

"Hey God, I Have a Question! "

Why do I struggle to feel God's love?
Romans 5:1-8

Your journey to feeling the love of God involves:

- 1. Believing the truth about God and His love for you.**
"May the Lord direct your hearts into God's love and Christ's patience". 2 Thessalonians 3:5
1 John 3:1, 1 John 4:10, Psalm 139:7-11, Romans 8:38-39, Jeremiah 31:3
- 2. Preaching the Gospel to yourself regularly.**
"This is how God showed his love among us: he sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins." 1 John 4:9-10
- 3. Cultivating a grateful heart.**
"Oh give thanks to the LORD, for he is good; for his steadfast love endures forever!" 1 Chron. 16:34
- 4. Recognizing that God is loving you through others.**
"Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; *if we love one another, God abides in us and his love is perfected in us.*" 1 John 4:11-12
- 5. Experiencing the outpouring of God's love as a work of the Holy Spirit.**
"Hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us." Romans 5:5

Application

1. Why do you think we struggle to feel God's love? Read the Scriptures on the facing page in point #1 about God's love speaks to you the most? Why?
2. Go to <https://www.desiringgod.org/topics/the-gospel#>. Read afresh with new eyes the meaning of the gospel for you. Consider John Piper's book, *God is the Gospel: Meditations on God's Love as the Gift of Himself*.
3. Read 1 Chron. 16:34. Get a notebook near your bed and begin recording all the things that you choose to be thankful for before you go to bed. Write down at least three. "God I am thankful for ____." Gratitude cultivates a heart open to feel the love of God.
4. God would like someone to feel his love through your words, your actions, a card, a gift of service, a Scripture promise. Who in your life right now is God wanting you to demonstrate his love to in a tangible way? What will you do? When?
5. God's love proven to your mind is the conclusion of an argument. God's love poured into your heart is a real heart-experience of being loved by God. The experience of the outpouring of God's love in your heart is a supernatural work of the Holy Spirit to feel the love of God. Romans 5:5. Begin praying and asking the Lord that the Holy Spirit might pour out God's love into your heart.