



meditations
for life

the gates of hell will not prevail against them, and they will triumph over death and hell.

*S*od will set his mark on the wounds themselves. They will be

for reward, but energy for communion.

*...ing. God will set his mark on the wounds themselves. They will no
... be to reveal, but energy for communion*

meditations for life

→ here are some inspired words and thoughts to meditate on. god promises that when you seek him with all your heart you will find him. ask him to speak to you as you journey home.

beginnings

In the beginning the Word already existed.
He was with God, and he was God.
He was in the beginning with God.
He created everything there is.
Nothing exists that he didn't make.
Life itself was in him, and this life gives light to everyone.
The light shines through the darkness,
and the darkness can never extinguish it.

John 1:1-5

MEDITATE
light

incarnation

The Word became human and lived here on earth among us.
He was full of unfailing love and faithfulness.

Although the world was made through him, the world didn't recognize him when he came. Even in his own land and among his own people, he was not accepted. But to all who believed him and accepted him, he gave the right to become children of God.

John 1:14, 10-12

MEDITATE
God became human

blessings

John pointed Jesus out to the people. He shouted to the crowds, "This is the one I was talking about when I said, 'Someone is coming who is far greater than I am, for he existed long before I did.'"

We have all benefited from the rich blessings he brought to us— one gracious blessing after another . . . God's unfailing love and faithfulness came through Jesus Christ. No one has ever seen God. But, his only Son, who is himself God, is near to the Father's heart; he has told us about him.

John 1:15-18

MEDITATE
God's gift

spiritual rebirth

Jesus said to Nicodemus:

"I assure you, unless you are born again, you can never see the Kingdom of God."

"What do you mean?" exclaimed Nicodemus. "How can an old man go back into his mother's womb and be born again?"

Jesus replied, "The truth is, no one can enter the Kingdom of God without being born of water and the Spirit. Humans can reproduce only human life, but the Holy Spirit gives new life from heaven.

spiritual rebirth

"Everyone who believes in me will have eternal life. For God so loved the world that he gave his only Son, so that everyone who believes in him will not perish but have eternal life."

John 3:3-6, 15-16

MEDITATE
new life

light

Jesus said:

“God did not send his Son into the world to condemn it, but to save it.

“The light from heaven came into the world, but they loved the darkness more than the light, for their actions were evil.

“But those who do what is right come to the light gladly, so everyone can see that they are doing what God wants.”

John 3:17,19,21

MEDITATE
light in darkness

spirit and truth

Jesus said:

“The time is coming and is already here when true worshippers will worship the Father in spirit and in truth. The Father is looking for anyone who will worship him in that way. For God is Spirit, so those who worship him must worship in spirit and in truth.”

The woman said, “I know the Messiah will come—the one who is called Christ. When he comes, he will explain everything to us.”

Then Jesus told her, “I am the Messiah!”

John 4:23-26

MEDITATE
worship—in spirit and truth



satisfaction

Jesus soon saw a great crowd of people ... Turning to Philip, he asked, "Philip, where can we buy bread to feed all these people?"

Philip replied, "It would take a small fortune to feed them!"

Then Andrew ... spoke up. "There's a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?"

satisfaction

"Tell everyone to sit down," Jesus ordered. So all of them—the men alone numbered five thousand—sat down on the grassy slopes. Jesus took the loaves, gave thanks to God, and passed them out to the people. Afterward he did the same with the fish. They all ate until they were full.

John 6:5,7-11

MEDITATE

Jesus satisfies—mind, body, and spirit

eternity

Jesus said:

“You shouldn’t be so concerned about perishable things like food. Spend your energy seeking the eternal life that I, the Son of Man, can give you. For God the Father has sent me for that very purpose.”

They replied, “What does God want us to do?”

Jesus told them, “This is what God wants you to do: Believe in the one he has sent.”

John 6:27-29

eternity

Jesus prayed to God with these words:

“And this is the way to have eternal life—to know you, the only true God, and Jesus Christ, the one you sent to earth.”

John 17:3

MEDITATE
eternity now

bread

Jesus said:

"My Father offers you the true bread from heaven. The true bread of God is the one who comes down from heaven and gives life to the world."

"Sir," they said, "give us that bread every day of our lives."

Jesus replied, "I am the bread of life. No one who comes to me will ever be hungry again. Those who believe in me will never thirst."

John 6:32-35

MEDITATE
bread for life

Acceptance

The teachers of religious law said to Jesus:

"This woman was caught in the very act of adultery. The law of Moses says to stone her. What do you say?"

Jesus said:

"All right, stone her. But let those who have never sinned throw the first stones!"

When the accusers heard this, they slipped away one by one, beginning with the oldest, until only Jesus was left in the middle of the crowd with the woman. Then Jesus stood up again and said to her, "Where are your accusers? Didn't even one of them condemn you?"

"No, Lord," she said.

And Jesus said, "Neither do I. Go and sin no more."

John 8:4-5,7,9-11

MEDITATE
acceptance—not judgement

freedom

Jesus said to the people who believed in him, "You are truly my disciples if you keep obeying my teachings. And you will know the truth, and the truth will set you free."

