

Imagining God's Love Prayer

A spiritual practice inviting God to grow our love for ourselves and others

- 1) Start by praying and imagine God's love for you
In other words, begin by remembering your identity
As a beloved child of God
God's love for you is unshakable, deep, and abiding
Let that love hold you
- 2) Then pray for all the people you will encounter that day and imagine God's love for them
If you know you have some social event, picture those people and God's love for them
If you have co-workers you are going to see – picture them and God's love for them
The point is to remind yourself how deeply God loves these other people
Even if you don't like them
Even if you are angry at them
Even if they are your enemies
- 3) Finally imagine those people and pray to love them the same way God does
Invite the Spirit do this work and transformation in us so that we learn to see the God-given dignity, the very face of Jesus in the people we interact with
To help us love the people in front of us like God loves them