



THE WAY OF LOVE

Practices for Jesus-Centered Life

ADULT FORUM

St. Luke's Episcopal Church

Week 6: GO

Cross boundaries, listen deeply, and live like Jesus

Daily Devotions

Daily Devotions for The Way of Love Week Six: GO

Each day take 10 minutes and sit in a comfortable chair.

Breathe in and exhale deeply, paying attention to the motion of your breath.

Allow yourself to imagine God's presence surrounding you as you pray.

Read slowly the passage below, several times. As you rise from your time of prayer, know that Jesus remains with you always.

Day One

Jonah 3:1

"The word of the Lord came to Jonah a second time, saying, 'Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.' So Jonah set out..."

Can you think of a time when you felt challenged or called to seek God's way of love outside of your usual habits, stable relationships or chosen comforts? What did you learn?

Prayer: Loving God, you have promised to be with us, even to the close of the age. Help me to listen for your invitation to follow your way of love into people and places that are new to me.

Day Two

1 John 3:11 "For this is the message you have heard from the beginning, that we should love one another. Little children, let us love, not in word or speech, but in truth and action."

Can you remember a time when another person cared for you or loved you in a way that brought struggle, cost, or threat to them? Have you ever dared this active way of love yourself?

Prayer: Loving God, you stretched out your arms on the cross to love, liberate and redeem all people. Help me to see the vulnerable and to demonstrate the courage to stretch out my love toward neighbors I know and strangers I do not yet know.

Day Three

1 John 3:24

"And by this we know that God abides in us, by the Spirit that he has given us."

It can be easy to forget that God abides in us by the Spirit, whether or not we are thinking about or believing in God. What images, words or habits help to remind you that God abides in your life?

Prayer: Lord Jesus, you said that the kingdom of God is within us. Help me to remember and trust that no matter what I feel or believe, your love abides in my life.

Day Four

Luke 10: 27, 29

"You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." ...And he asked Jesus, 'And who is my neighbor?'"

What is your greatest struggle in loving yourself? What has trying to love yourself taught you about loving others? And what is your greatest struggle in loving others?

Prayer: Gracious God, you search me and you know you me and you love me as a sheep of your own fold. Help me to learn to love my life as you do and help me to go into the world of neighbors and share your way of love with all.

Day Five

Luke 10:37

"Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?' He said, 'The one who showed him mercy.' Jesus said to him, 'Go and do likewise.'"

Can you think of time when someone showed you profound mercy? Is there a time when you have paid a price to show mercy? What holds you back from this kind of love?

Prayer: Merciful God, through baptism it is no longer I who live but Christ who lives in me. Help me to trust that Christ is in me and calling me to go and serve Christ in all persons.