They said: "We have never been slaves to anyone on earth. What do you mean, 'set free'?"

Jesus replied, "I assure you that everyone who sins is a slave of sin. A slave is not a permanent member of the family, but a son is part of the family forever. So if the Son sets you free, you will indeed be free."

John 8:31-36

MEDITATE
being free

healing

Jesus saw a man who had been blind from birth . . . He spat on the ground, made mud with the saliva, and smoothed the mud over the blind man's eyes. He told him, "Go and wash in the pool of Siloam" . . . So the man went and washed, and came back seeing!

Later Jesus said to the man: "Do you believe in the Son of Man?"

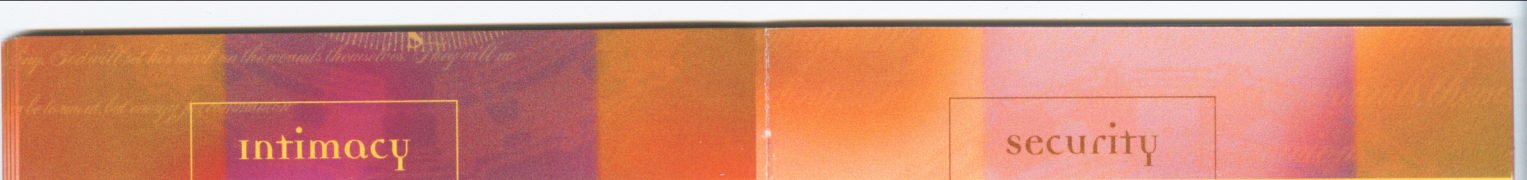
The man answered, "Who is he, sir, because I would like to."

"You have seen him," Jesus said, "and he is speaking to you!"

"Yes, Lord," the man said, "I believe!"

John 9:1,6-7,35-38

MEDITATE
complete healing



intimacy

Jesus said:

"A shepherd enters through the gate ... He calls his own sheep by name and leads them out. After he has gathered his own flock, he walks ahead of them, and they follow him because they recognize his voice.

"I am the good shepherd; I know my own sheep, and they know me, just as my Father knows me and I know the Father. And I lay down my life for the sheep."

John 10:2-4, 14-15

MEDITATE
known by name

security

Jesus said:

"My sheep recognize my voice; I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them away from me, for my Father has given them to me, and he is more powerful than anyone else. So no one can take them away from me. The Father and I are one."

John 10:27-30

MEDITATE
being safe

RESURRECTION

Jesus told Martha, "I am the resurrection and the life. Those who believe in me, even though they die like everyone else, will live again. They are given eternal life for believing in me and will never perish. Do you believe this, Martha?"

"Yes, Lord," she told him. "I have always believed you are the Messiah, the Son of God, the one who has come into the world from God."

John 11:25-27

MEDITATE
reality of life after death

RELEASE

Lazarus's grave was a cave with a stone rolled across its entrance. "Roll the stone aside," Jesus told them. But Martha, the dead man's sister, said, "Lord, by now the smell will be terrible because he has been dead for four days."

They rolled the stone aside. Then Jesus looked up to heaven and said, "Father, thank you for hearing me."

Then Jesus shouted, "Lazarus, come out!" And Lazarus came out, bound in graveclothes, his face wrapped in a headcloth. Jesus told them, "Unwrap him and let him go!"

John 11:38-39, 41, 43-44

MEDITATE
power over death

new life

Jesus said:

“The truth is, a kernel of wheat must be planted in the soil. Unless it dies it will be alone—a single seed. But its death will produce many new kernels—a plentiful harvest of new lives.

“Those who love their life in this world will lose it. Those who despise their life in this world will keep it for eternal life. All those who want to be my disciples must come and follow me, because my servants must be where I am. And if they follow me, the Father will honour them.”

John 12:24-26

MEDITATE
losing life—finding life

humility

Jesus now showed the disciples the full extent of his love ...

He got up from the table, took off his robe, wrapped a towel around his waist, and poured water into a basin. Then he began to wash the disciples' feet and to wipe them with the towel he had around him.

Jesus said:

“Since I, the Lord and Teacher, have washed your feet, you ought to wash each other's feet. I have given you an example to follow. Do as I have done to you ... That is the path of blessing.”

John 13:1,4-5,14-15,17

MEDITATE
valuing others

True love

Jesus said:

"Now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.

"Those who obey my commandments are the ones who love me. And because they love me, my Father will love them, and I will love them. And I will reveal myself to each one of them."

John 13:34-35; 14:21

MEDITATE
love and relationship

Home

Jesus said:

"Don't be troubled. You trust God, now trust in me. There are many rooms in my Father's home, and I am going to prepare a place for you. If this were not so, I would tell you plainly.

"When everything is ready, I will come and get you, so that you will always be with me where I am. And you know where I am going and how to get there.

"I am the way, the truth, and the life. No one can come to the Father except through me."

