THE DAILY BREAD

The Fiat of the Beloved



Receiving the Father's Love

A FORMATION BOOK BY

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The Everyday Apostle

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Fiat of the Beloved

Receiving the Father's Love

Learning to Rest in Being His Daughter

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A Daily Bread Formation Book

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INTRODUCTION

The Love You Have Not Let In

It is one thing to know that God loves you. It is another thing entirely to let that love in, to actually receive it, to feel it reach the tired and guarded places of your heart and change you there. Many women believe, truly and without doubt, that God loves them, and yet they have never really received that love, never let it past the defenses, never rested in it, so that the knowledge sits in their minds while their hearts go on striving, anxious, and unsatisfied, as though the love were someone else's. The love is offered, fully and freely, but it has not been let in.

This book is about letting it in, about the actual practice of receiving the love of God as your Father and learning to rest in being His daughter. It is not about the truth of your belovedness in the abstract, which you may already affirm, but about the lived relationship, the day-to-day reality of coming to God as a child comes to a good father, of receiving His love not as a doctrine but as an experience, of being healed and held and changed by a love you finally stop holding at arm's length. For God does not want to be merely believed in; He wants to be received, to be your Father in fact and not only in theory, and this book is about how that actually happens.

You have received the Spirit of adoption as sons, by whom we cry, Abba! Father! — *Romans 8:15*

We will begin with the truth that God is really your Father, not a distant deity but a Father who wants a daughter's heart. We will face the father-wound that distorts so many women's image of God, and how He heals it. We will meet the Father who runs to welcome His returning child. We will learn the practice of receiving His love in prayer, in stillness, in rest. We will see how His love heals the wounded heart. We will take up the daily living of a beloved daughter. And we will discover that the love received cannot be contained but overflows, becoming the love we are freed to give.

CHAPTER ONE

He Is Really Your Father

Not a Distant God but a Daddy

The first thing to receive is that God is not a distant, abstract deity who loves the world in general, but your Father in particular, who wants from you not merely belief or obedience

but the trusting, affectionate heart of a daughter. This is not a sentimental softening of God but the heart of what Jesus revealed, that the Almighty God is Abba, Father, and that you are invited to come to Him as His own beloved child. Everything in the receiving of God's love begins with grasping that He is really, personally, your Father.

And because you are sons, God has sent the Spirit of his Son into our hearts, crying, Abba! Father! — Galatians 4:6

Abba

When Jesus taught His followers to pray, He gave them a word for God that was shocking in its intimacy: Abba, the word a child uses for a beloved father, closer to papa or daddy than to any formal title. This was not how God had been addressed, and it revealed something at the center of the Gospel, that the infinite God desires to be known not primarily as a distant judge or a cosmic power but as a Father of the most intimate kind, and that His children are invited to come to Him with the trust and affection of a child climbing into a father's lap. Scripture says the Spirit Himself cries out Abba, Father in the hearts of God's children, meaning this intimate relationship is not a presumption but a gift, given by God, who wants to be your Abba. You are invited, then, not merely to believe in God or to serve Him, but to come to Him as your Abba, your Father in the most tender and intimate sense, which is how He wants to be known by you.

He Wants Your Heart, Not Your Performance

Because God is your Father and not merely your judge or employer, what He wants from you is not primarily your performance but your heart, the trusting, affectionate relationship of a daughter, which no amount of dutiful achievement can replace. A good father does not want his daughter merely to perform well, to earn his approval, to achieve enough to deserve his love; he wants her, her heart, her trust, her affection, her presence. So it is with God, who does not want your religious performance in place of your heart but wants you, your trust and love and presence, the relationship of a daughter with her Father. This reframes the whole of the spiritual life, for many women relate to God as to a demanding employer whose approval must be earned by performance, when He is in fact a Father who wants their heart. The striving to perform well enough to earn God's love misses what He actually wants, which is not your achievement but your heart, given to Him as a daughter gives her heart to a father she trusts.

A Father Better Than Any Earthly One

God is not only a Father but the perfect Father, better than any earthly father has ever been, so that whatever your experience of human fathers, God surpasses it, embodying

all the good that earthly fatherhood points to and none of its failures. Every earthly father, however good, is imperfect, and many are far worse than imperfect, so that the word father carries for many women a mixture of good and painful associations. But God is the Father from whom all fatherhood takes its name, the perfect original of which every earthly father is at best a flawed copy, and His fatherhood has none of the failures, absences, harshness, or disappointments of earthly fathers. He is the Father who is always present, always tender, always faithful, always delighting in His child, the Father every heart has longed for and no earthly father could fully be. To receive God as your Father is therefore to receive the perfect fatherhood that your heart was made for, better than any you have known, and to let Him be to you the Father you have always needed and perhaps never had.

