

## **Spiritual Reflection: God Loves You**

(Do these reflections with your parents/family, if possible)

**Opening Prayer:** Come, Holy Spirit, fill the hearts of your faithful, and enkindle in us the fire of your love. Send forth your Spirit and we shall be created, and you shall renew the face of the earth. Amen.

Quiet your heart. Close your eyes and take a few deep breaths, invite God into this moment of reflection.

**Read** the following scripture verses:

“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” – John 3:16

“This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. 10 This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 11 Dear friends, since God so loved us, we also ought to love one another.” 1 John 4:9-11

“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace be removed,” says the Lord, who has compassion on you.” – Isaiah 54:10

“See what kind of love the Father has given to us, that we should be called children of God; and so we are.” – 1 John 3:1

**Watch** the following video about God’s love:

<https://www.youtube.com/watch?v=52Vm3YTDQ0s>

**Journal** your reflections, addressing the following topics:

- What stood out to you the most in this reflection? A Bible Verse, something Fr. Mike said?
- How would you describe God’s love in your life?
- Who is someone you love unconditionally? What does unconditional love look and feel like?
- Is it easy or challenging for you to accept God’s unconditional love? Why?

**Closing Prayer:** Dear God,  
Thank you that you are a loving, gracious God. Thank you that you’ve offered us forgiveness and the gift of new life in you. Thank you that your love is perfect, it never fails, and that nothing can separate us from your love. Amen.