



The Bride of Christ

Begin with stillness and a short prayer. From your reflections during the week, share some aspect of God's love that may be new or liberating in your life. (30 minutes)

We are the Bride of Christ

Another powerful picture of the relationship between God and his people is that of the bride and bridegroom. This is a beautiful and familiar picture to most of us and well worth exploring. Following are some passages for reflection.

As a bridegroom rejoices over his bride, so will your God rejoice over you. (Isaiah 62:5)

Husbands, love your wives just as Christ loved the Church and gave himself up for her to make her holy. (Ephesians 5:25)

I am my beloved's and my beloved is mine. (Song of Solomon 6:3) This whole book would apply here.

In this time of reflection, consider how a bridegroom sees and feels about his bride. What does he expect from her and what does he offer her of himself? Write this in your journal and translate it as the Lord's words to you. For example:

- There is nothing my Lord would hold back from me.
- My God invites me to enter into a loving relationship. I am unique and very special to my Beloved.

Take 30 minutes for this and then share in the group. Choose a reader for next time and end with a prayer.

At home this week

- Read one chapter of the Song of Solomon each day.
- Reflect on it and try to sense what God is saying about your relationship with him.

If you notice any negative, awkward or unpleasant feelings, see whether you can hear what they are saying, what their message to you is.

Equally, any positive or pleasant feelings have a message worth noting.

Record your reflections and respond to God in some appropriate way.



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