John 14:1-4,6

MEDITATE
the way home

*They seek will sit the earth on the winds themselves. They will be
to be found but they*

spirit power

Jesus said:

"I will ask the Father, and he will give you another Counsellor, who will never leave you. He is the Holy Spirit, who leads into all truth. The world at large cannot receive him, because it isn't looking for him and doesn't recognize him. But you do, because he lives with you now and later will be in you.

"When the Father sends the Counsellor as my representative—and by the Counsellor I mean the Holy Spirit—he will teach you everything and will remind you of everything I myself have told you."

John 14:16-17,26

MEDITATE
the Spirit of God

inner peace

Jesus said:

"I am leaving you with a gift—peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid. Remember what I told you: I am going away, but I will come back to you again.

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

John 14:27-28;16:33

MEDITATE
perfect peace

guide

Jesus said:

“When the Spirit of truth comes, he will guide you into all truth. He will not be presenting his own ideas; he will be telling you what he has heard. He will tell you about the future. He will bring me glory by revealing to you whatever he receives from me.

“The truth is, you can go directly to the Father and ask him, and he will grant your request because you use my name. You haven’t done this before. Ask, using my name, and you will receive, and you will have abundant joy.”

John 16:13-14, 23-24

MEDITATE

guidance from the Spirit of God

growth

Jesus said:

“I am the true vine, and my Father is the gardener. He cuts off every branch that doesn’t produce fruit, and he prunes the branches that do bear fruit . . . Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful apart from me.

“Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing . . . My true disciples produce much fruit. This brings great glory to my Father.”

John 15:1-2, 4-5, 8

MEDITATE

spiritual growth



friendship

Jesus said:

"The greatest love is shown when people lay down their lives for their friends. You are my friends if you obey me. I no longer call you servants, because a master doesn't confide in his servants. Now you are my friends, since I have told you everything the Father told me.

"You didn't choose me. I chose you. I appointed you to go and produce fruit that will last, so that the Father will give you whatever you ask for, using my name."

John 15:13-16

MEDITATE
true friendship



king

The soldiers, their commanding officer, and the Temple guards arrested Jesus and tied him up. *He was taken to Pilate, the Roman governor.*

"Are you the King of the Jews?" he asked him.

Jesus answered, "I am not an earthly king. If I were, my followers would have fought when I was arrested ... But my Kingdom is not of this world."

Pilate replied, "You are a king then?"

"You say that I am a king, and you are right," Jesus said. "I was born for that purpose. And I came to bring truth to the world. All who love the truth recognize that what I say is true."

John 18:12,33,36-37

MEDITATE
Jesus' kingdom

crucified

Then Pilate had Jesus flogged with a lead-tipped whip. The soldiers made a crown of long, sharp thorns and put it on his head, and they put a royal purple robe on him. "Hail! King of the Jews!" they mocked, and they hit him with their fists.

Then Pilate gave Jesus to them to be crucified . . . Carrying the cross by himself, Jesus went to the place called Skull Hill . . . There they crucified him.

Jesus said, "It is finished!" Then he bowed his head and gave up his spirit.

John 19:1-3, 16-18, 30

MEDITATE
the king is killed

belief

Early on Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, "They have taken the Lord's body out of the tomb, and I don't know where they have put him!" Peter and the other disciple ran to the tomb to see.

Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, while the cloth that had covered Jesus' head was folded up and lying to the side. Then the other disciple also went in, and he saw and believed.

John 20:1-3, 6-8

MEDITATE
Jesus is alive

Recognition

Mary was standing outside the tomb . . . She glanced over her shoulder and saw someone standing behind her. It was Jesus, but she didn't recognize him. "Why are you crying?" Jesus asked her. "Who are you looking for?"

She thought he was the gardener. "Sir," she said, "if you have taken him away, tell me where you have put him, and I will go and get him."

"Mary!" Jesus said.

She turned toward him and exclaimed, "Teacher!"

Recognition

Jesus replied:

"Go and find my brothers and tell them that I am ascending to my Father and your Father, my God and your God."

Mary Magdalene found the disciples and told them, "I have seen the Lord!" Then she gave them his message.

John 20:11,14-16,17-18

MEDITATE
called by name

presence

The disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. As he spoke, he held out his hands for them to see, and he showed them his side.

They were filled with joy when they saw their Lord! He spoke to them again and said, "Peace be with you. As the Father has sent me, so I send you." Then he breathed on them and said to them, "Receive the Holy Spirit."

John 20:19-22

MEDITATE
presence and peace

*...help. God will set his mark on those who do themselves. They will no
...to torment, but energy for communion.*

meditations for life

Jesus said:

"I am the bread of life.

I am the light of the world.

I am the gate.

I am the good shepherd.

I am the resurrection and the life.

I am the true vine.

I am the way, the truth, and the life.

No one can come to the Father except through me."

John 6:35;8:12;10:9;10:11;11:25;15:1;14:6

MEDITATE
who is Jesus?

want to know more?

→ want to know more? speak to the person who gave this book to you. talk and listen to god. let his spirit lead you on your journey home.

find out more about what the bible says:
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