

# 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 16 - The Disciple That Jesus Loved

## Day 16: The Disciple That Jesus Loved

### **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—**

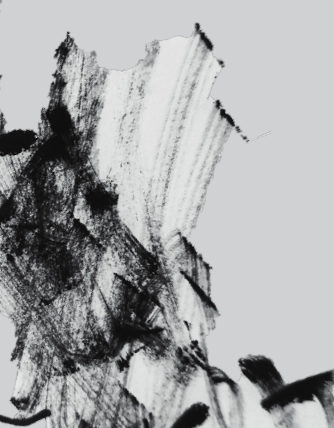
Read today's passage once or twice through, out loud if it helps.

*"Now Jesus was deeply troubled, and he exclaimed, 'I tell you the truth, one of you will betray me!' The disciples looked at each other, wondering whom he could mean. The disciple Jesus loved was sitting next to Jesus at the table. Simon Peter motioned to him to ask, 'Who's he talking about?'"*

**John 13:21-24**

### **REFLECT—**

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider John's description of the disciple Jesus loved, and think about whether you see yourself as a disciple loved by Jesus.



# Meditations On The Love Of God

*Day 16 - The Disciple That Jesus Loved*

## **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.

Here, we read about the author of the Gospel of John speaking about Jesus' disciples, but referring to one of them as the 'disciple Jesus loved.' Yet what's intriguing is that John is describing himself. Now, at first glance that may seem quite arrogant, as John doesn't refer to any of the other disciples in this way. But this is not arrogance; it is just John's way of demonstrating his confidence in the love of Jesus that was extended towards him.

I'm not sure how you think of yourself but I hope you find encouragement in John's words – John knew where he stood before Jesus, as a beloved son and welcomed friend of the Most High. You too should be confident in the fact that you are loved and welcomed by Jesus. You are the child that he loves and the friend whom he embraces.





## Meditations On The Love Of God

*Day 16 - The Disciple That Jesus Loved*

Meditate today on the bold assurance you can have in knowing that you are loved by Jesus. Regardless of the ups or downs of your life, the mistakes you have made or the failures you've experienced, Jesus loves you and calls you his disciple too – the disciple he loves.

### **PRAY—**

*God, thank you that I am your beloved child. Today I choose to see myself as a disciple that you love. I am chosen, loved, and welcomed into your family.  
Amen.*

