

# Loving Large Week 1: The Distracted Life

## Key Verse

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Matthew 22:37-40 (NIV)

## Sermon Notes

Jesus said that the two greatest commandments:

- 1.
- 2.

If we did this, the world would run on \_\_\_\_\_.

But sadly, the world (and often Jesus’ followers as well) is \_\_\_\_\_.. Three problems:

- 1.
- 2.
- 3.

The focused life,

- 1.
- 2.
- 3.

If you could fill in the blank, “The world runs on \_\_\_\_\_.”

Questions for thoughts:

What would you say and why? When you catch yourself living the distracted life, what helps you refocus?

## **Reflections for the Week**

### **Mark 12:29-31**

Jesus gave two commands as being the greatest. What do you think it means to “love God”? What does it mean to “love your neighbor”? How do you see these being connected on a daily basis? What are some ways that we are tempted to separate the two?

### **1 John 2:3-6**

We were challenged this week to spend five minutes “loving God.” What does “loving God” look like? What are some ways that our time spent “loving God” could flow into our relationships with others?

### **Philippians 4:8-9**

This verse gives us an example of a focused mindset. How would our daily lives and the lives of those around us change if we were focused like this passage describes?

### **Mark 12:17**

Jesus said to them, “Give to Caesar what belongs to Caesar and to God what belongs to God.” His reply left them overcome with wonder.

Many of the people that were questioning Jesus were clearly distracted. They were in the presence of the Son of God and they asked him questions to test his knowledge of God’s law. Rather than get to know him or enjoy him, they want him to do something for them.

One time they asked him a question about to whom they should pay taxes. They asked not because they truly wanted to know the answer, but instead because they wanted to trap Jesus in his words. They were distracted.

When Jesus answered such questions he always pointed them away from the technical question and toward the God who they needed to focus on.

If you were in the presence of Jesus, would you seek to know him and enjoy him or would you be too distracted to do so?

What are the big distractions in your life?

What would help you focus on your God given purpose (to love and be loved)?

## **Closing Prayer**

Jesus, I hear you calling me to love God with everything I’ve got. I want to do that today in a way that changes me and changes my world. I hear you calling me to love my neighbor the way that I love myself. Help me to love myself more fully and to give love to all that I encounter today. In your name. Amen.