

## THOUGHT FOR THE DAY: Friday 16<sup>th</sup> December 2022

By Revd Kit Gunasekera

### You are loved

I came across this song below, on Facebook and thought it would be good to think about it today. Advent is a time when we prepare for the arrival of God's gift of love to us, because He loves us. It is good sometimes to really stop to think and reflect on that. Here is a song that can help us do that. As the song says, it's time to own your belovedness.

Beloved by Sarah Kroger - the song can be listened to here  
- <https://www.youtube.com/watch?v=EwSyLLHdvlo>

You've owned your fear and all your self-loathing  
You've owned the voices inside of your head  
You've owned the shame and reproach of your failure  
It's time to own your belovedness

You've owned your past and how it's defined you  
You've owned everything everybody else says  
It's time to hear what your father has spoken  
It's time to own your belovedness

He says, "You're mine, I smiled when I made you  
I find you beautiful in every way  
My love for you is fierce and unending  
I'll come to find you, whatever it takes  
My beloved"

You've owned the mess you see in the mirror  
You've owned the lies that you're just not enough  
You've been so blinded by all you're comparing  
It's time to own your belovedness

He says, "You're mine, I smiled when I made you  
I find you beautiful in every way  
My love for you is fierce and unending  
I'll come to find you, whatever it takes  
My beloved"

You are completely loved and fully known

Beloved, believe he died to make your heart his home  
And he says, "You're mine, I smiled when I made you  
I find you beautiful in every way

My love for you is fierce and unending  
I'll come to find you, whatever it takes"  
He says, "You're mine, I smiled when I made you  
I find you beautiful in every way

My love for you is fierce and unending  
I'll come to find you, whatever it takes  
My beloved"

It's time to own your belovedness

**BIBLE VERSE:**

God is love. Whoever lives in love lives in God, and God in them. - 1 John 4:16