



Be-Loved Devotionals

Rooted and Grounded

It is God's deepest desire for you to know how much He loves you, for you to grasp this, and for this belief to be deeply rooted in your heart. This may be the first time you have heard that God loves you, or you have heard this said before, but for some reason you cannot feel it in your heart or believe it applies to you.

I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God

(Ephesians 3:16-19)

*Learning to **Be-Loved** by God is a journey that begins with a one-time decision to open your heart and begin a relationship with the one who Loves you more than anything in the world. So much so that he gave his life and died for you.*

This is how we know what love is: Jesus Christ laid down his life for us.

(1 John 3:16)

Once this decision has been made and that seed of faith has been planted there is nothing on earth that can separate you from this love unless you allow it, you will be rooted, you will be grounded, you will begin to feel loved, and you will love God deeply in return.

And you will be able to say with full assurance:

I am my beloveds, and my beloveds is mine

(Songs of Solomon 6:3)



Reflection Suggestions

Reflect on everything you have heard as a part of this devotional and through the first **Be-Loved** video teach linked on the web page. Maybe journal your thoughts, do something creative or take some time to worship God.

Some suggested questions you might ask yourself as part of this process are:

Are there any areas of your life you feel broken in or that make you feel you are not deserving of God's love?

Are you struggling with guilt in any area?

Have people falsely represented God telling you that he is strict and unloving?

As a last step I would strongly recommend the following prayer

Heavenly Father,

I know I am not perfect, never have been and never will be. Despite this Lord I am willing to believe that you still love me, that Jesus died and paid for all my mistakes and to open my heart to receive your forgiveness.

*I realise that this act of faith is not just for today, but as I begin to learn to **Be-Loved** by you that I will need to pray this repeatedly in order to Flourish and keep our Love relationship alive.*

Root me and Ground me Lord today I pray in Jesus' name.

Amen