

# 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 21: Jesus - The Visible Image Of The Invisible 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—**

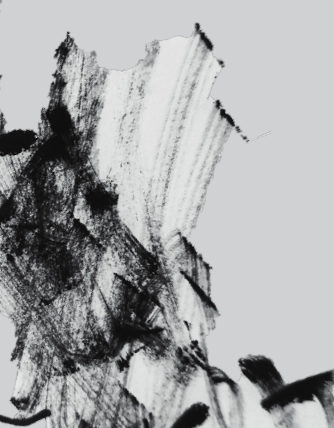
Read today's passage once or twice through, out loud if it helps.

*"Christ is the visible image of the invisible God. He existed before anything was created and is supreme over all creation."*

**Colossians 1:15**

#### **REFLECT—**

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that Jesus is our example of what God is like; that even though you can't see God you can still know what he is like through the example of Jesus in God's Word.



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*Day 21: Jesus - The Visible Image Of The Invisible God*

### **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.

Everyone wants to know what God is like, and this seemingly simple question is often met with complex answers. Yet, in this single verse, we learn that if we want to know what God is like we need simply to look at Jesus. The life of Jesus paints a beautiful picture of the character of God. He treated people with dignity, respect, love and grace. How Jesus treated those around him is how God treats us, and how Jesus thought lovingly of those He encountered is how God thinks of us.

As we have journeyed through meditating on passages of Scripture over the last few days, we have read multiple examples of Jesus interacting with humanity. And how Jesus interacted with each of those people with unconditional love and unwarranted grace is exactly how God interacts with his. He extends love, forgiveness and grace, He covers our sin, He empowers us to love, and He encourages us that come rain or shine, ups or downs, He is with us at all times.





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*Day 21: Jesus - The Visible Image Of The Invisible God*

Meditate today on the love of God made visible in Jesus. Although we can't see God physically, we can know what He is like because of the example of Jesus. Why not think back to some of the examples we've looked at of Jesus interacting with people, and remember that the same love and grace is extended towards you too.

### **PRAY—**

*God, thank you for sending Jesus to give us a visible example of who you are and what you are like. Help me to become more like Jesus, by growing in my love for you and for others.  
Amen.*

