



The Four Loves

DAILY SCRIPTURE READINGS

When we look through the scriptures, we remember God's steadfast love. From beginning to end God: welcomes, accepts, forgives, strengthens, protects, is faithful, encourages, supports and believes in us. God asks us to receive this unconditional love and to practice it in all our relationships.

Read each passage slowly: What do you notice? What word or phrase captures your attention? What is God saying to you? Talk to God about it.

- 1 Jn 3:1-2** Think of the love that the Father has lavished on us...
- Ps 86:5** For you, O Lord, are good and forgiving abounding in steadfast love to all who call on you.
- Job 10:11-13** You have granted me life and steadfast love, and your care has preserved my spirit.
- Neh 9:16-18** You are a God ready to forgive, gracious and merciful, slow to anger and abounding in steadfast love.
- 2 Tim 2:22** Shun youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.
- 1 Cor 13:1-13** If I give away all that I possess... but am without love, it will do me no good.
- Mt 22:34-40** "Love the Lord your God with all your heart, and with all your soul, and with all your mind...love your neighbor as yourself."
- 2 Pt 1:3-11** He (God) has given us all the things that we need for life and for true devotion...
- Psalms 136** O give thanks to the Lord, for he is good, for his steadfast love endures forever.
- 1 Thes 6:13** May the Lord be generous in increasing your love...
- Mt 5:38-46** "If you love those who love you, what right have you to claim any credit?"
- Mt 5:43-48** "Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven."
- Eph 2:1-10** But God loved us with so much love that he was generous in his mercy.
- Lk 7:47** "I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."
- Micah 6:8** What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

- 2 Cor 8:9-15** Remember how generous the Lord Jesus was...
- Dt 15:7-11** When you give...you must give with an open heart.
- Rom 12:9-21** Make real friends with the poor.
- Prov 3:27-35** Do not refuse a kindness to anyone who begs it, if it is in your power to perform it.
- 2 Cor 9:10-15** ...And made richer in every way, you will be able to do all the generous things which, through us, are the cause of thanksgiving to God.
- Is 49:15** Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I (God) would not forget you!
- Jn 13** "As I have loved you, so you must love one another. By this everyone will know that you are my disciples."
- Gal 6:2-10** Carry each other's burdens, and in this way you will fulfill the law of Christ...
- Mt 5:23-24** "If you remember that your brother or sister has something against you...go; first be reconciled to your brother or sister..."
- 1 Pt 4:8-9** Above all, love each other deeply, because love covers over a multitude of sins.
- 1 Cor 13:8** Love never fails.
- Ps 13:5** I trusted in your steadfast love; my heart shall rejoice in your salvation.
- Jn 15:9-17** "As the Father has loved me, so have I loved you. Now remain in my love."

QUESTIONS FOR JOURNALING

Week 1:

Make a list of God's promises to you as you have come to understand them in your own life. Then make a list of your promises to God as you have come to understand them in your life.

Week 2:

Read Psalm 136. Note how the author sees God's faithfulness in the events of people's lives. Reflect on how God's enduring love is written between the lines of your own life. Write about these moments: happy times, painful struggles, the "in between" moments, surprises, your search for inner peace, your enduring friendships.

Week 3:

What do you find most difficult in your attempts to love others like God loves? What is the price you pay? Read the story of a faithful person in scripture (Ruth, Mary of Nazareth, Peter, Paul...) Ask them about the price they paid. Write down your insights.

Week 4:

Renew your commitments to the significant people in your life: God, a spouse, a friend, yourself. Write a prayer of commitment for each of these relationships. Share your prayers with a few close friends.