



## WEEK 2

### SEEDS OF LOVE

Dear friends, let us continue to love one another, for love comes from God.

Anyone who loves is a child of God and knows God. But anyone who does not love does not know God, for God is love.

1 John 4: 7, 8

## DAY 6 THE SEED OF LOVE



### 1. SOW THE SEED

1 John 4:16 NLT

We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them.

Copy the verse here.

Our trust in God expands when we have the confidence to trust in his love.

If we turn the first sentence in the verse into two questions, ask yourself:

1. Do I know how much God loves me? If you answer YES, how do you know? If you answer NO, why not?
2. Have I put my trust in his love? If not, what is holding you back?

REST AND PRAY 

### 2. REST IN THE SOIL

Repeat these words as you meditate: *God is love, and all who live in love live in God.*

Emphasize a different word each time you repeat it to gain another perspective.

### 3. PRAY

*Yahweh (Jehovah) you are the Almighty Creator and Redeemer. Only through the death of my daughter can I gain a small understanding of your love for me. I cannot imagine willingly sacrificing my only child for anyone. But you did, and that sacrifice is my salvation. Your love is amazing!*

Add your own thoughts. Use the back of the sheet if you run out of room.

# CULTIVATE THE SOUL



## 4a. THINKING

Understanding God’s love seems impossible for our finite human minds. Let’s turn our thinking in another direction. Make a list to when you complete this statement:

God loves me EVEN WHEN I . . .

## 4b. DOING

When someone loves us, do we want to please them? Returning God’s love means we live in Him. Are there some areas in your life you know need changing to please God? Refer to the list above and chose one behavior to focus on changing. Make a plan, taking one step at a time.

## 4c. FEELING

Do you feel God’s love today? If NO, what does the absence of His love make you feel? Use the words in the feeling box to help you.

What increases your love toward God?

Rate your feeling toward God today. Then tell Him about it.

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No love



abounding  
love

### FEELING WORDS

*Discouraged*  
*Desolate*  
*Hopeless*  
*Alienated*  
*Uneasy*  
*Anxious*  
*Restless*  
*Stressed*  
*Motivated*  
*Disheartened*

## CONCLUSION FOR DAY 6

Hold the verse with you through the day.

Be honest with your feelings and express them to the Father and the Spirit.

Actively implement the three steps of Cultivate: **Thinking, Doing, Feeling.**

Use the back of this page to keep track of your progress. What worked; what didn't?



# DAY 7 THE SEED OF CONSISTENCY



## 1. SOW THE SEED

PSALMS 42:8 NCV

The LORD shows his true love every day. At night I have a song, and I pray to my living God.

Copy the verse here.

Name some ways God has shown His love for you. Have you thanked Him?

If your love for God is only a seed right now, what does It need every day to grow?

Do you have a plan for giving the seed what It needs?



## 2. REST IN THE SOIL

Repeat a phrase from today's verse several times.

Set a timer or use one of the meditation apps to meditate for 2-3 minute on this thought.

## 3. PRAY

*Holy God, every day you give me what I need. Forgive me for over-looking the simple gifts of air to breathe, food to eat, shelter, clothing, and people in my life. Give me strength to pray to you every day.*

Add your own prayer.

## CULTIVATE THE SOUL



### 4a. THINKING

Consider God's greatness. How is it possible for Him to love each person in the world each day? Read Job 38 to be reminded of God's immense power.

What kind of song do you think David sang at night? Psalm 42 is a lament; read its verses. Perhaps you have a lament to sing to God.

### 4b. DOING

What can you do so God will love you more?

Can you earn His love?

The "Doing" step today is NOTHING while you remember how God loves you. Tell Him how you understand this huge idea.

### 4c. FEELING

Feeling God's love will require some work. It isn't an automatic result of knowing God loves you.

**He is waiting for us to invite Him in. He wants a relationship with His children.**

Read Psalm 40 to see what David said about waiting and then how the Lord responded and then David's response. Write your feelings here.

## CONCLUSION FOR DAY 7

Hold the verse with you through the day.

Ask for the Spirit to help you understand and feel God's love

Actively implement the three steps of Cultivate: **Thinking, Doing, Feeling.**

Use the back of this page to keep track of your progress. What worked; what didn't?



## DAY 8 THE SEED OF LOVE



### 1. SOW THE SEED

ROMANS 8:38 NIV

For I am convinced that neither life nor death, neither angels nor demons, neither 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.

Paul lists 10 things that **cannot** separate us from God. Eight of them are in pairs. Complete the list below.

1. Death or
2. \_\_\_\_\_
3. Angels or
4. \_\_\_\_\_
5. present or
6. \_\_\_\_\_
7. \_\_\_\_\_
8. Height or
9. \_\_\_\_\_
10. \_\_\_\_\_



### 2. REST IN THE SOIL

Repeat the phrase below in your meditation. Emphasize a different word each time.  
***Nothing can separate me from God or Christ or the Holy Spirit.***

### 3. PRAY

*Holy One, the Alpha and the Omega, the beginning, and the end, I praise you for loving me. Your words in Romans 8 comfort me: "if you are for me, who can be against me? You God did not spare your own Son but gave him up for me! How then will you along with your Son, graciously give me all things? V. 32*

Add your own thoughts.

# CULTIVATE THE SOUL



## 4a. THINKING

Think through the list In Sowing the Seed. has God left anything out that could separate us from Him?

