



REMEMBERING YOUR IDENTITY AS THE BELOVED

"How can we come to know that we are God's beloved in a more personal way? One of the best ways is to spend some time regularly meditating on God's personal love in Scripture and to ask the Holy Spirit to make it more real for us.

Throughout the Bible, there are many verses that underline the fact of our belovedness. When we put together what I like to call our personal *Beloved Charter*, it helps us see ourselves through the eyes of our loving God and begin to feel about ourselves the way God feels. With hearts and minds, we begin to see that God is recklessly in love with each one of us, that the divine Lover is interested in everything we do, and that God has unique purposes for our one life here on earth.

Allowing words and images like the ones in my own Beloved Charter to percolate within our hearts indicates our willingness to let God be God in our lives, changes the way we see ourselves and helps us hear God telling us who we are." *Trevor Hudson*

AN EXAMPLE

"Trevor, you are my beloved child in whom I delight. You did not choose me; I chose you. I want you to be my friend. I formed your inward parts and knitted you together in your mother's womb. You are fearfully and wonderfully made, made a little lower than the angels, and crowned with glory and honor. You have been created in Christ Jesus for good works, which I have already prepared to be your way of life. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. You are precious in my sight and honored, and I love you. I know all your longings; your sighing is not hidden from me. Nothing will ever be able to separate you from my love for you in Christ Jesus, your Lord. Abide in my love.

CREATING YOUR BELOVED CHARTER

Set aside space to be with God and craft your beloved charter. Ask God to reveal to you how God sees you. Write down passages of scripture that speak to God's image of you. Meditate on these passages and incorporate those that God is drawing to mind into your charter. Consider previous ways that God has spoken to you or sacred encounters you have shared with God in your life and incorporate them into your charter. Set aside space to reflect daily on God's love for you expressed through the charter.