CHAPTER TWO

The Wound That Distorts the Picture

When Father Is a Hard Word

For many women, the word father is not a comforting word but a complicated or painful one, carrying the weight of an earthly father who was absent, harsh, disappointing, or worse, and this father-wound distorts the picture of God, making it hard to receive Him as the loving Father He is. A woman's image of God is powerfully shaped, often unconsciously, by her experience of her earthly father, so that the wounds left by human fathers become obstacles to receiving the love of the divine one. Facing this father-wound, and how God heals it, is essential to receiving His love.

For my father and my mother have forsaken me, but the Lord will take me in. — Psalm 27:10

How Earthly Fathers Shape the Picture

A woman's earliest and deepest image of what a father is comes from her own father, and this image, formed before she could evaluate it, shapes how she imagines God, often in ways she never consciously chose. If her father was absent, she may unconsciously expect God to be distant and unavailable; if he was harsh or critical, she may imagine God as demanding and impossible to please; if he was unpredictable, she may approach God with anxiety, never sure of her welcome; if he withdrew his love when she failed, she may believe God's love too must be earned and can be lost. These distortions operate below awareness, so that a woman can affirm correct beliefs about God's love while her heart relates to Him through the lens of her earthly father's failures, unable to receive a love

her mind affirms because her deep image of fatherhood was shaped by wounds. The earthly father shapes the picture, and where that father failed, the picture of God is distorted, making His love hard to receive.

God Is Not Your Father

The healing begins with a liberating distinction: God is not your earthly father, is not like him where he failed, and must not be judged by his failures, for God is the perfect Father whom your earthly father was meant to image but could not. It is crucial to separate God from the earthly father whose failures have colored the picture, to recognize that the distance, harshness, unpredictability, or conditional love of an earthly father are not true of God, who is their opposite, and that the wounds left by a human father say nothing about the character of the divine one. Where your earthly father was absent, God is always present; where he was harsh, God is tender; where his love was conditional, God's is free; where he failed you, God will not. The Psalmist knew this, declaring that though his father and mother forsake him, the Lord would take him in, and the same is true for every woman wounded by an earthly father: God is not your father, is not bound by his failures, and will be to you the Father your earthly one could not be. To receive God's love, a woman must let God be Himself, not a projection of the father who wounded her.

Letting Him Heal the Wound

Beyond distinguishing God from the earthly father, there is the deeper work of letting God heal the father-wound itself, of bringing the hurt to Him and allowing His fatherly love to reach and mend the place the earthly father damaged. The father-wound is not healed merely by correct belief but by an encounter with the love of God the Father reaching the wounded place, by letting Him father you where your earthly father failed, by receiving from Him the presence, tenderness, affirmation, and faithful love you needed and did not fully receive. This healing happens in prayer, in the receiving of His love over time, in letting Him be the Father to you that your heart has longed for, so that the wound left by the earthly father is gradually mended by the love of the divine one. A woman need not stay forever crippled by her father-wound, for God desires to heal it, to father her where she was not fathered, to fill with His own love the place the earthly father left empty or injured. Let Him heal the wound, bringing it to Him and receiving His fatherly love in the hurt place, and the distortion that made His love hard to receive is gradually mended by the very love it obscured.

CHAPTER THREE

The Father Who Runs

How God Receives You When You Return

Perhaps the most important thing to know about receiving the Father's love is how He receives you when you come to Him, especially when you come back after failing, and the answer is given in the most famous story Jesus ever told, of a father who, seeing his wayward child still far off, runs to meet him. This image of the running Father, who welcomes His returning child not with reproach but with embrace, is the key to receiving God's love, for it reveals how He actually feels about you when you come to Him. Understanding the Father who runs frees a woman to come to God, and to keep coming back, without fear.

