

*You are the beloved of God in Christ Jesus...*

## Scriptures

I have called you by name; you are Mine! *Isaiah 43:1*

I have loved you with an everlasting love. *Jeremiah 31:3*

Just as the Father has loved me, I have loved you. Now remain in my love. *John 15:9*

The Father himself loves you. *John 16:27*

How great is the love the Father has lavished on us, that we should be called children of God!  
*1 John 3:1*

How blessed is God! Long before he laid down earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. (What pleasure he took in planning this!) He wanted us to enter into the celebration of his lavish gift-giving by the hand of his beloved Son. *Ephesians 1:3*

Watch what God does, and then you do it, like children who learn proper behavior from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn't love in order to get something from us but to give everything of himself to us. Love like that. *Ephesians 5:1-2*

Before I formed you in the womb I knew you; before you were born I set you apart. *Jeremiah 1:5*

You'll get a brand-new name straight from the mouth of God. You'll be a stunning crown in the palm of God's hand, a jeweled gold cup held high in the hand of your God. No more will anyone call you Rejected, and your country will no more be called Ruined. You'll be called Hephzibah (My Delight), and your land Beulah (Married), because God delights in you and your land will be like a wedding celebration. For as a young man marries his virgin bride, so your builder marries you, and as a bridegroom is happy in his bride, so your God is happy with you. *Isaiah 62:4-5*

He escorts me to the banquet hall; it's obvious how much he loves me. *Song of Solomon 2:4*

Let the beloved of the Lord rest secure in him, for he shields him all day long, and the one the Lord loves rests between his shoulders. *Deuteronomy 33:12*

*Continued...*

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. *Romans 8:35-39*

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. 35 By this everyone will know that you are my disciples, if you have love for one another. *John 13:34-35*

Jesus said, I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them. *John 17:26*

And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. *1 John 4:16*

For it was you who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed. *Psalms 139:13-16*

So he got up and went to his father. But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him. *Luke 15:20*

## Quotes

**From *Life of the Beloved*, by Henri Nouwen:**

Being the Beloved expresses the core truth of our existence. (pg 33)

The way to spiritual exhaustion and burn out is that compulsive drive to find my well-being in something other than the truth that I am the beloved of God in Christ. Well, you and I don't have to kill ourselves. We are the beloved. We are intimately loved long before our parents, teachers, spouses, children, and friends loved or wounded us. That's the truth of our lives. (pg 36)

Listening to that voice with great inner attentiveness, hear at [your] center, words that say: "I have called you by name, from the very beginning. You are mine and I am yours. You are my Beloved, on you my favor rests. I have molded you in the depths of the earth and knitted you together in your mother's womb. I have carved you in the palms of my hands and hidden you in the shadow of my embrace. I look at you with infinite tenderness, and care for you with a care more intimate than that of a mother for her child. I have counted every hair on your head and guided you at every step. Wherever you go, I go with you, and wherever you rest, I keep watch. I will give you food that will satisfy all your hunger, and drink that will quench all your thirst. I will not hide my face from you. You know me as your own as I know you as my own. Wherever you are I will be. Nothing will ever separate us. We are one." (pg 36)

*Continued...*

**From *The Inner Voice of Love*, by Henri Nouwen:**

Do not despair, thinking that you cannot change yourself after so many years. Simply enter into the presence of Jesus as you are and ask him to give you a fearless heart where he can be with you. You cannot make yourself different. Jesus came to give you a new heart, a new spirit, a new mind, and a new body. Let him transform you by his love and so enable you to receive his affection in your whole being. (pg 41)

**From *Transformed into Fire*, by Judy Hougen:**

The love of God is who you are. The compassion of Christ is the only solid identity you will ever apprehend. All thoughts of identity apart from this single, magnificent truth are shadow and illusion. The love that God unwaveringly holds for you, received within your immortal soul, is your real identity, your true self. The love of God is everything, and you are nothing apart from this one love. Immersed in your compassionate God, you live and move and have your being (Acts 17:28). Because the love of God is who you are, the most accurate way to think about your true self, the one phrase that can resonate deep within your being is, "I am the beloved of Christ." Can you open yourself to this wondrous truth? You are the beloved. The glory of God is at home in you. (pg 107)

## Prayers

I thank You that, by the inpouring of your love, you are healing me of all that is contrary to your Spirit. *M.V. Dunlop, England, All Will Be Well (pg 90)*

**Help Me see Your Love for Me**

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe.

*Ephesians 1:17-19*

**Paul's Prayer to Be Filled with the Love of God**

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the power to understand, as all God's people should, how wide (wide enough to cover the breadth of your life's experiences, and it reaches out to the whole world), how long (long enough to continue to meet you for all your days and into eternity), how high (high enough to join you in life's greatest joys and celebrations), and how deep (deep enough to hold you firm in the depths of life's discouragement, despair, and even death) his love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Amen.

*Ephesians 3:14-19, NLT with footnotes included in italics)*

## Bibliography

*Abba's Child*, by Brennan Manning  
*Life of the Beloved*, by Henri Nouwen  
*Surrender to Love*, by David Brenner

*The Gift of Being Yourself*, by David Brenner  
*Transformed into Fire*, by Judy Hougen