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## The one who dwells in the help of the Most High will lodge in the protection of the God of Heaven.

PSALM 91.1 (NICHOLAS KING)





## For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

JOHN 3.16 (NRSV)

## READ MORE: JOHN 3.11-21

This famous verse comes after (or is perhaps part of) Jesus' conversation with the Pharisee Nicodemus. Nicodemus found it very difficult to understand what Jesus was telling him about spiritual life. Maybe he was used to thinking about practical questions — how exactly to obey God's laws. But Jesus was asking him to use his imagination, to picture a different kind of birth, or the invisible wind of God's Spirit.

There are lots of 'opposites' in this chapter: death and life, darkness and light, flesh and spirit, earth and heaven. They are big ideas, and so is the thought that God showed his love for the world by giving us his Son. How does it make you feel, to meditate on these verses?















