

RECEIVING HIS LOVE

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



Pink Rose

WEEK THREE RECEIVING HIS LOVE

Opening Prayer

God of Love,

Open my heart to receive You.

Let Your love spill into every corner of my being.

Fill me with Your Spirit, so that my cup runneth over.

Teach me to rest in Your peace
and receive the love You freely give.

Amen

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



Song for Reflection:
Clair de Lune - Debussy



ST. ELIZABETH OF THE TRINITY

LAUDEM GLORIAE



"Let yourself be loved."

- St. Elizabeth of the Trinity

- ✦ **Life:** Born in 1880 - France, discalced Carmelite.
- ✦ **Raised:** Near Carmelite convent, entered at 21.
- ✦ **Philosophy:** Music as Metaphor; saw herself as a "praise of glory,"
- ✦ **Legacy:** a testament to finding peace by resting in God's love and the inner presence of the Trinity.
- ✦ **Taught:** holiness is a state of receiving God's deep love, not achieving it through striving

THE PRIMACY OF LOVE

GOD'S COMMANDMENT AND OUR CALLING

- ✦ **God is Love:** The core message is from 1 John 4:16, stating, "God is love." This means knowing love is knowing God.
- ✦ **Love as the Overarching Theme:** God's love for humanity and His desire for humanity to love Him in return is the central theme throughout Christianity and all of salvation history.
- ✦ **Everything is a Gift of Love:** All aspects of life—blessings and pains—are seen as gifts from God, intended to bring individuals closer to Him.
- ✦ **The Greatest Commandments:** As highlighted in Matthew 22:37-39, Jesus identifies the two greatest commandments: to love God with all one's being, and to love one's neighbor as oneself.
- ✦ **The Necessity of Self-Love:** The instruction to love others "as yourself" implies that a proper, humble form of self-love is necessary before one can love others rightly.
- ✦ **Receiving God's Love First:** Individuals cannot give what they do not have. One must first receive God's love into their heart before they can properly love themselves and those around them.
- ✦ **Seeing with the "Eyes of Love":** Practicing humility and placing God first allows one to see the truth in themselves and others—that everyone is made in God's image, "fearfully and wonderfully made," and created to love and be loved.

THE CUP OF MY HEART

*Our hearts are like cups — sometimes cracked,
sometimes turned upside down.*

*Tonight, ask God to heal those cracks and help you turn
your heart upright again: open, ready to receive His love.*

*Take a quiet moment and pray:
“Lord, how open is my heart to Your love?”*

Listen for what He reveals.

*What keeps you from receiving love — guilt, fear,
control, busyness?
Where do you sense Him trying to pour love in?*



*Imagine God filling your heart to the very brim, so much
that his love spills over the top.*

*Whisper aloud:
“Jesus, I open my heart to receive Your love.”*

*Rest in the stillness. Let His love fill every empty space.
If you'd like, write or share what helps you feel most
loved — by God or by others.*

*Let your heart stay open.
Love continues to pour, even in silence.*

WEEKLY CHALLENGE

Each day this week, take one moment to pause — even just 30 seconds — and breathe in the truth:

"I am loved by God."

Notice how that truth changes the way you move, speak, or see others.

Let His love fill you first, then gently overflow to those around you.

Closing Prayer

Loving God,

Thank you for pouring Your love into my heart.

Help me to always remember
the love You freely give.

Stay with me, and teach me
to see and believe Your love is eternal.

Keep my heart open to You.

Amen



notes

LIVING IT OUT

Take a few quiet moments to write what God is revealing to you this week.

When I think of God's love, do I imagine it as something to earn or something freely given?

What keeps me from letting Him love me as I am, right now?

How might my days look different if I truly believed: "I am already loved, fully and completely"?



*"My cup runneth over."
Psalm 23:5*

