A simple daily rhythm for meditative reflection

Try to find a quiet spot. Take a few slow breaths and let yourself settle in.

You can start with a simple prayer. Just one line is enough.

"Lord Jesus, help me receive Your love today."

Read the passage slowly

Read today's passage three times, taking your time and not rushing.

- **During the first reading, just listen and see if any word or phrase stands out to you.**
- **When you read it a second time, pause over that word or phrase and let it sink in.**
- **On the third reading, ask yourself, *What is God showing me about His love here?***

Reflect

Don't try to force any insight. Just notice...

- **What does this reveal about God's heart?**
- **Where do I feel comfort, resistance, grief, longing, or gratitude?**
- **What might God be inviting me to trust or release today?**

Respond honestly and simply

Speak to God in a few honest sentences. You could respond with:

- **thanksgiving,**
- **confession,**
- **or a request for help**

Take a few minutes to rest

Sit quietly for a few minutes and just be present.

If you want, go back to the word or phrase that caught your attention.

Carry one phrase with you

You could write down a phrase from the passage and keep it with you during the day, whether on a note card, your phone, or just in your mind.

Daily passages on God’s self-giving love

Day 1 — Exodus 34:5–7

Topic: God’s self-giving love is revealed in His name. He is merciful, gracious, steadfast, and forgiving, even when we don’t deserve it.

Day 2 — John 10:11–18

Topic: Jesus’ self-giving love is willing and personal. He lays down His life for His sheep on purpose, not by accident.

Day 3 — 2 Corinthians 8:9

Topic: God’s self-giving love moves toward our poverty. Jesus becomes poor so we can receive true riches in Him.

Day 4 — Psalm 103:8–14

Topic: God’s self-giving love is patient and tender. He meets our weakness with compassion, not contempt.

Day 5 — 1 John 4:7–12

Topic: God’s self-giving love always comes first. He initiates, He gives, and His love becomes our source for loving others.

Day 6 — Ephesians 2:4–7

Topic: God’s self-giving love reaches us when we’re helpless. He makes us alive, raises us, and seats us in grace.