

A Lover

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“Owe no debt to anyone except the debt that binds us to love one another. Anyone who loves their neighbor has fulfilled the law.” (Rom 13:8)

FIRST MOVEMENT

- 1. Pause for a few minutes and call to mind the presence of God made visible in our lives through the love we have for and the goodness we show to one another.**

“As I have loved you, so you must love one another. If you have love for one another, then everyone will know that you are my disciples.” (Jn 13:35)

- 2. Open your heart to this God of love and ask for the grace necessary to do God’s will.**

“Are you especially faithful then to the inspirations God gives you?” (Meditation No. 115.2)

SECOND MOVEMENT

- 3. Contemplate the Mystery of God’s Love at Work in the World**

Read the following Scripture passage a few times slowly. What word or words especially catch your attention? Let these words be another expression of God’s love for you.

“When Israel was a child, I loved him; out of Egypt I called my son. The more I called them, the further they went from me, sacrificing to Baal and burning incense to idols. Yet it was I who taught Ephraim to walk, who took them in my arms; I drew them with human cords, with bands of love; I fostered them like one who raises an infant to one’s cheeks; yet, though I stooped to feed my child they did not know that I was their healer.” (Hos 11:1-4)

“Yes, God so loved the world that he gave his only son that whoever believes in him may not die but may have eternal life. God did not send the son into the world to condemn, but that the world might be saved through him.” (Jn 3:16-17)

“Everyone who loves is begotten of God and has knowledge of God. The person without love has known nothing of God, for God is love. God’s love was revealed in our midst in this way: He sent his only son to the world that we might have life through him.” (1 Jn 4:7-9)

4. Reflect on the Mystery of God’s Love at Work in Your Own Life

Who has loved you and taught you how to love? Who has helped you learn how to be charitable to others?

Who are the people coming to you in need of love? Is it easy for you to reach out to other people? What are the obstacles to your doing this?

Do you believe that bearing one another’s burdens and failings is an act of love? How about challenging those who doubt their abilities?

Where in your society do you see a great need for love today?

How do you evaluate your own commitment to living in a charitable way?

THIRD MOVEMENT

5. Resolve to Be More Open to the Spirit Who Works in and through You Today

What act(s) of love can you build into your daily life? What are the obstacles to your doing this?

Where are you being invited to be more loving today?

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle’s *Method of Interior Prayer*.