

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 12 - Healing The Blind Man

Day 12: Healing The Blind Man

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—

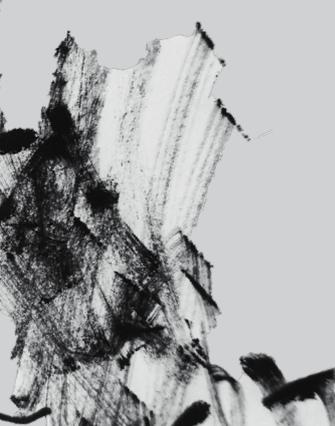
Read today's passage once or twice through, out loud if it helps.

"As Jesus was walking along, he saw a man who had been blind from birth. "Rabbi," his disciples asked him, "why was this man born blind? Was it because of his own sins or his parents' sins?" "It was not because of his sins or his parents' sins," Jesus answered. "This happened so the power of God could be seen in him. Then he spit on the ground, made mud with the saliva, and spread the mud over the blind man's eyes. He told him, "Go wash yourself in the pool of Siloam" (Siloam means "sent"). So the man went and washed and came back seeing!"

John 9:1-3, 6-7

REFLECT—

Reflect carefully on the words in this passage. What do they mean? Take a moment to consider the fact that our illnesses aren't a punishment from God, and that God's love is extended to all.



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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.

How often do we fall into the trap of linking our illness, our problems, our shortfalls or our misfortune with the mistakes we have made or the things we have done? We are so quick to attach our performance to our problems, making our works determine our worth. Even if we have been Christians for a while we can easily slip into that way of thinking, believing that if we had just been more faithful to God he would be more gracious to us.

Today we read Jesus speaking directly into this way of thinking, declaring that the fact that the man was born blind wasn't linked to anyone's religious performance. Rather, it was in order for God's power to be shown in and through him. The story ends with Jesus healing the man, showing the transformational power of God and the healing abilities of his love.



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Meditate today on the restorative power of God's love. Love that isn't contingent on your capabilities. Maybe you do have an illness in your body or a shortcoming in an area of your life – know that that isn't because God is punishing you or your ancestors and judging your right or wrongdoings. Rather, think today about how these are opportunities for God to outwork his power through you, whether that be through physical healing or simply the fulfilling love of God that never fails to leave.

PRAY—

God, thank you that you desire to work through me. Help me today to trust in your sovereignty and truly know that you are not a punishing or vengeful God. Amen.

