

A DEEPER WAY: RIGOROUS, REFLECTIVE, REAL

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Michael Swartzentruber, Senior Minister



Luke 10:25-28

25 Just then a lawyer stood up to test Jesus.* 'Teacher,' he said, 'what must I do to inherit eternal life?' 26 He said to him, 'What is written in the law? What do you read there?' 27 He answered, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.' 28 And he said to him, 'You have given the right answer; do this, and you will live.'

REFLECT & DISCUSS

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase or image stands out to you?
2. