

## Year of Faith Session One.

# God the Father

*"How can we experience more of the Father's love?"*



- The very wonder of creation reveals its designer
- The Creed reminds us that we come from God, the Creator of all things
- The Creed comes alive when we start praying it as well as proclaiming it
- We thank God for the wonder of existence in total, and our own being in particular
- Be aware that we are carefully and purposefully created, and at the heart of the Universe is love
- God is the *perfect* Father, loving and caring for us intimately
- Believing in God as loving Father is a life changing truth
- Jesus gives us a picture of God's unconditional love in the story of the Prodigal Son
- If we want to know the Father, we need only look at Jesus. "I and the Father are one" (Jn 10:30)
- How great is the love that the Father has *lavished* on us, that we should be called His children
- Knowing our heavenly Father makes all the difference in the world...  
...we can move through life, even face death knowing He has prepared a home for us.
- Our heavenly Father wants to empower us, sustain us and care for us
- When we know God's love, we can experience real peace even in the midst of problems
- God does not cause evil, but gives us the freedom to choose good or evil
- We are always tempted to react with violence and settle accounts...  
...but when Jesus was on the cross, he didn't blame or curse those crucifying – he forgave...  
...his mission was to redeem, not settle accounts. Forgiveness is what love means.

### Scripture for meditation:

I pray that you may grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge, that you may be filled to the measure of all the fullness of God. (Ephesians 3:18-19)

### Suggested Prayers:

Father, thank you for creating me.  
Thank you for loving me.  
Please show me more of your love