

My hunger for God was growing all the time. I sought God as much as I could. I would take refuge in my room where I would pray, sing songs of praise, pour out my heart to God, and then sit and listen and wait for Him to fill my heart.

I was totally immersed in the loving presence of God.

When I finished my quiet time, I would sit and journal, writing about His involvement in my day and in my prayers. Some days I would write letters to God and then be still and listen to God writing back to me.

(p. 47, Breakthrough)

There is space throughout this book to write your own thoughts. There is even space at the back of the book for extra journaling!

FR ROB

# God's letter to you

After you pray today, take some time to write down the letter you imagine God would write to you.

SAMPLE

"For I know the plans  
I have for you,"  
declares the Lord.

"Plans to prosper you  
and not to harm you,  
plans to give you hope  
and a future."

(Jeremiah 29:11).



SAMPLE



SAMPLE

# EROS

A love felt particularly within the body. Eros is a state of the heart and intimately related to sex. It leads to children, family, joy and laughter.

# PHILIA

The love of the soul, an easy love and affection usually for a friend, brother or sister and is rich in emotion and feeling.

# STORGE

This is the love of community and family. It is a natural, grounded love that may pull you towards a lesser path.

# AGAPE

Agape is the truest form of charity. It is an unconditional and self-giving love that essentially emanates from God. It is the highest form of love that a human being can achieve, and is a reflection of God's own love for us.