

# Experiencing God's Love

An exercise to help receive God's love

“If I speak with human eloquence and angelic ecstasy but don't love, I'm nothing but the creaking of a rusty gate. If I speak God's Word with power, revealing all his mysteries and making everything plain as day, and if I have faith that says to a mountain, 'Jump,' and it jumps, but I don't love, I'm nothing. If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don't love, I've gotten nowhere. So no matter what I say, what I believe, and what I do, I'm bankrupt without love.”

As 1 Corinthians 13 continues with God's definition of love, begin by picturing the ways in which God loves you by saying each phrase in your mind slowly.

**You love me with patience.**  
**You love me with kindness.**  
**You love me with acceptance.**  
**You love me with humility.**  
**You love me with gentleness.**  
**You love me with freedom.**  
**You love me with unhurried serenity.**  
**You love me with infinite forgiveness.**  
**You delight with me in the blossoming of truth.**  
**You always cocoon me in your love.**  
**You always trust me.**  
**You always look for the best in me.**  
**You always persevere with me.**  
**Your love with me will never end.**

Choose one of the above and picture what it looks like for God to love you with that quality – to feel it, to experience it, to soak it in.