



GREATER LOVE

If I have all faith, so as to remove mountains, but do not have love, I am nothing. Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.

When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became an adult, I put an end to childish ways. And now faith, hope, and love abide, these three; and the greatest of these is love. 1 Cor 13:2-3,4-7,11-13

1. Touch **I touch the Heart of Increasing Love.**

I hold an object that symbolises for me the feeling of increasing love for God.

I remember a small story of receiving greater love when I needed it. I share it with family at home, or with them and friends by phone or online, listening in turn to their stories, feeling touched by the Spirit of Greater Love ... I begin to understand how important greater love is to my recovery in these barren times.

2. Desire **I desire the gift of Greater Love.**

I consider three things, taking a few minutes exploring each. I ask myself:

Where is do I feel love increasing in my life? ...

Where is do I feel love increasing in my life? ...

What diminishes love in me? ...

I ask the Spirit for an increasing, trusting love, to build me up in this time of recovery.

3. Choice **Today I choose the Way of Greater Love.**

I read the prayer text from ancient spiritual traditions. I choose, in three thoughtful steps, the direction I wish to take:

I choose the loving way, led by greater love and the good spirit toward God's love.

I reject the loveless way, cold, isolated and selfish, drawn down by the bad spirit.

I walk towards the gift and the Giver, from affection, to greater love, to peace in God.

4. Loving **I live in the Spirit of Greater Love.**

I imagine that the Spirit addresses me by name, saying, 'Love others, both friends and strangers, as I have loved you.'

So I rest now, and reflectively through the whole day, in the Spirit's loving, healing, intimacy. I feel love grow and thrive within me ...

I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who showed me greater love. Secondly, to whom and how do I pass on this exercise. Who urgently needs greater love now?

PRAYER TIME: Go gently, using the generous time you have put aside for this prayer.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.