

# Let's Pray

Theme: Love

## Verses:

"Beloved, let us love one another, for love is of God, and everyone who loves is born of God, and knows God. The one who doesn't love has yet to know God, for God is LOVE." 1 John 4: 7-8

"We have come into an intimate experience with God's love, and we trust in the love he has for us. God is love! Those who are living in love are living in God, and God lives through them." 1 John 4:16

## Prayer:

Yahweh, Creator, Lover of my soul -

I come to you in awe of the way in which you love me. I awaken in the morning to your love - to the gift of another day with you. I arise and move about in the body you lovingly knit together in my mother's womb for me. The body that is a temple for my spirit that you have lovingly delivered from darkness and despair. I know that you love every part of me and I thank you for that because I confess that I am not always very loving with myself. As I delve deeper into you God, help me to see myself the way you see me. Help me to love myself as an act of love for my creator. You would never want me to harm myself, disrespect myself or even worse hate and abuse myself. So please help me to see your love and to accept it to my very core so that I can allow it to fill every part of me - even the parts of myself that I have a hard time loving.

Thank you that your love is unconditional! You do not wait for me to say the magic words, or to do the right thing - you love me just as I am this very moment - the way I woke up this morning - real and raw and totally imperfect. But totally and perfectly loved by YOU.

Thank you that you delight in showering your grace and love upon me throughout the day. I see signs of your love everywhere; in the sunshine on my skin, the song of the birds, the car that starts, the hug from my child, the water and food I have to eat, the gift of a job and a purpose for my day, the warm bed I can crawl back into when it is done. Thank you for giving me taste buds to experience pleasure as I eat, smell to be able to delight in the scents around me, touch so that I can enjoy petting my dog or holding my spouse's hand, hearing so that my day can be filled with music and the voices of loved ones, curiosity so that I can learn more about you and dig deeper into your wisdom, your ways and who you are.

Your love surrounds me everywhere I look.

Help me to see it. You say that I don't need to fear because nothing in all of existence can ever separate me from your love. It surrounds me and permeates every aspect of my life.

Help me to delight in it and allow it to fill me, so that out of the overflow of that love I can share love with others.

Teach me to love others unconditionally like you - to be willing to treat them with respect and kindness and place their needs higher than my own. You love me sacrificially and I know you ask me to do the same for others - because you love them as passionately as you love me.

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God, you are love. You cannot do anything other than love. Love is your very essence. You demonstrated that love in tangible form through Jesus. A physical manifestation of the great love you have for mankind - for me.

Forgive me when I forget this and sometimes picture you as a harsh, cold and demanding God.

You are more generous, passionate, devoted, and committed than I could ever imagine.

You are love incarnate, and I am blessed to be the object of that love.

I love you with my whole imperfect heart.

## **Claim it! Truths about God and myself:**

I am loved

I am deeply cherished

I am Hephzibah - the one in whom God delights

God pursues me

God sees me and knows everything about me

God desires to be in relationship with me

God is love

God loves me with an everlasting love

Nothing can separate me from the love of God

## **Breathing Meditation:**

We encourage you to sit and take deep belly breaths, in and out through the nose. You can also do walking meditation. Quiet your mind and focus on one sentence at a time. Use one sentence per breath, usually to the count of 4 if possible. You can speak the sentence out loud or say it in your head. Smile as you breathe out.

Loving Father (Breathe in)/ My unflinching pursuer (Breathe out)/ You love me / You love me / You love and accept me / You love me as I am / You are love incarnate / You are kind and good / You never abandon me / You seek me out / You pursue me / You delight in me / I am the most blessed woman in the world / I am loved by you / Thank you that I am loved / Thank you for removing my doubts / Thank you for removing my fears / Thank you that you are everything I long for / Thank you that you never change / I trust you completely / You love me completely / I give you everything that I am

*"Behold, I have engraved your name upon the palms of my hands."*

