

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 9 -Jesus And The Adulterous Woman

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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—

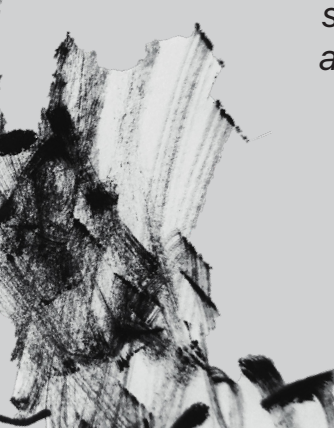
Take five slow deep breaths, in and out. Allow your mind to clear as you focus on your breathing.

READ—

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

"As he was speaking, the teachers of religious law and the Pharisees brought a woman who had been caught in the act of adultery. They put her in front of the crowd. "Teacher," they said to Jesus, "this woman was caught in the act of adultery. The law of Moses says to stone her. What do you say?" They kept demanding an answer, so he stood up again and said, "All right, but let the one who has never sinned throw the first stone!" When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. Then Jesus stood up again and said to the woman, "Where are your accusers? Didn't even one of them condemn you?" "No, Lord," she said. And Jesus said, "Neither do I. Go and sin no more."

John 8:3-5, 7, 9-11



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REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that God doesn't condemn you; rather, his love empowers you to live a life of intimacy with Him.

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.

We all have times where we feel condemned, ashamed and guilty. Occasionally these feelings come from others but more often than not they come from within; our own internal voice telling us that we are no good. It's important to know that those feelings of condemnation, guilt and shame do not come from God. While God may convict us to help us understand something is wrong, he will never condemn us for our wrongdoing.

We see this in today's passage, where Jesus has the opportunity to make the woman caught in the act of adultery feel guilty and condemned for her mistakes. But rather than shaming her he shows her love. To the dismay and disgust of those around him, he shows her compassion not condemnation. He makes the point that no one is exempt from sin. We all mess up, we all make mistakes, we are all in the same boat. He says that he will not condemn her, but rather he gives her a clean slate and encourages her to go and live life in light of her encounter with him.

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The crowd desired to make this woman feel excluded, disposable and irrelevant. But Jesus desired to make her feel included, precious and important. And he does this time and time again, not just for people like this women, but for us too. Wherever we are in our lives, whatever we've done and whoever we've hurt, Jesus wants you to know that because you are loved by him you are included in his grace.

Meditate today on the gracious love of God extended to you. Love that will never make you feel condemned, shameful, or guilty. Love that no mistake can take away and no sin can exclude.

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.

