

Have You Taken Your "Love Break" Today?

"As the Father loved Me, I also have loved you; abide in My love." (John 15:9)

In your workplace now or in the past, you probably took coffee breaks, lunch breaks, tea breaks and definitely bathroom breaks. Why not do the same for your spiritual life – take time out for breaks, especially "Love Breaks." What is a "Love Break?" It is the time you take to enjoy and feed on the love of Jesus for you. At any time during the day, wherever you are, find a quiet spot and feed on the love of Jesus. Just sit down and talk with Him. Say to Him, "Thank you, Jesus for loving me. Nothing is going to happen to me that You don't already know about. Jesus, when I could not save myself, You died for me. You gave up Your life for me. What else will You not do for me!"

Such "Love Breaks" are typified in the Old Testament by Aaron the high priest and his sons eating the breast of the animal sacrificed. (Leviticus 7:31) The "breast" of the animal speaks of the love of Jesus. Today, you are a priest of God. (Revelation 1:6) So spend time feeding on the love of Jesus for you, and see yourself nourished, strengthened and sustained by "His love."

Jesus is our High Priest today. This means that His food is in loving us. He enjoys loving us and is also nourished by His love for us. But do not forget that the "breast" was roasted by fire, (Leviticus 7:35), which speaks of God's judgement on Jesus as He hung on the cross because He was carrying our sins. So as you feed on Jesus' love for you, see Him "loving you" at the cross. When things around you are not going well, do not allow the devil to say to you, "If God loves you, how come these challenging things are happening to you?" Beloved, interpret God's love for you based on the cross, not on your present circumstances.

During the day, when you are hard at work, when busyness sets in, when problems pile up or when discouragement comes, just stop everything and take a "Love Break" with Jesus! Let Jesus love you. Let yourself enjoy being loved by Him. Lean on His bosom, abide in "His love" and be nourished by "His love" for you!

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