

# RESET!

## Spirit·Mind·Body



### Celebrate: We Are Loved!

By Cori Strathmeyer, Director of Healthy Living

My youngest son called this morning before work, and I quickly snapped up the phone, concerned there was an issue. After my "hello", he replied,

"Mom, I just called to tell you that I love you."

As a soon-to-be first time father, his love for and commitment to his daughter grows stronger each day. These new parental emotions triggered a realization that his parents love him just as deeply. He emphatically shared his promise to love, protect, care for, guide and celebrate his child forever.

God, our heavenly Father, loves us the same way.

Throughout scripture, we learn of God's unfailing love; of His commitment and faithfulness to his children. (Psalm 36:5, Isaiah 54:10, 1 John 3:1) He is our protector. We have nothing to fear, as His perfect love drives fear away. (1 John 4:18) Through His perfect love, he sent his beloved son, Jesus, to heal our wounds and mend our brokenness. (John 3:16) He has given us a helper, advocate and comforter, the Holy Spirit, to dwell in our hearts and guide us in all things. (John 14:16,26)

I love my son, and he loves his daughter, because God loved us first (1 John 4:19). Because of that love, He has provided protection, care, guidance and the path to the ultimate celebration: eternity with Him.

ESV

Psalm 36:5 – "Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds."

Isaiah 54:10 – "For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed."

1 John 3:1 – "See what kind of love the Father has given to us, that we should be called children of God; so we are."

1 John 4:18 – "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."

John 3:16 – "For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."

John 14:16, 26 – "And I will ask the Father, and he will give you another Helper to be with you forever. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you."

1 John 4:19 – "We love because he first loved us."