But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. — Luke 15:20

How You Imagine He Receives You

Much depends on how a woman imagines God receives her when she comes to Him, especially after she has failed, and many women imagine a reception very different from the one Jesus described, expecting disappointment, reproach, a cool and conditional welcome that must be earned back. The woman who has failed, who has sinned, who has stayed away, often imagines that God receives her, if at all, with crossed arms and a disappointed look, requiring her to grovel, to prove her repentance, to earn her way back into a favor she has forfeited, and so she comes to Him, if she comes at all, in fear and shame, bracing for rejection. This imagined reception keeps women from coming to God, especially in their failures, for who would run toward a reproachful welcome? But the reception a woman imagines is usually not the reception God actually gives, and the gap between them is the measure of how little she has understood the Father's heart. How you imagine God receives you shapes whether you come to Him at all, and most women imagine a reception colder than the truth.

The Father Runs

Into the imagination of every woman who fears God's reception, Jesus speaks the story of a father whose son had taken his inheritance, squandered it in a far country, and come crawling back in disgrace, rehearsing a speech of abject apology, expecting at best to be taken on as a servant. And the father, seeing him while he was still far off, did not wait with crossed arms for the son to grovel his way back, did not require the speech, did not reproach him, but was filled with compassion and ran, ran to his returning child,

embraced him, kissed him, and called for a celebration. This is how God receives you: not with reproach but with running, not with cool conditions but with compassion and embrace, not waiting for you to earn your way back but hurrying to meet you while you are still far off. The Father runs, and this is the truth that frees a woman to come to Him, for the One she feared would reject her is in fact watching the road, longing for her return, ready to run to meet her the moment she turns toward home. The Father runs, and He will run to you.

You Can Always Come Back

Because the Father runs to welcome His returning child, a woman can always come back to God, however far she has wandered and however many times she has failed, with the confidence that she will be received not with reproach but with embrace. The running Father means there is no failure so great, no wandering so far, no return so late that it would not be welcomed, for the Father's compassion runs out to meet every returning child, and His welcome does not depend on the child's worthiness but on the Father's love. This frees a woman from the fear that keeps her from coming back, from the shame that tells her she has failed too many times or wandered too far to be welcomed again, for the Father who ran to the prodigal will run to her, every time she turns toward home. She can always come back, as many times as she needs to, in the confidence that the Father is watching the road, that His compassion will run to meet her, that His welcome is sure. You can always come back, however far you have gone and however many times you have failed, for the Father runs to welcome His returning child, and His embrace waits for you every time you turn toward home.

CHAPTER FOUR

Learning to Receive

The Prayer of Resting in His Love

Receiving the Father's love is not only a truth to believe but a practice to learn, and the primary place it is learned is in prayer, specifically in a prayer that is less about doing and asking than about resting, receiving, and simply being with the Father who loves you. Many women's prayer is all activity, all words and requests and tasks, and never rests long enough to receive the love that prayer is meant to open them to. Learning the prayer of resting in the Father's love, of coming simply to receive, is the practical heart of letting His love in.

But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. — Psalm 131:2

Prayer as Receiving, Not Just Asking

Most women's prayer is heavily weighted toward asking, toward bringing needs and requests to God, which is good and right, but prayer is also meant to be receiving, a coming to God not only to ask but to receive His love, and many women have never learned this receptive dimension of prayer. When prayer is all asking and activity, all words and requests and intercession for everyone else's needs, it never pauses to receive, never rests long enough to let the Father's love reach the heart, and so a woman can pray faithfully for years and remain unreceived, her prayer a stream of requests that never stops to be loved. The prayer that receives the Father's love is different, a prayer that comes not primarily to ask but to be with Him, to rest in His presence, to receive His love, to let Him love her rather than only presenting her petitions. Learning this receptive prayer, this coming to God to receive rather than only to ask, is essential to letting His love in, for the love is received in the resting, not only in the asking.

Like a Weaned Child

The Psalmist gives a tender image of this receptive prayer, picturing his soul calmed and quieted like a weaned child resting content in its mother's arms, no longer crying for what it needs but simply resting, satisfied, in the presence of the one who loves it. This is the posture of the prayer that receives the Father's love: not the crying of an infant for its needs, not the activity of asking and striving, but the quiet rest of a child content simply to be held, to be with the one who loves it, wanting nothing but presence. A woman learns to receive the Father's love when she learns to come to Him like this, to calm and quiet her soul, to rest in His presence like a weaned child in its mother's arms, not performing, not striving, not even asking, but simply being with Him and receiving His love. This takes practice, for the striving soul resists stillness and the busy heart resists rest, but as a woman learns to quiet herself before God and simply rest in His love, she begins to receive what the striving never could. Like a weaned child, she learns to rest in the Father's arms and to receive the love that is given to the one who stops striving and simply rests.

