

Today is the fourth Sunday in our Lenten Journey. We are three short weeks away from Easter. It is a good time to deepen our commitment to receive the love God has for us. For we are God's Beloved. We begin our Liturgy today with a short meditation on a line from today's Gospel. "God so loved the world" John 3:16.

## MUSIC

Take a moment to relax...notice your breathing....turn your attention inward...become still in the presence of the God who loves you so...Close your eyes if you are comfortable...surrender to God your busy mind...Rest in a quiet place....in a place where you know God's great love for you.... God so loved the world...John 3:16... we see it everywhere...let us hear it in the depths of our hearts, together....Love...brings us together...families, communities, cultures, races and nations...Love...gives strength when we feel weak....Love... offers hope when we doubt...Plant these deep in our hearts...be together...feel strong...be hopeful...Let God's love remind you that you are more than you think you are...that this love touches hearts and changes lives...Hear God's word to you, I am the God who loves you so... Rest with these words....

May our hearts shine with the light and the love that God has for us - and for the world that God so loves.... Amen.