

# COUPLES FOR CHRIST CHRISTIAN LIFE PROGRAM

## Participant's Handout

### SESSION No. 5 : THE CHRISTIAN IDEAL: LOVING GOD

#### Brief Outline

Goals and ideals are important to move us on. Goals can direct our behaviour and plans for life. As Christians, loving God is our highest ideal. This is God's first and greatest commandment. (Mk. 12:28-30)

#### **A. Loving God with All Our Heart**

1. We need first to understand what Jesus meant by "heart."
  - The heart is the symbol of the core of who the man is. It includes intelligent thought and will, along with feeling or emotion.
2. To love God with all our heart means to be totally committed to him.
3. How do we put the Lord first and foremost in our life?
  - It requires a decision to obey him.
  - We need to develop a personal relationship with him.
  - We should be with God all the time

#### **B. Loving God with All Our Mind and Soul**

- We love God with all our mind and soul by keeping our mind clean and holy; using our mind according to God's truths and not according to the ways of the world; preoccupying our mind with things of God; protecting and preserving our mind from unholy influences; using our mind for God's purpose.

### C. Loving God with All Our Strength

- Loving God with all our strength means giving God all our resources – time, talent, and treasure.

We cannot love God with all our heart, mind and strength by merely deciding to do so. What will make it possible is the power of the Holy Spirit.

#### Discussion starter

How have I loved God in a concrete way?

#### Scriptures for daily prayer

Day		Day	
1	Matthew 22:36-38 and Mark 12:28-30	4	Matthew 7:1-5
2	John 14:21-24	5	Malachi 3:7-10
3	Romans 12:1-2	6	1 Timothy 6:7-14
		7	John 4:34

#### The Challenge

Loving God is not as vague and impractical as you may think. It involves specific, practical actions, decisions and commitments. Can you make loving God your first and highest ideal? Are you ready to make Jesus and Mary the model of your life?