

Daily Meditations on the Love of God
from Fr Laurence

A Scripture text is given for each day of the year as an opportunity for you to hear the Lord speaking to your heart through that particular text on that particular day. Following the text is a short meditation that you can use to supplement or complement your own experience of the divine word.

June 1

As the father has loved me, so I have loved you. Remain in my love. (John 15:9)

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In the words of Father Mike Schmitz, can you “give God permission to love you?” This means asking him to break down the barriers we put up against love. And continually asking.

June 2

This is my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends. (John 15:12-13)

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Jesus asks only what he has done first and give us the power to do.

June 3

Reverence the Lord Christ in your hearts. (1 Peter 3:15)

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It is easy to adore the one with whom we have fallen in love.

June 4

Christ himself, innocent though he was, had died once for sins, died for the guilty, to lead us to God. In the body he was put to death, in the spirit he was raised to life. (1 Peter 3:18)

* * *

By canceling our sins Christ unites us with the God who is our origin, the God who is love.

June 5

God’s love for us was revealed when God sent into the world his only Son so that we could have life through him; this is the love I mean; not our love for God, but God’s love for us, when he sent his Son to be the sacrifice that takes our sins away. (1 John 4:9-10)

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Our love is but the reflection of the infinite love of God for all his creatures, love proved on the cross.

June 6

Know that I am with you always; yes, to the end of time. (Matthew 28:20)

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These words spoken to the Eleven enabled them to give their lives for the Gospel. The “Emmanuel” announced to Joseph at the beginning of the Gospel (Matthew 1:23) continues to dwell in his Church with the same risen power.

June 7

No one has ever seen God; but as long as we love one another God will live in us and his love will be complete in us. (1 John 4:12)

* * *

It's only by receiving God's love in us that we are transformed into his likeness and able to love as he loves.

June 8

God is love and anyone who lives in love lives in God, and God lives in him. (1 John 4:10)

* * *

Acts of selfless love performed by many who never heard of Christ show us Christ acting in a hidden way throughout the world. Where there is genuine love there is God.

June 9

Let all who are thirsty come; all who want it may have the water of life, and have it free. (Revelation 22:17)

* * *

The Jesus who thirsts for our love (John 19:28) quenches our thirst.

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June 10

In the world you will have trouble, but be brave: I have conquered the world. (John 16:35)

* * *

Jesus's last words before entering into his Passion.

June 11

You will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this—it is the Lord who speaks. (Ezekiel 37:13-14)

* * *

Ezekiel has been at pains to tell us that the Lord wants the sinner to live (cf. Ezekiel 18:23)

June 12

I will pour out my spirit on all mankind. (Joel 3:1)

* * *

The Spirit of God gives life, makes holy, forgives, brings communion in love (*koinonia*).

June 13

You send forth your spirit, they are created; and you renew the face of the earth. (Psalm 104:30)

* * *

God loves the earth and renews it with his Spirit when men have spoiled and defaced it.

June 14

From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free. (Romans 8:22-23)

* * *

A few verses later Saint Paul will add the groaning of the Spirit to the groaning of creation and ourselves. The whole universe groans in longing for the consummation of God's kingdom, the union of all persons in the love of the triune God.

June 15

The Spirit too comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit himself intercedes with inexpressible groanings, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God. (Romans 8:26-27)

* * *

These words are reassuring when we don't know how to pray. Because we are baptized children of God Christ himself prays to the Father in us when we entrust our distractedness to him.

June 16

Jesus stood there and cried out: "If any man is thirsty, let him come to me! Let the man come and drink who believes in me!" As scripture says: From his breast shall flow fountains of living water. He was speaking of the Spirit which those who believed in him were to receive; for there was no Spirit as yet because Jesus had not yet been glorified. (John 7:37-39)

* * *

Jesus here gives the meaning of the water that flowed from his pierced side on the Cross. That water signified the Holy Spirit poured out from the crucified and glorified Lord to quench the thirst of believers, giving divine life to the world.

June 17

In the one Spirit we were all baptized, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink. (1 Corinthians 12:13)

* * *

Saint Paul agrees with Saint John in presenting the Spirit of Jesus as Quencher of thirst. Since the Spirit is one all who partake of it become one body, whose parts are united in love.

June 18

There is more happiness in giving than in receiving. (Acts 20:35)

* * *

Christian maturity is self-gift in Christ.

