

WELCOME LOVE

A PRACTICE TO HELP US EMBRACE AND EXPERIENCE
THE TRUTH THAT WE ARE DEEPLY LOVED BY GOD

1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

Ask God for Insight:

Begin by asking God, your loving Father, to see yourself through his eyes.

Review the Day:

Carefully look back at the day. Allow the Holy Spirit to remind you of the various ways God expressed his love for you. (directly through the Holy Spirit, through circumstances, through others, through nature etc...)

Soak:

Accept these encounters with God's love as a gift. Try not to rush past them. Stay present in each encounter, allowing God's love to wash over you. Express your gratitude to the Father for his constant love for you, his child.

Confess:

Without judgement, acknowledge the places where it is difficult to accept God's gift of love. Ask him to open your heart to receive his love in these areas.

Look Toward Tomorrow:

As you look towards the coming day, do so with anticipation for the unique ways God will reveal his love to you tomorrow.