Just Be With Him

The simplest practice of receptive prayer is to just be with the Father, to set aside a little time to come to Him with no agenda but His presence, to sit quietly in His love, to let Him love you, which is harder and more fruitful than it sounds. A woman can practice

receiving the Father's love by simply taking time to be with Him, a few quiet minutes with no task but to rest in His presence, to recall that He loves her, to let that love settle over her, to receive it without doing anything to earn or achieve it. This just being with Him, this coming simply to receive rather than to perform or to ask, is the practical school of receiving the Father's love, the place where the knowledge of His love becomes the experience of it. It feels unproductive to the striving soul, which wants to be doing something, but it is in this unproductive resting that the Father's love is actually received, soaking into the heart that has stopped striving long enough to let it in. Just be with Him, taking time simply to rest in His presence and receive His love with no agenda but to be loved, and a woman learns in practice to receive the love that all her striving and asking never let in.

CHAPTER FIVE

Love That Heals

Letting Him Reach the Wounded Places

The love of the Father does not only comfort but heals, reaching into the wounded places of a woman's heart, the old hurts and shames and fears, and mending them with a love stronger than the wounds. Every woman carries wounds, from her past, her failures, the ways she has been hurt, and the Father's love is meant to reach and heal these, not merely to be received in the untouched places but to penetrate the broken ones. Understanding how the Father's love heals, and letting it reach the wounded places, is a crucial part of receiving it fully.

He heals the brokenhearted and binds up their wounds. — Psalm 147:3

The Wounds You Carry

Every woman carries wounds into her relationship with God, the hurts of her past, the shames she hides, the fears that drive her, the places where life has broken or bruised her, and these wounds are not obstacles to be hidden from God but the very places His love most wants to reach. Many women try to come to God only with their presentable selves, hiding their wounds, their shame, their brokenness, as though these must be healed before they can approach Him, but this keeps the wounded places from the only love that could heal them. The Father does not wait for a woman to be whole before He loves her; He wants to love her precisely in her wounds, to reach the broken places with His healing love, to bind up what life has broken. The wounds a woman carries, far from disqualifying her from the Father's love, are exactly where that love most wants to go, for

He is the One who heals the brokenhearted and binds up wounds, and He cannot heal what is hidden from Him. The wounds you carry are not to be hidden from the Father but brought to Him, for they are where His healing love most longs to reach.

Bringing the Broken Places to Him

The healing of the Father's love begins with bringing the broken places to Him, with the vulnerable act of opening the wounds to His love rather than hiding them, letting Him see and touch what hurts. A woman receives the Father's healing by bringing Him her actual wounds, naming before Him the hurts and shames and fears she carries, opening to His love the places she has kept hidden even from herself, and letting Him into the broken places with His healing presence. This bringing of the broken places to God is vulnerable and sometimes painful, for it means facing wounds a woman may have long avoided, but it is the way His love reaches and heals them, for the love cannot heal what is kept from it. The Father is gentle with the wounds a woman brings Him, receiving them not with judgment but with compassion, binding them up with a tenderness that makes the vulnerability safe. Bringing the broken places to Him, opening the hidden wounds to His love rather than keeping them hidden, is how a woman receives the Father's healing, for His love heals the wounds that are brought to Him, and the vulnerable act of opening the broken places is the beginning of their mending.

Healing Takes Time

The healing of deep wounds by the Father's love is usually not instant but gradual, a process that unfolds over time as a woman keeps bringing her wounds to God and keeps receiving His love in them, so that she must be patient with the slowness of her own healing. Deep wounds are not usually healed in a single encounter but mended gradually, layer by layer, as a woman returns again and again to the Father with her hurt and receives His love in it over time, and she should not be discouraged if the healing is slow or if old wounds resurface. The Father's healing is real but patient, working deeply rather than quickly, reaching the wounded places over months and years of being brought to Him and loved in them, and a woman cooperates with this healing by her patient perseverance in bringing her wounds to God and receiving His love. She need not be healed all at once, nor discouraged by the slowness, for the Father is patiently mending her, and the healing, though gradual, is sure. Healing takes time, unfolding gradually as a woman keeps bringing her wounds to the Father and receiving His love in them, and she should be patient with the slowness of her own mending, trusting that the Father's love, though it heals deeply rather than quickly, is surely binding up the wounds she keeps bringing Him.