June 19

Each one of you has received a special grace, so, like good stewards responsible for all these different graces of God, put yourselves at the service of others. (1 Peter 4:10)

* * *

Service of others is another way of expressing the maturity of self-gift. The one who has been filled by the love of Christ gives and is always replenished.

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June 20

Have faith in God. I tell you solemnly, if anyone says to this mountain, "Get up and throw yourself into the sea," with no hesitation in his heart but believing that what he says will happen, it will be done for him. I tell you therefore; everything you ask and pray for, believe that you have it already and it will be yours. (Mark 11:23-24)

* * *

If we take Jesus at his word, we can be sure that God will give us what we need, even if it does not take the form of what we asked for. The mountain thrown into the sea represents anything that stands between us and God.

June 21

When you stand in prayer, forgive whatever you have against anybody, so that your Father in heaven may forgive your failings too. (Mark 11:25)

* * *

Saint Mark does not contain the Lord's Prayer but here gives the one commentary Jesus makes on that prayer in the Gospel of Saint Matthew (Matthew 6:14-15). Forgiveness is only received when it is given away.

June 22

Glory be to him who can keep you from falling and bring you safe to his glorious presence innocent and happy. To God, the only God, who saves us through Jesus Christ our Lord, be the glory, majesty, authority and power, which he had before time began, now and forever. Amen. (Jude 24-25)

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When we let God save us and take us in his care we become worship.

June 23

O God, you are my God, for you I long; for you my soul is thirsting. My body pines for you like a dry, weary land without water. So I gaze on you in the sanctuary to see your strength and your glory. For your love is better than life, my lips will speak your praise. (Psalm 63:2-3)

* * *

The soul thirsts, the body pines, rather than the other way around. Body and soul are intertwined in our reception of God's love and the return of that love in praise.

June 24

Both Jew and pagan sinned and forfeited God's glory, and both are justified through the free gift of his grace by being redeemed in Christ Jesus who was appointed by God to sacrifice his life so as to win reconciliation through faith since, as we see it, a man is justified by faith and not by doing something the Law tells him to do. (Romans 3:23-25, 28)

* * *

The Christian gospel is first of all what God has done for us, not what we need to do for God. The latter is a response to the former, and is made possible only by the former. Catholics need to move from moralism to mysticism, that is, from a religion of commandments to faith in the union with Christ which alone makes obedience to the commandments possible.

June 25

Always, wherever we may be, we carry with us in our body the death of Jesus, so that the life of Jesus, too, may always be seen in our body. Indeed, while we are still alive, we are consigned to our death every day, for the sake of Jesus, so that in our mortal flesh the life of Jesus, too, may be openly shown. (2 Corinthians 4:10-11)

* * *

It is comforting to know that the inevitable sufferings that come our way in life are borne by Christ who has triumphed over them, transmuting them into eternal life.

June 26

What I want is love, not sacrifice; knowledge of God, not holocausts. (Hosea 6:6)

* * *

A saying that Jesus twice quoted in Matthew's Gospel (Matthew 9:13, 12:7) against the Pharisees who shrank from contact with sinners and scorned those who replaced the commandment of love with human regulations (Matthew 15:9).

June 27

It is not the healthy who need the doctor, but the sick. (Matthew 9:12)

* * *

We don't want to accept the brokenness that we are.

June 28

With the Lord there is mercy, and fullness of redemption; Israel indeed he will redeem from all its iniquity. (Psalm 130:7)

* * *

If the Lord asks *hesed* (mercy) of us, it is because we are made in the image of him who is *hesed*. His mercy is shown in his redemption of us, ours in the forgiveness of our brothers.

June 29

O Lord, how precious is your love. My God, the sons of men find refuge in the shelter of your wings. They feast on the riches of your house; they drink from the stream of your delight. In you is the source of life, and in your light we see light. (Psalm 35:8-10)

* * *

The images crowd together to convey some sense of the Lord's satisfaction of our desires: he is refuge, feast, drink, delight, life, light. The "house" or temple is the Body of Christ.

June 30

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comfort us in all our sorrows, so that we can offer others, in their sorrows, the consolation that we have received from God ourselves. (2 Corinthians 1:3-4)

* * *

Here is the mission of today's Catholic: to accept so deeply the consolation offered us in Jesus that we have to bring it to the people of our day. First disciples (receivers), then missionaries (givers).