

# Meditations On The Love Of God

21-day series

## meditations on the love of god

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 15 - Feeding The 5000

## Day 15: Feeding The 5000

### **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—**

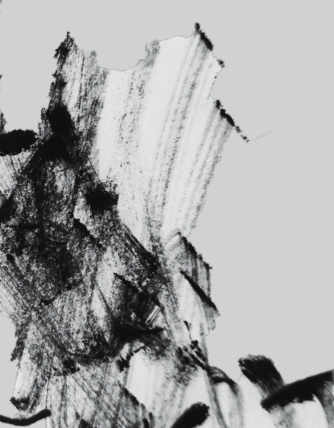
Read today's passage once or twice through, out loud if it helps.

*"During those days another large crowd gathered. Since they had nothing to eat, Jesus called his disciples to him and said, 'I have compassion for these people; they have already been with me three days and have nothing to eat. If I send them home hungry, they will collapse on the way, because some of them have come a long distance'."*

**Mark 8:1-3**

### **REFLECT—**

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the compassion that God has for all people. His love for you is the same love that he had for the crowd that followed him in this passage.



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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.

When we think of the famous story of the feeding of the 5000, often the first thing we consider is the miracle that Jesus did. But what we often forget is that this miracle stemmed from the love of God.

Before any miracle took place it says that Jesus "saw the crowd... and he had compassion on them."

The Greek word here for 'compassion' carries the nuance of Jesus being deeply moved by the crowd, and it is a word which refers to love rooted in action. The story of Jesus feeding the 5000 is a display of Jesus' deep love for the people which resulted in him performing a miracle of provision. This same compassion – the love that heals, provides and restores – is shown to us today. The love of God extended towards us naturally results in God acting in our lives, impacting us from the inside out.





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Day 15 - Feeding The 5000

Meditate today on God's compassionate love for you which is deep in nature and rooted in action. And remember, just as Jesus looked at the crowd with a deep love and affection, so too does he look at you today with that same love, desiring to move, work and expand in your life.

### PRAY—

*God, thank you that your love for me is rooted in action. You desire to move in my life and today I surrender to you. I invite you to move in my life today. Amen.*

