

## **STAY IN LOVE WITH GOD - ANCHORED**

**John 21:15-19, 1 John 3:16-24**

Love isn't sustained by accident or hanging onto a feeling. Love grows through attention, intention, and presence. Our relationship with God is no different. John Wesley, the founder of the Methodist movement, called us to "attend upon the ordinances of God," the practices that keep us rooted in grace: worship, prayer, Scripture, and community. Our toolkit for LIFE, living in faith every day, help us stay in love with God.

### **Day 1: Read Psalm 105:1-4.**

Practice: Pause 3 times today (perhaps before meals) and pray, "*Lord, help me seek You!*"

Reflection questions: What usually captures my attention more than God does? What can help me gently redirect my attention?

### **Day 2: Read John 21:15-16.**

Practice: In prayer time today, tell Jesus in your own words, "*You know that I love you.*"

Reflection questions: Where do I feel confident in my love for Christ? Where do I feel unsure or distant?

### **Day 3: Read John 21:17-19.**

Practice: In prayer, hold your hands open, palms up, and pray, "*Lord, lead me where You want me to go.*"

Reflection question: What area of my life am I most tempted to want control instead of following Jesus?

### **Day 4: Read 1 John 3:16-20.**

Practice: Show love in action today by encouraging, serving, or helping someone else.

Reflection question: What does "Christ's love in action" look like in my daily life?

### **Day 5: Read 1 John 3:21-24.**

Practice: Sometime today, spend five minutes simply sitting in silence with God, no words and no agenda.

Reflection question: What helps me stay aware of God's presence, of the Holy Spirit, throughout ordinary moments?

### **Day 6: Read Colossians 2:6-7.**

Practice: Reflect on the tools in your toolkit for LIFE.

Choose one to focus on in season of Lent.

Reflection question: What helps me continue to live in the way of Christ?

Love for God is not something we manufacture. Staying in love with God is nurtured by keeping ourselves close to the One who first loved us.

**Don't aim for perfection. Aim for Presence.**