

## "YOU ARE LOVED"

Silence, stillness, and centering before God (2-5 minutes)



### SCRIPTURE / EPHESIANS 3:16-19

**16** I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, **17** so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, **18** may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, **19** and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.



### DEVOTION BY PASTOR ANDREA MANUEL

Can we fully know and understand the vastness of God's love for us? I can easily get overwhelmed trying to think about it. While I recognize that I cannot fully understand it (verse 19 says this love surpasses knowledge), I do believe that Paul is trying to help us understand it is real, tangible, and measurable.

I love how Paul urges us "to be rooted and established in love." When I'm in a place of not feeling God's love or presence in my life, it's usually because I've allowed myself to become rooted in or attached to things that are temporary and fleeting. If I'm not experiencing God's love, it's because I'm too busy trying to establish my place in earthly circumstances. But when I remind myself that I am loved by God, my perspective changes. I can actually SEE God's love for me.

Think about the air temperature. It's completely measurable, but I don't ever actually see it. I can look outside and see indicators of it (is it cloudy, sunny, snowing, etc.?) The same is true for God's love. I can look at my life, my circumstances, my relationships, His amazing creation; all of these things can bring me to a place of seeing God's love for me.

Then my life can become an outward expression of God's love, so that others can see and know it as well. God's love becomes a tangible presence in our lives. It can be seen, measured, and felt through relationships, experiences in creation, daily interactions, and exchanges with God and with other believers. God's love is so wide that it includes every single person, and it's so long that it spans all of time. His love for you is unending.



### REFLECT

Think deeply, process, and talk to the Lord (2-5 minutes)

- Take a few deep breaths to center yourself and quiet your mind. Breathe in God's unending love for you. Exhale any doubts that fill your mind. Try to imagine God wrapping His arms around you right now.
- Focus on the phrase "rooted and established in love." Think of and express gratitude for the relationships in your life that help you to feel and measure God's love for you.