



## You deserve a Love break today!

John 15:9 *"As the Father loved Me, I also have loved you; abide in My love."*

### Words of Ministry

Good things happen to those who know that God loves them! So many believers struggle in their faith. "Does God love me?" "Will God answer my prayers?" "Are God's promises really true?" "Is God really trustworthy?" These and so many other questions of faith are all answered in one thing: Knowing that God truly loves you.

If you delve carefully into the faith-life of Jesus, you will discover His secret to effortless faith. You see, the Bible teaches us that *"faith works through love"* (cf. Gal 5:6). That is, when we know that God loves us, faith is automatic, spontaneous and inclusive. It just "works", without forcing it. Jesus lived His life in the awareness of the Father's love for Him all the time. He said of His life that, *"I have kept My Father's commandments and **abide in His love...**"* (John 15:10).

We learn from the Word of God that when we come to know the love of Christ -- its width, length, height and depth -- we become filled with God Himself. (See Eph 3:18-19). Notice it is *"the love **of** Christ"* and not the love **for** Christ that we are to know personally. In other words, when we take time to take in the love of Christ for us, we become filled with God's life by God's activity.

In your workplace, you probably take a coffee break, a lunch break or a washroom break. But why not do the same in your spiritual life — take time out for a love break with God? Fill yourself up on God's love for you in Christ and watch the activity of God work in your soul!

We all need to take the time to enjoy and feed on the love Christ has for us. This activity is at the root of our relationship with the Lord. There is nothing so important to Him or fulfilling to Him as when we just let Him be who He is to

us. And what is that? EVERYTHING! Letting Him love us is the eternal spring of the motivation that led Him to the cross and to suffer on our behalf. *"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. <sup>9</sup>Much more than, having now been justified by His blood..."* (Rom 5:8-9). And if God liked to demonstrate His love to us *"while we were still sinners"*, How *"MUCH MORE"*, *"now being justified by His blood"*!

At any time during the day, wherever you are, find a quiet place for your heart and feed on the love of Christ towards you. Just sit down and talk to Him. Ask Him, "Lord, how do You want to demonstrate your love for me today? Where in my life do you want to show me how much You love me?" Or just say the simple words, "Lord, I receive the love you have for me today." Receive it in your spirit, your mind, your will, your emotions... even in your physical body (1 cor 6:13). Fill yourself up on His love and watch your faith grow!

Such "love breaks" can be seen typified in the Old Testament when Aaron the high priest and his sons ate the breast of the animal sacrificed (Leviticus 7:31). The breast of the sacrificed animal speaks of the love of Jesus. Today, you are a priest to God (Revelation 1:6). So spend time feeding on the love of Jesus for you, and see yourself nourished, strengthened and sustained by the strength of His love. Jesus is your High Priest today. This means that His food is in loving you! He enjoys loving you and is also Himself "nourished" by His love for you.

But do not forget that the breast was roasted by fire, which speaks of God's judgment on Jesus when He hung on the cross as He was carrying our sins. So when you feed on Jesus' love for you, remember Him loving you at the cross. If things around you are not going well, do not allow the devil to lie to you with the thought, "If God loves me, why are all these bad things happening to me?" Beloved, interpret God's love for you based on the cross, not on your present circumstances. Don't eat the food of the accuser of the brethren, but feast yourself on the food of Christ broken for love of you (Mark 14:22).

During the day, when you are hard at work, when busyness comes, when problems pile up, distractions mount or when discouragement sets in, just stop everything and take a love break with Christ! Let Jesus love you! Let yourself enjoy being loved by Him. Lean on His Presence, abide in His love and be nourished by His love for you!

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