



# LIVING IN THE HEART OF LOVE

A BOOK TO INSPIRE  
COMFORT & UPLIFT

THOSE WHO ARE SUFFERING



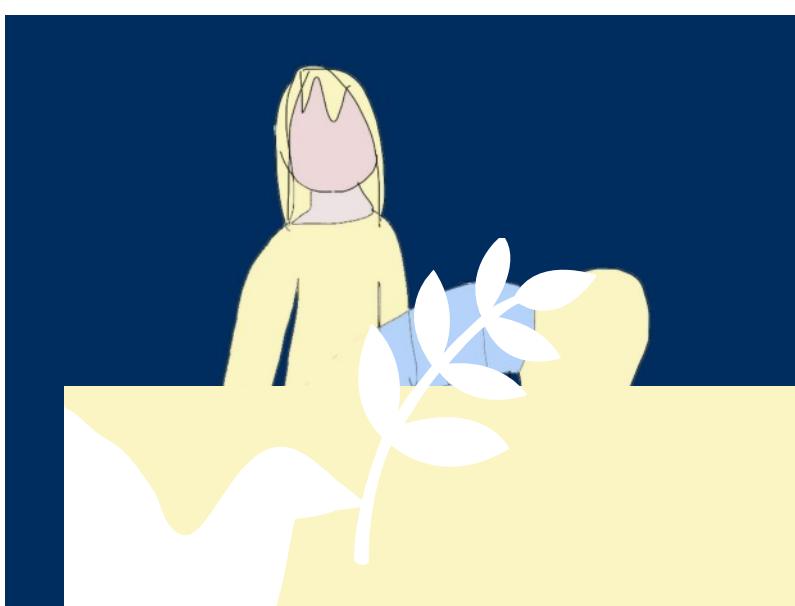
I CONTINUE

TO BE BLESSED BY YOUR  
BOOK! I WANT TO SPEND  
EVERY SECOND " LIVING  
IN THE HEART OF LOVE".

*Nicky*

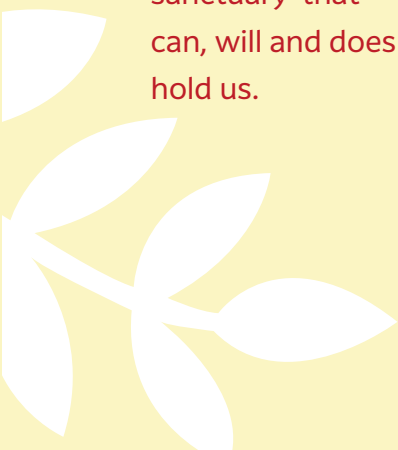
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# THE HEART OF LOVE

When we come to a place of intolerable, intractable suffering, the Heart of Love is a sanctuary that can, will and does hold us.



IS THE AWESOME MIGHTY TRINITY, THE FATHER, THE SON, THE HOLY SPIRIT, THREE IN ONE, ALL WORKING TOGETHER IN UNISON; IT IS THE HEART OF ABSOLUTE POWER, ABSOLUTE LOVE, ABSOLUTE WISDOM, ABSOLUTE TRUTH, ABSOLUTE JOY, FROM WHICH ALL MERCY FLOWS THROUGHOUT THE UNIVERSE TO REACH US ALL, ACROSS TIME AND SPACE. NO ONE IS EXCLUDED FROM THIS RELATIONSHIP. NO ONE IS UNABLE TO OPEN AND RECEIVE THIS UNCONDITIONAL GIFT.

# THE PATH OF SUFFERING

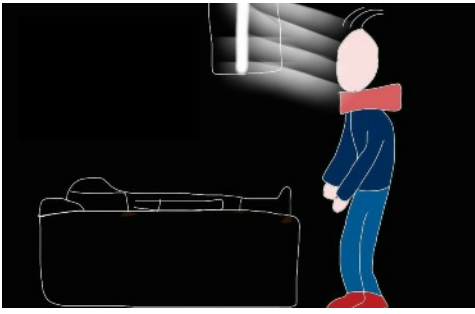
Is sometimes so great the only way is through it

IT IS NOT THE 'WHY'  
OF SUFFERING,  
SO MUCH AS  
THE 'HOW' OF  
SUFFERING  
THAT DELIVERS  
A PATH OF HOPE.



Lord you lift and carry my  
soul.

Now lift and carry this weary  
body.



## The Meaning of Suffering

Either you choose a path of fear and despair or you enter more deeply into the meaning of suffering, where you find Christ, not just as a theological idea or someone somewhere else, but living, alive with you, more deeply than you could ever have imagined before this suffering came upon you.

It is here

**...THAT YOU COME TO MEET  
THE LIVING CHRIST, ALL  
MERCIFUL, ALL LOVING, ALL  
COMPASSIONATE, ALL  
EMBRACING CHRIST, WHO  
KNOWS EVERY MOMENT OF  
AGONY AND RESPONDS WITH  
LOVE.**



TO SAY THAT  
“LIVING IN THE  
HEART OF LOVE” IS  
ABOUT  
INDESCRIBABLE  
SUFFERING WOULD  
BE ACCURATE, BUT  
INCOMPLETE. IT IS  
ABOUT MUCH  
MORE.

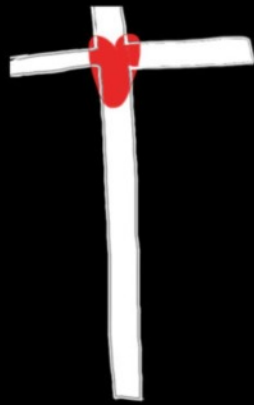
DAVID COUPAR

### THERE ARE NO EASY ANSWERS....

suffering and death are real and unavoidable, yet somehow, if we cling on tight, if we ask for strength, if we ask for light, if we ask for help, if we reach out, even if we are beyond asking, beyond words, beyond thought and just utter a cry aloud, unbearable screeching groan of desperation and agony, somehow God truly knows, even in the darkest place, even in the most desperate of agony, there is still a spiritual reality and connection that is greater still. We will find a passage through that which we feel is impossible to bear, for God bears it with us and He weeps with us and sometimes, through that knowledge and connection, miracles happen and a light shines once more to see, even though the pain remains.



LIVING IN THE  
*Heart of Love*



Holy

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