

Measuring it out

We are offering a series of reflections for individuals and churches who may be finding it difficult to offer midweek prayer and shared learning from Scripture. You can use these by watching the You Tube video, reading the relevant Bible passage and then reflecting on the questions below. To help make this a shared activity, you could arrange to reflect on this together with friends using an online conference package, or simply arrange with a friend to spend some time watching and reflecting. Then ring each other up, share what your thoughts and responses and they pray for one another, and pray together for our world.

Read Ephesians 3:14-19

Watch the You Tube Video: <https://youtu.be/2G8vOHO2OKM>

Now spend some time reflecting on “how wide and long and high and deep is the love of Christ” and then ponder these questions:

What does God’s word and the narratives of our faith teach me about God’s love?

What are the stories and scriptures that really bring home to me the extent of God’s love for us. And maybe read some of them again?

Where have I seen God’s love at work in my life, in the lives of others? – how can I draw strength and encouragement from recalling those events and stories?

What’s getting in the way? What do I need to let go of? What disappointments in myself do I need to see in a new way, not as standing in the way of God loving me, but to show me what God’s love is willing to forgive and overcome.

How am I transformed by God’s love? What kind of person is God inviting me to be, how can I become someone who is hallmarked by God’s love?

How can I show God’s love? Even with the current limitations of lockdown – who can I call? Who can I contact? What can I do to help someone else catch a glimpse of God’s love in me?

PRAYER

All loving God, by the power of your Spirit, impress upon me in new and familiar ways the extent of your love for me. When I doubt your love, grant me the faith and the strength to see its full extent; when I doubt myself, assure me that through your grace and forgiveness, I am worthy of your love; when I struggle to show your love in my words and attitudes towards others, give me the grace that I need to be the example you have called me to be. Root us in your love; open our minds to your love; bind us together with your love that we might be filled by love beyond measure. AMEN