

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 19 - Jesus In The Desert

Day 19: Jesus In The Desert

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—

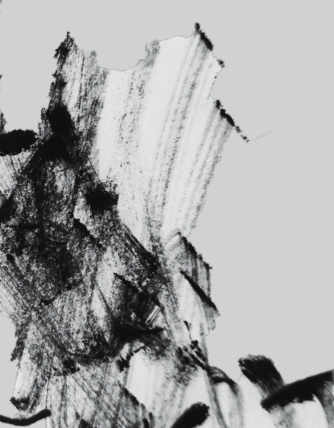
Read today's passage once or twice through, out loud if it helps.

"Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to become a loaf of bread.' But Jesus told him, 'No! The Scriptures say, 'People do not live by bread alone'."

Luke 4:1-4

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider how Jesus was tempted by the devil, and think about how he responded to the devil's lies with truth from the Word of God.



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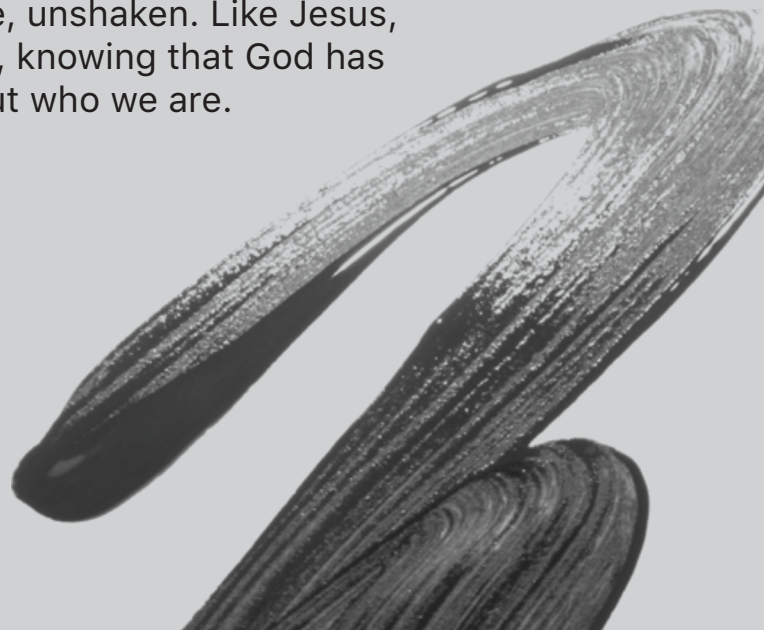
Day 19 - Jesus In The Desert

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.

It can be so easy in life to become caught up in the internal dialogues which can easily take us off course and dispel inner peace. Yet in Jesus' encounter with Satan in the desert we see an example of how to respond to and defeat these dialogues. When Jesus was challenged with lies He refused them with truth. The truth that is found in the Scriptures; a powerful weapon against Satan and his deception. Jesus knew the truth about who He was, loved and sent by God. He also knew the truth about who Satan was, a deceiver and tempter. By knowing these truths, there was no place for lies to run wild in His mind.

The point isn't that we have to recite Scripture every time we feel our internal dialogue running away from ourselves; but like Jesus we need to know what is really true in order to recognise when false truths come our way. Jesus' example shows us that by knowing who God is and what He says about us we can stand firm and resolute, unshaken. Like Jesus, we can stand on His Word, knowing that God has the final say about who we are.



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Day 19 - Jesus In The Desert

Meditate today on the love of God which validates you as His child. Know today that whenever you find your internal dialogue running wild you can stand firm on the promise that you are a beloved son or daughter of the Most High God. You are whole and complete, lacking in nothing, and fully secure in the promises of God.

PRAY—

*God, thank you that I can stand on the truth of your Word today. Thank you that you are my rock. Help me to stand firm on what you say about me when I am confronted by the lies of the world.
Amen.*

