

“Loving God means keeping his commandments, and his commandments are not burdensome. For every child of God defeats this evil world, and we achieve this victory through our faith.” 1 John 5:3-4 NLT

[lectio] // 1 JOHN 5:1-5

listen to the text by reading out loud slowly and repeat up to 3x if desired

[meditatio]

It's interesting that John uses the word "burdensome." Eugene Peterson uses "troublesome." When you're in LOVE, following a code of behavior is easier - not easy, but easier. These commands John writes are not the 10 originals or the 633 additional, it's the love God and treat people like he treated you kind of command. It's the simplicity of giving God your life and behaving like Jesus. Again, not easy, but far easier than the religious leader's complicated systems of rules. And, I think having and living by faith is far more difficult 😊. Every child of God defeats and we do it through faith!

[oratio]

Dad,

I talked with the guys at the retreat about getting our assignments of the day. This is all about giving over my agenda and control. Not that I do not make plans for the day, but that those are subject to change when you nudge me towards an assignment. Help me to be SA- Spirit Aware and use my faith daily to assess the situation, check in with you and lean into whatever it is that furthers the Kingdom of God and lessens the kingdom of glenn.

[contemplatio]

rest in the presence of God, allowing the words revealed to take root