

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 13 - "I Am The Vine, You Are The Branches"

Day 13: "I Am The Vine, You Are The Branches"

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—

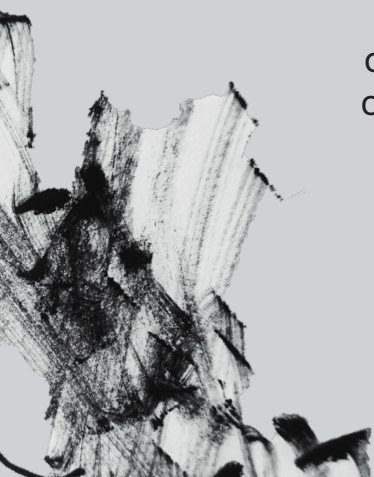
Read today's passage once or twice through, out loud if it helps.

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

John 15:5

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the connection we have with God due to his indwelling of us through the Holy Spirit. He is the vine, we are the branches.



Meditations On The Love Of God

Day 13 - "I Am The Vine, You Are The Branches"

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.

In today's verse Jesus paints a picture by which he describes us as the branches and himself as the vine. Now, think about a vine, really picture it; when you look at a vine the branches are not separate from the vine but they are one with it, they stem from it and they grow because of it. If the branch is cut off, so too is its life as it is no longer connected to its source, the life-giving vine.

What Jesus is saying is that we are connected to him as our life source. We are one with him and, therefore, we are not separate from him. We don't need to pray to become connected to him but rather we simply need to realise that he is already a part of us and living within us. We need simply to pray for that connection to be realised in our lives, not for it to be formed. Just as a branch sees itself as being entirely connected to the vine we need to see ourselves as being entirely connected to God, the ultimate life-giving vine.



Meditations On The Love Of God

Day 13 - "I Am The Vine, You Are The Branches"

Meditate today on this illustration that we are the branches and Jesus is the vine. Use this time of prayer and meditation to understand that our connection to God already exists, we need simply to make it known in every area of our lives. Spend some time considering what this divine connection means for your daily life – how it looks, how it grows you and how it produces fruit through you.

PRAY—

*God, thank you that union with you is not something I have to get, but something I simply have to realise. Help me today to understand more deeply my connection with you.
Amen.*

