

Rooted In Love

OASIS: A Self-Guided Prayer

During this time you are invited to pray as you desire whether using this guide or praying on your own. The altar is always open if you want to kneel in prayer. You may sit on the floor, in a pew, or however you feel comfortable. May the Lord speak to you in this time of prayer and meditation.

A tree that is deeply rooted can prevail in high powered wind or rain. The storm may swell and destroy around it, but the tree can withstand because of the depth at which its roots are grounded. Leaves might be torn off; bark might be stripped, but the tree itself will likely be standing stable after the storm.

Life is full of high powered storms of wind and rain. Whether it is a demanding schedule, a busy season, unexpected turns, or any number of hurdles that we face, in what we are rooted will determine whether we will be standing after the storm has passed.

Paul writes to a church in Ephesus asking them to be rooted and grounded in love and this love is Christ. When Jesus Himself is asked what the greatest commandment is, He answered to love the Lord your God and the second greatest commandment is to love your neighbor as yourself. (Matthew 22:34-40).

One of the first things that escapes most of us when we are stressed is to love one another.

Take a few minutes to breathe.

Breathe in God's love.

Breathe out the stresses that keep you from loving others.

Continue this until you feel centered and ready to move on.

For the rest of the time today begin meditating on the scripture below. Read this scripture slowly and carefully taking in each word. If you find that you are drawn to a word or a phrase, stay on that word or phrase as long as you need to or feel necessary. Listen for the Spirit to guide you.

Lord, we give you this time. Open our minds to understand the scripture you have given us. Give us a renewed vision of what it means to love You and to love others and to be rooted in Your love. Speak to us through Your word.

For this reason I [Paul] bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, so that Christ may dwell in Your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend...and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Ephesians 3:14-19

Take out your *Rooted in Love* card. How are you being called to love those in your life right now? Is it an encouraging word, emotional or physical support, or just a listening ear?

Or is God pouring out His love on you today? Be reminded this week that You are loved by the Creator of the galaxies in the universe.

However the Spirit is leading you, use this card as a reminder to live out God's love this week toward yourself and others.

