

REFLECTING ON THE JESUS CREED

The Abba of the Jesus Creed

**“The difference was that I had for once really heard with my soul the word that God loved me just as I was, with all my anxieties, defeats, frustrations and problems.”
(Wesley Nelson, *Crying for My Mother*)**

Recite the Jesus Creed together.

Formation Principle:

Abba loves us, this is the premise and promise of spiritual formation.

Formation Prayer:

**Father, Abba, we are profoundly grateful that you love us.
May we daily bask in that love, learn that love, and trust that love.
Through Jesus, our Lord. Amen.**

Formation Exercises:

***Reflect on the meaning of the term *Abba (Daddy)* and discover how it can help you understand who God is, what God is like, and how are we to relate to him.**

***Identify together the joys and difficulties that Abba loves you as you are.**

***Why does our image of God need amending as we learn more about God?**

***Imagine your relationship to God as *Abba*; imagine how you might behave in God's presence when you comprehend that he is *Abba* for you.**

***Commit your heart today to accepting God's love for you as *Abba's* love.**

Recite the Lord's Prayer together.