What has separated you from God, either now or in the past? What can you do to change that?


## 4b. DOING

I believe that putting God’s words in your heart makes a difference in your closeness to Him. I challenge you to memorize this verse. Write it down, read, it aloud, repeat the phrases “neither/nor” together. All these strategies will help you memorize. Try to memorize it in the next five days. Deadlines are always helpful!

## 4c. FEELING

Paul’s message in this chapter should convince us that no matter what happens in life, God’s love will always be there. Measure your feelings about His love today.

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Haven’t felt His love  His love completely fills me

### CONCLUSION FOR DAY

Hold the verse with you through the day.  
Ask for the Spirit to help you memorize the Word.  
Actively implement the three steps of Cultivate: **Thinking, Doing, Feeling.**  
Use the back of this page to keep track of your progress. What worked; what didn’t?



## DAY 9 THE SEED OF ABIDING



### 1. SOW THE SEED

JOHN 15: 9, 10

As the Father has loved me so I have loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love.

Copy the verse here.

Read the verse again and replace the word "remain" with "abide". Does the word "abide" give you a deeper understanding of the passage?

I think of *abiding* as dwelling, settling, in being at home and sheltered by God. Are you at home with God today?

Or is there a huge empty space in your soul?

Maybe you are wondering where "home" is.

It is time to lean into what Christ offers. Welcome Him in, trust, connect, and rest in your Savior.

What does or will it take for you to abide in Christ?



### 2. REST IN THE SOIL

If you know this old hymn, "Abide with Me", sing this phrase or just repeat it in your time of meditation. ***Help of the helpless, Oh, abide with me.***

### 3. PRAY

*My Father, Jesus' words remind me that my home is with you and your Son show me how to abide with you every hour of my day.*

Add your own thoughts.



## CULTIVATE THE SOUL



### 4a. THINKING

Which spiritual practices do you need to make part of your daily time with God?

Prayer

Meditation

Scripture

Journaling

Fasting

Silence

Sabbath rest

### 4b. DOING

Make an intentional plan to invite Jesus into your life every hour of one day. Use an app for your phone to remind you every hour. You can make it as simple as taking a deep breath and whisper “thank you Jesus” or “I abide in you.”

### 4c. FEELING

Do any of these ideas change your feelings about your closeness to God?

Write how you feel when God is near.

How do you feel when He seems far away?

#### FEELING WORDS

Joyful	Balanced
Hopeful	Uneasy
Fulfilled	Miserable
Secure	Hopeless
Blessed	
Calm	Despondent

## CONCLUSION FOR DAY 9

Repeat today’s verse throughout the day.

Ask for the Spirit to remind you to abide in the Lord.

Actively implement the three steps of Cultivate: **Thinking, Doing, Feeling.**

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# DAY 10 THE SEED OF LOVING EACH OTHER



## 1. SOW THE SEED

1 THESSALONIANS 3:12 NIV

May the LORD make your love increase and overflow for each other and for everyone else, just as ours does for you.

Copy the verse here.

The second commandment (after “Love the Lord your God” is “love your neighbor as yourself. In Paul’s letters to young Christians in the New Testament he always encouraged them to love each other. In 1 Thessalonians he acknowledged their love for each other in chapter one, but in chapter three he urges them to increase their love and then let it spread beyond their body of believers.

These believers faced cruel persecution from the influential Jews as well as Roman citizens. How could loving each other help through hard days? Imagine yourself in their situation. What would you need?

How can loving others help you through your grief or loss?



## 2. REST IN THE SOIL

Meditate on: *Make my love increase for others.*

## 3. PRAY

*Father, sometimes the last thing I can or want to do is love others. My pain can be so deep that I withdraw into myself. I know you can increase my love for those near me.*

Add your own prayer.

## CULTIVATE THE SOUL



### 4a. THINKING

Today's verse is in the middle of a prayer from Paul in behalf of the persecuted believers in Thessalonica. He asks God to make their *agape* increase for each other. *Agape* is a type of love unique to the Christian point of view. It comes not from emotions, but from choices, requiring faithfulness, commitment, and sacrifice without expecting anything in return. How is this different from brotherly love?

### 4b. DOING

Paul asks these Christians to love each other and everyone else. What can you do today that would express *agape* love to someone?

### 4c. FEELING

Since *agape* love is NOT about feelings, how can you move your emotional self to express love that is sacrificial, selfless, and unconditional? Do your emotions get in the way of being selfless to someone who seems unlovable?

Can you change those feelings? How?



## CONCLUSION FOR DAY 10

Remind yourself of the hope and confidence you have in the LORD.  
Ask for the Spirit to show you how or when to love others unconditionally.  
Actively implement the three steps of Cultivate: Thinking, Doing, Feeling.  
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## SCRIPTURES FOR WEEK 2

### **I John 4:16 NLT**

We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them.

### **PSALMS 42:8 NCV**

The LORD shows his true love every day. At night I have a song, and I pray to my living God.

### **John 15:19 NIV**

For I am convinced that neither life nor death, neither angels nor demons, neither 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 8:38 NIV**

As the Father has loved me so I have loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love.

### **I THESSALONIANS 3:12 NIV**

May the LORD make your love increase and overflow for each other and for everyone else, just as ours does for you.

Which verse meant the most to you this week?

Write it again!





GROW  
Your  
LOVE!

in  
MIRACLE  
SOIL

Packed with  
grace

day 2020