel message. Jesus is not about making bad people good but about making dead people alive.

What Nicodemus was missing was not a better understanding about religion, but a new way of life, a way only made real by a relationship with Jesus. And this new way of life is on offer to anyone who wants it, regardless of their past.



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Day 8 - Jesus and Nicodemus

Meditate today on the love of God which makes all things new. The love which transforms us from being spiritually dead to spiritually alive. Think about where you have mislaid your faith in this area, and realign your thoughts to the undeserved, unmerited and unceasing grace of God. Our outward behaviour is a fruit of our salvation, not a pre-requisite to receive it.

PRAY—

God, thank you that your love towards me is not dictated by my performance. Thank you that you declare me righteous. Help me to remember my right-standing before you. Amen.

