

"Heart and Soul"

We are offering a series of reflections for individuals and churches who may be finding it difficult to provide midweek prayer and shared learning from Scripture. You can use these by watching the YouTube video, reading the relevant Bible passage and then reflecting on the questions below. To help make this a shared activity, you are encouraged to reflect on this together with friends using an online conference package, or simply arrange with a friend for them to watch it too. Then ring each other up, share what your thoughts and responses and then pray for one another, and pray together for our world.

Read Deuteronomy 6:4-9 and/or Luke 10:25-29

Watch the YouTube video: https://youtu.be/MtnqBgJXycO

As you reflect on the foundational words to love God with all our being, consider:

How can I love the Lord our God with all my heart? Our faith is founded on a relationship not religious duty. Let yourself remember that God loves you; spend some time reflecting on how you have experienced God's love in your own life journey? What is it about God's nature and God's goodness that gives you cause to love God? Our emotions are intended to be part of our worship and response to God.

How can I love the Lord our God with all my soul? If "heart" reflects the breadth of our emotions, perhaps "soul" expresses something of the depth of our being – the person we are irrespective of our circumstances. Make this an invitation to search yourself – is there anything you are seeking to hide away from God? These may be deep seated hurts and disappointments or even our hopes and ambitions. Let these things become part of how and why you love God, not things that get in the way of loving God.

How can I love the Lord our God with all my strength? Love sometimes requires effort and effort requires strength. The Samaritan traveller represented a willingness to overcome deep seated prejudices and divisions in order to express a love for God. Where do we need God's strength? Where do we need to invest our own strength and effort to show our love for God in present circumstances? Who is God calling us to love? Who are those that experience might have conditioned us not to notice or recognise?

How can I love the Lord our God with all my mind? Do present circumstances offer a chance to deliberately learn something more of God, perhaps through something as simple as deciding to read a book or dig more deeply into a particular part of the Bible? How can you apply you rmind to present circumstances – taking time to reflect on what is happening around you? Do you need to invest time in thinking through ways that you can live out your love for God at the present time?

PRAYER

Loving God – help me to love you with all of my being. Rekindle that love within my heart each day; grant me the openness to let your love dwell deep within me; grant me the strength and resolve to love you in every situation; and open my mind to new opportunities to see your love at work through me.. And so may I be equipped to follow you and may your name be glorified through the footsteps that I take

AMEN