



God's secret plan has been revealed to us; it is a plan centered on Christ, designed long ago according to his good pleasure. Ephesians 1:9 (NLT)
HEARING THE WORD OF GOD:

"Love is patient and kind. Love is not jealous or boastful or proud or rude. Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged. It is never glad about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."
1 Corinthians 13:4-7 (NLT)

RESPONDING TO THE WORD OF GOD:

"Lord, help us to love others as much as you love us. Open our eyes and hearts to your love. Amen."

You've probably heard this scripture from 1 Corinthians before. It is often referenced or read aloud at weddings. The danger in frequently quoted scripture is that the more we hear it, the less in tune we become to what the scripture actually says. For example, notice how God gives us twice as many examples of what love "isn't" than what love "is". Perhaps we identify more with the "what love isn't" category, based on how we live each day. When was the last time you were jealous? Boastful? Proud? Rude? When was the last time you did not demand your own way, but let someone else have theirs? When was the last time you were irritable? Be honest. (That one hurts, doesn't it?) When was the last time you let go of the record of "wrongs" you have been keeping? When was the last time you were patient with the clerk at the check out counter or the wait staff at a restaurant? When was the last time you exhibited true unflinching faith? When was the last time you offered someone hope because you had it yourself? When was the last time your love was so strong it endured through *every* hurtful circumstance?

The "Life Application Study" notes on this scripture read, "God's kind of love is directed outward toward others, not inward toward ourselves. It is utterly unselfish. This kind of love goes against our natural inclinations. It is impossible to have this love unless God helps us set aside our own natural desires so that we can love and not expect anything in return. Thus, the more we become like Christ, the more love we will show to others."

ASANA (POSE):

Parivrtta Siddhasana (the Perfected Posture)

God's love through Jesus Christ is **perfect**. As we become more like Christ, He perfects our love and it becomes an unselfish love directed outward toward others. When we truly love others, we **love what God loves**. To move into the **Perfect Posture**, we must first come into *Easy Seated Pose (Sukasana)*. We ground ourselves by visualizing our sitz bones moving into the mat at the same time we visualize the crowns of our head spiraling upward toward heaven. This gives us spinal extension. On an inhalation, we lift our right arm by our right ear. On our next exhalation, we place our right hand on the floor behind us as we begin to rotate from the lower spine and place our left hand on our right knee. We continue to breath with the twist: each inhalation is an opportunity to create space between the vertebrae; each exhalation is an opportunity to move deeper into the spinal twist. We visualize **God's perfect love** and ask His spirit to nudge us to love others this way.

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