

Thought for the day - Friday 11th August 2023

By Revd John Ohen

“God’s love”.

The people of the Old Testament experienced God’s love as they consoled and encouraged themselves with memories of what God had done, and what he **had promised to do for them.**

According to the theologian (St Bernard of Clairvaux, on loving God), in his teaching on loving God, how loving God can transform our lives. St Bernard describes four degrees of loving.

- a. Learning to love for our own sake because we see the futility of our own lives and proclaim that we need God.
- b. The second degree of love arises as we turn to him often and become acquainted with him and his ways.
- c. The third stage is starting to love God not out of selfish ways, but for God’s sake.
- d. The fourth stage of love is where we love ourselves for the sake of God, so that we become oblivious of ourselves and are totally taken up with him. This is the love of heaven. This is what we pray for when we say, “Thy will be done as it is in heaven.”

How would you summarize the meaning of your life?

Is it always to try to do your best? Or is it to be true to yourself? Is it to achieve your dream? Is it worth taking a few moments to think about what you consider to be the goal of your life?

Jesus commands us today with words that summarizes the gospel, “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind”, and you shall love your neighbour as yourself. (Matt. 37, 39).

What is love? Today’s society has lost sight of what love is. Love is really associated with self-sacrifice. The goal of modern love is neither God nor neighbour, but self. Love requires every fiber of our being, our heart, mind, and soul. Jesus demonstrated this on the Cross. It is God’s spirit alive in us, who give us the power and strength to love.

Bible passage. Matthew 22. 34 - 40.

Prayer. Lord, help me to turn to you again, to find rest in your forgiving power. Fill my heart with love for you always.