CHAPTER SIX

Living as a Daughter

The Daily Practice of Belovedness

Receiving the Father's love is not only something that happens in prayer but something that shapes a whole life, as a woman learns to live, day by day, as a beloved daughter, carrying the security of His love into the ordinary hours of her life. The love received in prayer is meant to become the ground of daily living, the identity from which a woman moves through her day, so that she lives not as an anxious striver but as a secure daughter. Understanding how to live as a daughter in the daily practice of belovedness translates the received love into a transformed life.

See what kind of love the Father has given to us, that we should be called children of God; and so we are. — 1 John 3:1

Carry Your Belovedness Into the Day

The first practice of living as a daughter is to carry the belovedness received in prayer into the ordinary hours of the day, to move through the day's tasks and demands and difficulties as a beloved daughter rather than forgetting, the moment prayer ends, who she is. The love a woman receives in prayer is meant not to stay in the prayer time but to accompany her through the day, so that she does her work, cares for her family, faces her challenges, and meets her difficulties as a secure and beloved daughter of God, carrying His love with her into everything. This requires a deliberate remembering, a returning through the day to the truth of her belovedness, a refusing to let the day's pressures and failures make her forget whose she is, so that the security of being the Father's daughter governs her ordinary hours rather than being left behind in the prayer closet. The woman who carries her belovedness into the day lives differently, meeting its demands from security rather than striving, from the Father's love rather than the fear of not being enough. Carry your belovedness into the day, moving through the ordinary hours as a beloved daughter rather than forgetting who you are the moment prayer ends, and a woman lets the love received in prayer become the ground of her daily living.

Let It Change How You Fail

A central mark of living as a daughter is how a woman handles her failures, for the beloved daughter fails differently than the anxious striver, bringing her failures to the Father who runs rather than drowning in shame or hiding in fear. Everyone fails daily, and how a woman responds to her failures reveals whether she is living as a beloved

daughter or as an anxious striver: the striver, failing, sinks into shame, self-condemnation, and fear of rejection, while the daughter, failing, brings her failure to the Father who runs to welcome her, receiving His mercy and getting up again. Living as a daughter means letting belovedness change how you fail, replacing the shame spiral with the quick return to the Father, the self-condemnation with the receiving of mercy, the fear of rejection with the confidence of welcome. This does not make failure acceptable but makes it survivable, for the beloved daughter who fails does not lose her footing but returns at once to the Father whose love does not depend on her not failing. Let it change how you fail, bringing your failures to the Father who runs rather than drowning in shame or hiding in fear, and a woman lives as a beloved daughter even in her failures, which no longer have the power to separate her from a love that does not depend on her success.

Rest in Being His

The deepest practice of living as a daughter is simply to rest in being His, to carry through life the settled security of belonging to the Father, so that a woman's identity and worth rest not on her performance or circumstances but on the unchanging fact that she is God's beloved child. To live as a daughter is finally to rest in the identity of belovedness, to know herself as God's child not occasionally but settledly, to let that belonging be the ground she stands on through all the changes and challenges of life. Scripture marvels at the kind of love the Father has given, that we should be called children of God, and so we are, and the woman who rests in this, who lives from the settled security of being His beloved child, has a foundation that nothing can shake. This rest in being His is the fruit of all the receiving, the settled condition of a woman who has let the Father's love in and now lives from it, secure in her belonging whatever happens around her. Rest in being His, carrying through life the settled security of belonging to the Father so that your identity rests on being His beloved child rather than on your performance or circumstances, and a woman lives as a daughter from a foundation that cannot be shaken, secure in the love she has finally received.

