

Have I Told You Lately

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Have I Told You Lately

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We love because He first loved us.

1 JOHN 4:19

HAVE I TOLD YOU LATELY

When my husband was alive, life often became a whirlwind of errands, responsibilities, and unfinished to-do lists. In the middle of those busy days, I would suddenly stop what I was doing, walk up behind him, and whisper, "Has your wife told you she loves you today?"

Without fail, he'd grin and answer, "I don't think so!"

I'd laugh and reply, "Well, shame on her! If I were your wife, I'd tell you I love you every minute of every day." Then I'd spend the rest of the day doing exactly that.

Those memories make me wonder: When was the last time I simply told God I love Him?

Most of us are quick to bring Him our requests. We ask for healing, guidance, provision, and protection for ourselves and those we love. But how often do we pause with no agenda except to express our love and gratitude?

The truth is, we only know what love is because God loved us first. "We love because He first loved us."

— 1 John 4:19

One of my favorite verses is found in Zephaniah: "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you... He will quiet you with His love... He will rejoice over you with singing." — Zephaniah 3:17

I picture a frightened child resting in the arms of a loving mother, finally soothed and at peace. In the same way, God quiets our anxious hearts with His love. When life is noisy, demanding, and uncertain, His presence calms what nothing else can.

The Apostle Paul called Him "the Father of mercies and the God of all comfort," the One who comforts us so that we, in turn, can comfort others. What incredible love!

Today I'm choosing to interrupt my rushing and simply tell God, "I love You. There is no one else above You. Thank You for lifting my sadness, filling my heart with gladness, and carrying me through every trouble."

The song Have I Told You Lately beautifully echoes that truth: "There's a love that's divine. And it's yours and it's mine. Like the sun at the end of the day."

Author Nicholas Sparks wrote, "Love... is more than three words mumbled before bedtime. Love is sustained by action, a pattern of devotion in the things we do for each other every day."

May we never take God's love for granted. Instead, may we receive it, return it, and let it overflow into every conversation, every kindness, and every life we touch.

As we walk today, let's ponder:

- If God listened to every word you spoke today, how often would He hear "I love You" compared to "Help me"?
- What might change in your heart—and in your relationships—if gratitude and love became your first response instead of your last?

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