

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 11 - Jesus And Paul On The Road To Damascus

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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—

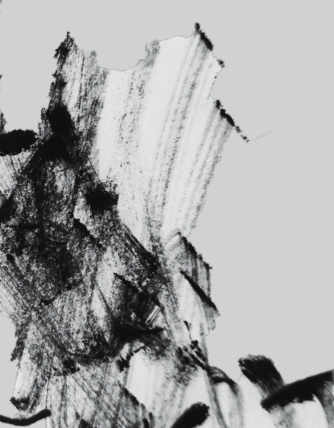
Read today's passage once or twice through, out loud if it helps.

"As he was approaching Damascus on this mission, a light from heaven suddenly shone down around him. He fell to the ground and heard a voice saying to him, 'Saul! Saul! Why are you persecuting me?' 'Who are you, lord?' Saul asked. And the voice replied, 'I am Jesus, the one you are persecuting! Now get up and go into the city, and you will be told what you must do.'"

Acts 9:3-6

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the transformational power of an encounter with God. Think back to your first time encountering God.



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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.

The Saul we read about in today's passage is the same Saul who looked on with joy as Christians were stoned for their beliefs. Saul had been a militant anti-Christian, one who took great pleasure in Christian persecution. Yet in one encounter with Jesus his life was radically changed. God saved him, transforming him into a Christ-follower who was used mightily and mercifully by God.

The power of God's love caused a complete turnaround in Saul's life and that same kind of transformational love is offered to you today. Saul the Christ-hater became Paul the Christ-follower, who went onto write books in the New Testament, start churches far and wide, and become a hero of the faith that we still admire today. Though his mistakes were many and his past destructive even Saul was not disqualified from being loved and used by God.



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Meditate today on the transformational love of God and know that regardless of your mistakes and your past the transformational power of the love of God is generously offered to you today.

Think about where in your life you need God's love to transform some things or to redeem some mistakes and allow his love, which is in you, to empower you to live for him.

PRAY—

God, thank you that we are never too far gone for you to meet us. Thank you that you love me and that you offer your transformational love afresh to me today. Amen.

