



LAVISH LOVE

January 2017

How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3:1

So often when we're suffering from depression, we lose our appetite. I know it happens to me. Even the finest meal becomes tasteless and causes me to push it aside.

It occurred to me that this often happens to us spiritually as well when we're depressed. Although we hunger for God, we are not able to taste his goodness in the same way we do when we're well. The poor appetite we have for physical food extends to spiritual food.

Are we looking for, and finding, nourishment in God's love? God's love does, after all, heal. We need him. Are we soaking up all he has to give us?

I've been thinking a lot about healing—the kind of healing we'd like to receive for our emotional pain. And I pray to God:

"I know you heal, Lord. I believe you heal. But so often your healing touch seems beyond our reach. How can we receive what you have to offer us?"

"Your Word talks about the love you 'lavished on us.' That wonderful word, "lavished," speaks to me. It encourages me. It shows that there is no doubt—absolutely no doubt—that your love is wholehearted and real. Your love is big and huge and available to us all. Your love for us is an overflowing love that knows no bounds. It is like a banquet, rich with mouth-watering food. Plenty—far beyond our needs.

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“Help us Lord to relax and let go of the pain, leaving it with you. Help us to hunger for, and accept, your lavish love. Help us to build an appetite so we can partake of the abundance of your table, that abundance you give to us in love. Help us, Lord, to eat and fully enjoy what you offer.

“Given time I know we will find healing. Little by little you will heal us.”

marja