

God is love

Jesus loves me

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. John 3:16-17 NRSV

God is love, and those who abide in love abide in God, and God abides in them. 1 John 4:16 NRSV

We say these things all the time—but how does it translate to us?
How do we live in this loved place where we know God loves us?

When I think about what is important to me about God—it's this: God loves me!!

I grew up with loving, Christian parents who taught me that Jesus loves me
Believed it from the time I was little and accepted it as truth

But as I grew—I struggled with being good enough for God
Yes, Jesus loves me, but...

I struggled to be good enough—to be on the inside what I projected on the outside
I struggled with self esteem and it plays out in my relationship with God
In that context—it meant multiple trips to the altar

There were lots of ups and downs in my spiritual journey
Moved from a sense that I need to measure up to laying it all down... for 10 years
Didn't give up on God, but gave up on trying to please God

Experience Thanksgiving Sunday 1988—that I relate to God like I relate to my Dad
Deep respect and gratitude for his wisdom
I knew Dad loved me, but he rarely demonstrated it in ways I could "feel"
But recognized that God is more than that—understood that God was like my Mother too
The one I talked to all the time and the one I could share feelings with
Understood that there was more to God than both my Mom and Dad
The whole of God wanted to be in relationship with me

Grandma Watson died June 1989—profound effect
Grandma was the "lover" in the family—talked about loving us and loving Jesus
We all realized that we needed to express love to each other—give hugs, etc.

Sunday morning August 6, 1989—God woke me up early
Got up and journaled my life story
Brutally honest about my shortcomings and about the places I struggled
Told the truth
At the end... I felt that God loved me and accepted me—that I was enough
There was a huge sense of peace and relaxing into God's love and acceptance