

Reflection 1

The Catechism reminds us that we can actually come to know the Father's love like Jesus did while on earth. 'This is the most beautiful moment of any creature's life: to know that one is loved, personally, by God, to feel oneself lifted to the bosom of the Trinity and to find oneself in the flood of love that flows between Father and Son, enfolded in their love, sharing their passionate love for the world.'

Fr Raniero Cantalamessa, Come, Creator Spirit

Reflection 2

The Bible is full of promises of God's amazing love.

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

'He will rejoice over you with great gladness, with love He will calm all your fears.'

Zephaniah 3:17

'May you have the power to understand, as all God's people should, how wide, how long and how deep His love really is.' Ephesians 3:18

Reflection 3

We never get to the end of His boundless love.

'We know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love.'

Romans 5:5

'Through each day the Lord pours His unfailing love upon me.' Psalm 42:8

'May the Lord bring you into an ever deeper understanding of the love of God.'

1 Thessalonians 3:5

Reflection 4

Getting to know the Father's love is not a DIY job!

'What is it that we ask of the Spirit when we pray? This, above all, is what we ask for:

'Make us know the Father's love!' This is the Holy Spirit's most special and important task: to pour the love of God into our hearts; to give us not just an abstract knowledge of that love but to make us feel it and really live it.'

'It is the Holy Spirit who makes us know simply what the Son has revealed about the Father! He takes the 'outward' revelation that comes through the Word and makes it 'inward' in us.' Fr Raniero Cantalamessa, Come, Creator Spirit

Reflection 5

We need to pray constantly for a 'head-to-heart' revelation of His love.

'The whole Bible, St. Augustine observes, does nothing but tell of God's love. If the written word of the Bible could be changed into a spoken word and become one single voice, this voice, more powerful than the roaring of the sea would cry out: "The Father loves you!" Fr Raniero Cantalamessa, Life in Christ

'I pray for you constantly asking God the glorious Father to give you spiritual wisdom and insight so that you might grow in your knowledge of God. I pray that your hearts will be flooded with light.' Ephesians 1:17