

# 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 20 - A Love That Grows

## Day 20 - A Love That Grows

### **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—**

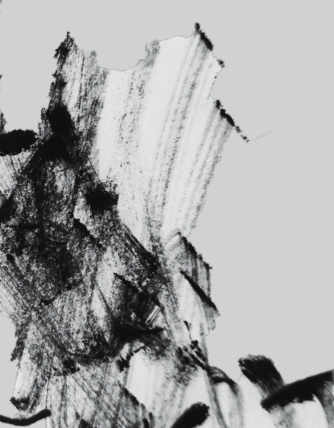
Read today's passage once or twice through, out loud if it helps.

*"And as we live in God, our love grows more perfect. So we will not be afraid on the day of judgment, but we can face him with confidence because we live like Jesus here in this world. Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love."*

**1 John 4:17-18**

### **REFLECT—**

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the process of growing in the love of God. Reflect on how the love of God expels all fear from our lives.



# Meditations On The Love Of God

Day 20 - A Love That Grows

## 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.

Learning to grow in the love of God takes a lifetime.

It is an ever-evolving journey in which we both learn more about the deepness of the love of God towards us and then see it take root in our lives as we grow in our love for others. As we read today, it is by 'living' in God that our love grows more perfect. We can't merely visit the love of God, we can't dabble in it or spend a few days contemplating it – we need to be rooted in the love of God all the days of our lives.

We will always be loved by God, no matter what, but we should always be seeking to grow in our love for him; to grow in what it means to love God with all our heart, mind, soul and spirit. This is an ever-growing love that develops as we develop in character, wisdom and experience. The fruit of this love is the dispelling of fear and the indwelling of confidence; as we grow in our love for God we walk more confidently, knowing that we are his children.





## Meditations On The Love Of God

Day 20 - A Love That Grows

Meditate today on the beautiful and exciting life-long journey of growing in the love of God that is before you and know that, every single step of the way, God loves you. Consider today how a love for God can extend itself practically into your life, not just in how you love others but also in the dispelling of fear and the indwelling of confidence. Remember, such love has no fear, because perfect love expels all fear.

### **PRAY—**

*God, thank you for your promise that your love casts out all fear. Today I choose to align myself afresh in your love. Help me to remember that growing in love is a life-long process. Amen.*

