

Seen and Sent: Your Life Has a Purpose

John 17:6–10



this is
**Eternal
Life**

November 16, 2025

DAY 1: WHEN SILENCE BREAKS

READING: JOHN 17:6-8; HEBREWS 1:1-3

For 400 years, God's people heard nothing. Then everything changed when Jesus arrived—not with thunder, but with love. God didn't send another prophet with rules; He sent His Son to reveal His heart. When you wonder what God is really like, look at Jesus. He is the exact imprint of God's nature, the Father's love made visible.

Today, consider the areas of your life where God feels silent or distant. Jesus breaks through that silence, saying, "If you've seen Me, you've seen the Father." God isn't hiding from you; He's revealing Himself through Jesus. Let that truth reshape how you see God today.

Reflection: Where do you need Jesus to break the silence in your life right now?

DAY 2: LOVE HAS A SOURCE

READING: 1 JOHN 4:7-12; ROMANS 5:6-8

We use the word "love" for everything—coffee, pets, sports teams. But God's love operates on a completely different level. It's not a feeling that fades or a preference that changes. God IS love—it's His very nature. This means every expression of authentic love flows from Him. When Jesus died for us while we were still sinners, He demonstrated love that doesn't wait for us to get better. It pursues us at our worst. You cannot manufacture this kind of love through effort or willpower. You can only receive it.

Today, stop trying to earn what's already being freely given. Let God's love be the source from which all other love in your life flows.

Reflection: Are you trying to earn God's love, or are you receiving it as a gift?

DAY 3: LOVE TAKES MANY FORMS

READING: HEBREWS 12:5-11; PROVERBS 3:11-12

God's love doesn't always look like we expect. Sometimes it's merciful, forgiving what we deserve. Sometimes it's corrective, guiding us away from harm. Sometimes it's sacrificial, costing everything. The same light shines through different shapes, but the source never changes. Our culture wants love to mean constant affirmation, but biblical love is far richer. It tells us the truth. It disciplines us for our good. It doesn't enable our destruction but rescues us from it.

When God's love feels hard to understand, remember: love isn't measured by comfort but by commitment to your ultimate good. God loves you too much to leave you unchanged.

Reflection: Where might God be loving you through correction or challenge right now?

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DAY 4: CLAIMED AND NAMED

READING: JOHN 17:9-10; ROMANS 8:38-39

Before you ever prayed a prayer or stepped into a church, God thought of you. Jesus prays, "All mine are Yours, and Yours are mine." You are claimed by God—not because of what you've done, but because of who He is. This isn't a distant deity tolerating your existence; this is a Father who calls you His own. Even when you feel unworthy, unloved, or too broken, His claim on your life stands firm. Nothing can separate you from His love—not your past, your mistakes, or your doubts.

Today, let this truth settle deep: you are worth dying for. God proved it at the cross. Stop apologizing for taking up space in His heart. You belong there.

Reflection: Do you truly believe God claims you as His own, even at your worst?

DAY 5: LOVED AND SENT

READING: JOHN 17:18; 1 JOHN 4:19-21

God's love isn't meant to end with you—it's meant to move through you. Jesus prays that His followers would be sent into the world just as He was sent. You're not just a recipient of love; you're a conduit. The love that transformed you is the same love that can reach your family, coworkers, neighbours, and community. This is eternal life: love received, love given, life transformed.

Who in your sphere of influence needs to encounter God's love through you? Maybe it's someone hard to love, someone who's hurt you, or someone living in darkness. Jesus isn't pulling you out of the world—He's sending you into it. Let His love overflow from your life today.

Reflection: Who is one person God is calling you to love with His love this week?