

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 17 - Understanding And Experiencing The Love Of God

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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—

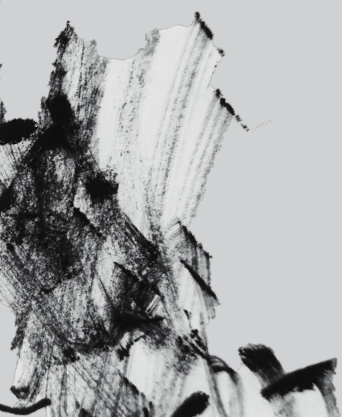
Read today's passage once or twice through, out loud if it helps.

"Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God."

Ephesians 3:17-19

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that God has made his home in your heart and that, because of this, you can both understand and experience the love of God in your daily life.



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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.

We read here that, when Christ makes home in our hearts, we will both understand and experience the love of God. I wonder if you've ever pondered the difference between knowledge and experience?

When you were at school you may have learned about the geography and history of a certain country, but it wouldn't have been until you actually visited that place in later life that you would be able to truly experience it.

In the same way, when it comes to understanding what love is, we can read all kinds of books and watch all kinds of films, but until you actually fall in love with someone you will never be able to truly experience what love actually feels like. Here we learn that, as Christians, we do not just know about the love of God revealed in Jesus, but we actually experience it!



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Day 17 - Understanding And Experiencing The Love Of God

Meditate today on the fact that Christ has made his home in our hearts; in effect, he has rooted his Spirit in us so we too should commit to rooting ourselves in him. Consider how you can continue to build your life on the love of God.

PRAY—

*God, thank you that you first loved me. Thank you that I can both know and experience your love.
Help me today to love you more. Amen.*

