

THOUGHT FOR THE DAY: Wednesday 1st March 2023

By Revd Kit Gunasekera

Loved

I am enjoying reading Jonny Gumbel's book, *Loved*. Here is an excerpt from the first chapter, on Identity.

The love of God so significant that it not only changes the way you think, feel and behave, but also changes your very identity. The love of God shows who you are. You are not defined by your past, or your family, or your personality, or your sexuality, or your gender, or your job, or your marital status, or by your friends or the opinion of other people; you are defined by being loved by God. Descartes famously said "I think therefore I am" but to be a Christian is one who knows, "I am loved therefore I am"

Knowing this secures us and sets us free. It is unshakable. For whether you succeed or fail, whether people reject you or accept you, you are loved by God. You do not need to compare your self or compete with others. You don't need to prove your self or pretend to be something you're not. You don't need to try to impress anyone. In 1 John 4:8 we read that 'God is love'. That is His identity. You are loved by God, that is yours.

What do you think?