

Contemplating the Love of God

- take time to be still, relax be in the presence of God.
- desire to be open to respond with love to love.
- use each of the four scenes in the circles below to bring to mind your own experiences
- spend some time with each scene – letting the description gently bring to mind and heart your experiences., hold your awareness of the experience and the feelings.
- once you have dwelt with a scene ponder on how you may best respond to God.
- use the prayer 'Take and Receive' may express something of your response.

Take Lord and receive

All my liberty, my memory, my understanding, and all my will –
all that I have and possess. You, Lord, have given all that to me.

I now give it back to you.

Dispose of it according to your will.

Give me love of yourself along with your grace, for that is enough for me.

