INTRODUCTION

" Oh, no! Not another Sunday afternoon at Auntie Nellie's!"

I protested.

Visions of endless hours being wasted sitting quietly, listening to the relentless ticking of a clock, filled my mind. Such memories of childhood in Welwyn Garden City came rushing back.

" Why is he so big?"

my Auntie would say, her voice piercing the silence.

" Well,"

replied my Dad,

" It" s because he eats a lot of bread pudding."

" Is that true Dad?"

I would ask when we finally found the refuge of home.

" Am I big because I eat lots of bread pudding?"

" No son, the bread pudding is just for your Auntie Nellie. **You are big because I give you lots of loving."**

Lots of loving ! What a marvellous answer.

Even today as I sit down to write a few memories of my life, these words from childhood ring in my ears. If we want to grow big we need to know that we are loved! Human hearts everywhere are crying out for love. The soul shrinks for want of love. Every child needs the love of his Dad, and in the same way God, our heavenly Father, longs to pour out his eternal love into our hearts. It is not the 'pudding' of religion, good works and legalism which brings life but rather the free gift of God's gracious love which energises us. It is this love which has been the dynamic foundation and continual heartbeat of my life. In the pages that follow I would like to unfold something of the wonderful grace of God and encourage you to open up your own heart to more of this personal love for you.