CHAPTER SEVEN

Love That Overflows

What the Father's Love Makes You Able to Give

The love of the Father, when it is truly received, does not stay contained but overflows, so that the woman who has received His love becomes able to give love in a way she never

could when she was empty, pouring out to others the love she has received from Him. The receiving of the Father's love is not finally for a woman alone but overflows into her relationships and her mission, for a woman filled with the Father's love has love to give, while a woman empty of it has only striving. Seeing how the received love overflows reveals the fullness of what receiving the Father's love accomplishes.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us… so that we may be able to comfort those who are in any affliction. — 2 Corinthians 1:3-4

You Cannot Give What You Have Not Received

A fundamental truth of the spiritual life is that a woman cannot give what she has not received, cannot pour out love she does not have, so that the receiving of the Father's love is the necessary source of her ability to love others. Many women try to love others, to serve, to give, out of an emptiness, striving to pour out a love they have not first received, and they run dry, grow resentful, and burn out, for no one can give from an empty well. The love a woman gives to others must first be received from the Father, filled up from His inexhaustible source so that she has something to pour out, for the attempt to love from emptiness fails. This is why receiving the Father's love is not selfish but the opposite, the necessary condition of being able to love others well, the filling of the well from which all her giving flows. You cannot give what you have not received, and so the receiving of the Father's love is not a distraction from loving others but its source, the filling without which a woman's giving runs dry, and the fullness from which genuine love overflows.

Loved Into Loving

When a woman truly receives the Father's love, she is loved into loving, filled with a love that naturally overflows to others, so that her love for others becomes not a strained effort but the overflow of a love she has received. The woman full of the Father's love does not have to strain to love others, to manufacture a love she does not feel, for the love she has received overflows naturally, spilling out to the people around her as the excess of a full heart. Scripture describes this overflow, that God comforts us so that we may comfort others with the comfort we have received, and the same holds for love: the Father loves us so that we may love others with the love we have received from Him. This is a far better source of love for others than the strained effort to love from emptiness, for the love that overflows from a full heart is natural, generous, and sustainable, while the love squeezed from an empty one is forced and soon exhausted. Loved into loving, a woman filled with the Father's love overflows naturally to others, her love for them becoming the

spilling over of a love she has received rather than a strained effort to produce a love she lacks.

The Mission Flows From the Receiving

Finally, the whole mission to which a woman is called, all her giving and serving and witnessing in the world, flows from this receiving of the Father's love, so that the receptive resting in His love is not opposed to the active mission but its very source and strength. It might seem that resting in the Father's love and going out in mission are opposed, the one passive and the other active, but they are not, for the mission flows from the receiving, the active giving overflowing from the receptive filling, so that the woman who has learned to receive the Father's love is the one with love to give in the mission. This means the time a woman spends receiving the Father's love is not time taken from her mission but the source of it, the filling from which her active giving flows, so that she serves the mission best not by striving from emptiness but by receiving the Father's love and letting it overflow. The mission flows from the receiving, the active apostolate from the contemplative rest, and the woman who would give much in the world must first receive much from the Father. The mission flows from the receiving, the active giving overflowing from the receptive resting in the Father's love, so that a woman serves the mission best not by striving from emptiness but by receiving the Father's love and letting it overflow into all her giving.

CONCLUSION

Let Him Love You

It is one thing to know God loves you and another to let that love in, and this book has been about the letting in, about actually receiving the Father's love and learning to rest in being His daughter. We have seen that God is really your Father, your Abba, who wants your heart and not your performance; that the father-wound which distorts the picture can be healed by letting God be the Father your earthly one could not be; that God receives you not with reproach but by running to welcome you; that His love is received in the prayer of resting, like a weaned child in its mother's arms; that this love reaches and heals the wounded places; that it is meant to be lived daily as a beloved daughter; and that, truly received, it overflows into all your loving and your mission.

Through all of it runs a single invitation, the one your Father has been extending all along: let Him love you. Not merely believe that He loves you, not merely serve Him or strive for Him, but let Him love you, receive the love He is offering, come to Him as a

daughter comes to a good father and rest in being His. This is what He wants most, not your performance but your heart, open to receive the love He has always been longing to give.

So let Him love you. Come to your Abba as His daughter, bring Him your father-wound and let Him heal it, return to Him when you fail in the confidence that He runs to welcome you, learn to rest in His presence like a weaned child and receive the love you have never let in, bring Him your wounds and let His love mend them over time, carry your belovedness into your days and live as the daughter you are, and let the love you receive overflow into all your giving. The love is offered, fully and freely, and has been all along. All that remains is to receive it. Stop striving, stop hiding, stop holding it at arm's length, and simply let Him love you, for you are His beloved daughter, and your Father is waiting, even now, to pour out upon you the love you were made to receive.

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Receiving the Father's Love: Learning to Rest in Being His Daughter is part of The Daily Bread Library.