

# About Love



*Thoughts for meditation and prayer*

## *maranatha*

*Dennis Wrigley*

These are words about Love for quiet reflection,  
meditation and prayer.



*God is love.  
Love is my life blood.  
I am born for love.  
Without love I am nothing.  
Love is the heart of the Gospel of Jesus.  
Without love there is no Gospel.  
Hearing Jesus, I hear the words of love.  
Seeing Jesus, I see love in human form.  
He loves me without limit.  
He loves without condition.  
He loves me without condition.  
He loves the loveless.  
He loves the unlovable.  
Where He is, love is.  
Where love is, He is.  
Living and dying He proclaims love.  
If I love, I am close to Jesus.  
If I am close to Jesus, I love.*

*When I receive Jesus, I receive love.  
Embracing Him, I am loved.  
Talking with Him, I am loved.  
Sharing with Him, I am loved.  
Walking with Him, I am loved.  
Dying with Him, I am loved.  
Love is the sign of His presence.  
I am called to show His love.  
To reveal Him in my life.  
The power to love is a gift of His Spirit.*

*Jesus enables me to love Him.  
He enables me to love myself.  
He empowers me to love others.  
He empowers me to speak, show and give love.  
His love penetrates my soul, heals my wounds.*

*His love brings peace to my turbulence.  
His love brings serenity to my anxiety.  
His love brings forgiveness to my guilt.  
His love overcomes and can never be defeated.  
It remains forever, changeless.*

*The sign of His love is His Cross.  
Here I see the full measure of His love.  
His outstretched arms reach out to me  
and in this, the darkest hour,  
He is emptied of all but love.  
Despised, forsaken, He goes on loving.*

*His love brings light to dispel my darkness.  
His love sets me free.  
His love draws us close together, close to Him.  
Love is about closeness, sharing, intimacy.  
Love is about vulnerability.  
Love is costly.  
It is patient and kind.  
It neither envies nor boasts.  
It is not proud, rude or self-seeking.  
It is not easily angered.  
It keeps no records of wrongs.  
It protects, trusts, hopes and perseveres.*

*If I love the hungry, I will feed them.  
If I love the sick, I will help them.  
If I love the bereaved, I will comfort them.  
If I love the persecuted, I will speak out for them.  
If I love those who are cast down, I will raise them.  
If I love my enemies, I will forgive them.  
If I love Jesus, I will follow Him.  
Here and now.*

*Love opens my eyes to grace and beauty.  
Love opens my ears to the music of heaven.  
Love opens my heart to the touch of God.  
Love opens my mind to the truth of God.  
Love helps me to be simple.  
Love leads me to be poor.  
Love always heals.  
Love prompts me to give rather than receive.  
Love causes me to reach out to others.  
Love causes me to share the joy of others.  
Love causes me to feel the pain of others.  
Love is a sign of strength, not weakness.*

*Love enables me to discover my humanity.  
Deprived of love, I am robbed of my humanity.  
To love is to live. To hate is to die.*

Love is the breath of life.  
Without love we are cold, unyielding..  
Without love we are divided and apart.  
Love brings oneness.  
Love breaks down barriers  
Love ends conflict.  
Love fashions my desires.  
Love moulds my hopes and aspirations.

Unforgiveness denies love.  
Hatred and violence deny love.  
When I deny love I reject life.  
Inflicting hurt denies love.  
Tolerating injustice denies love.  
Love prompts me to speak out when I want to be silent.  
Love silences me when I want to speak out.  
Love prompts me to do things against my desires.  
Love restrains me from doing things I want to do

Love teaches me to hate the sin,  
but to love the sinner.  
Love leads me to rejoice in goodness.  
Love enables me to escape from self.  
Love enables me to know peace.  
Love enables me to be at peace.

The world is starved of love.  
We are hungry for it.  
Children cry out for it.  
Jesus is the bread for which we yearn,  
the love which brings us nourishment and health.

Love makes me little.  
Love leads me to love little things.  
Love brings me delight in little children.  
Love shows me the glory of God's creation.  
Love enables me to see His reflection everywhere.  
Love is a currency for me to dispense.

My desire, my will, my ability  
to receive and give love are from the Spirit.  
I am born for love, and I live when I know  
beyond all doubt  
that God is love.

**Jesus says** "A new command I give you...love one another. As I have loved you, so you must love one another". (John 13.34)

**Jesus says** "This is my command...love one another". (John 15.17)

**Jesus says** "By this all men will know that you are my disciples, if you love one another". (John 13.35)

**Jesus says** "As the Father has loved me, so have I loved you. Now remain in my love". (John 15.9)

**Jesus says** "If anyone loves me, he will obey my teaching". (John 14.23)

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "of all the commandments, which is the most important?"

"The most important one," answered Jesus, "is this: 'Hear, O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these." (Mark 12.28-31)



"This is the message you heard from the beginning..that we should love one another". (John 3.11)

"Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God". (1 John 4.7)

"Whoever does not love, does not know God because God is love". (1 John 4.8)

"Whoever lives in love, lives in God and God in him". (1 John 4.16)

"There is no fear in love. But perfect love drives out fear...". (1 John 4.18)

"The only thing that counts is faith expressing itself through love". (Galations 5.6)

"Love your neighbour as yourself. Love does no harm to its neighbour, therefore, love is the fulfilment of the law". (Romans 13.9,10)

"Live a life of love, just as Christ loved us and gave Himself up for us as a fragrant offering and sacrifice to God". (Eph. 5.2)

"Love must be sincere. Hate what is evil. Cling to what is good". (Romans 12.9)

"If I speak in the tongues of men and of angels, but have not love, I am only a resounding gong or a clanging cymbal". (1 Cor. 13.1)

"If I... have not loved, I am nothing". (1 Cor. 13.2)

"Nothing in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord". (Romans 8.39).



I pray and through my prayer I become one in love with Christ, and see that praying to Him is to love Him and that means to fulfil His words. Our answer to God for His tremendous love is total surrender. Total surrender involves loving trust. (Mother Teresa)

The greatest thing that can happen to any human soul is to become utterly filled with love; and self-sacrifice is love's eternal expression. (William Temple)

Love knows how to abound and overflow - the man who has lighted his life from Christ's love is constant in trials, patient in sufferings, gracious in assaults, prudent in difficulties, victorious and triumphant in action. (Rufus Jones)

O Lord, enlarge our scanty thoughts  
to know the wonders you have wrought  
unloose our stammering tongues to sing  
Your love, immense, unsearchable  
(Nicholas von Zindendorf)