

Vital Signs

How am I Showing Up to Love My Neighbor?

Mark 12:28-34

October 22, 2023.

Introduction: How would you measure your spiritual health? We do it all the time with our bodies: temperature, pulse, respiration, blood pressure. All signs of life in you. Are there any signs of spiritual life in there? What would you do to strengthen them? If you found a heart beating by itself on a sidewalk, you know it wouldn't last. It needs a healthy body. Same with us. "We are members of one another" (Romans 12:5). Active members at UPC make five commitments to one another: worship, formation, community, mission, giving. We need you to join us. And to strengthen the life of Christ in your life.

Prayer: Holy God, show us through your word how we are to live together as your children. Amen.

Review: What did you identify as your part of life together in your church community? How did you live as family this week?

Read: Mark 12:28-34

Discussion:

1. Jesus quotes Moses from Deuteronomy 6:4-5 in verse 30. Think about loving with heart, soul, mind, strength. How are each of these ways of loving different? What would loving God in each of these ways look like? Is it easier to do or to feel each of these?
2. How do you love yourself? How could you expand this love to your neighbor?
3. What is the equivalent of burnt offerings in your Christian life? To which commands of God do you give more importance in your life than those Jesus gives in this passage?
4. What is getting in your way of feeling or showing love toward God or your neighbors?

Application: Think about specific ways you could love God, yourself and your neighbor this week. Ask God to give you the power to show love in these ways.

Prayer: Merciful God, fill us with your love so that we can love you, ourselves and others. Amen.