

Reset – A 40 Day Media Fast

Week Three: Loving God and Others

March 20-26, 2022

Day 1: Read Isaiah 40:18-31

Compare the attributes of an idol to those of the Lord. What are some modern-day idols, and which tempt you? What can God provide you?

Reflect on: Isaiah 40:25, “To whom then will you liken Me That I would be his equal?” says the Holy One.

Day 2: Read Mark 12:28-34

Can you list some practical ways to love God with all your being? Try drawing examples from the words Jesus used in verse 30. Do you love your “neighbors”? Do they know it? How? Who are they?

Reflect on: Mark 12:30–31, 30, ‘AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.’ **31** “The second is this, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ There is no other commandment greater than these.”

Day 3: Read John 14:15-24

What all does Jesus promise in these verses? What do His followers need to do to experience this in fullness? Is there a commandment that needs to become a “keeper” for you to better show your love for God?

Reflect on: John 14:21, “He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him.”

Day 4: Read 1 John 3:16-18

John succinctly lets his readers know what true love of your neighbors is. Draw some simple instructions for loving your neighbor from these verses. Does the Lord bring any neighbor to mind for you to show love?

Reflect on: 1 John 3:18, “Little children, let us not love with word or with tongue, but in deed and truth.”

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