

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 18 - Abba Father

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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.

"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."

Mark 14:36

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the close, intimate relationship that Jesus has with his Father, and think about how you too can have that kind of relationship with 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.

In the Bible God is often talked about as a Father, but this can be difficult for some, as our frame of reference for a father figure can often be quite negative. For some our father is a great support and encouragement, but for others our father can be a source of hurt and anger, or perhaps he isn't present at all. This makes it difficult, though not impossible, to see God as our true Heavenly Father.

Jesus doesn't just refer to God as Father, however; He refers to Him as 'Abba'. 'Abba' is a Hebrew term which is an incredibly intimate name for a father, suggesting an extremely close and warm, loving relationship. By Jesus using this term we can know that in our lives too God deeply desires to be known and approached as an intimate, present and loving Father. Regardless of what we think of fathers from our own experiences, our heavenly Father will never fail us or turn us away.



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Day 18 - Abba Father

Meditate today on the intimacy of your relationship with God. He is your Abba Father, your closest companion, your loving and present God who is with you at all times. He is closer than you know and he desires for you to approach him with confidence and assurance, knowing that you are His beloved child. As we read in Romans 8:15-16, "by him we cry Abba, Father. The Spirit himself testifies with our spirit that we are God's children."

PRAY—

*God, thank you that you are my Abba Father.
Thank you that I can know you at an intimate level.
Help me today to be open with you, knowing that
your love is extended towards me. Amen.*

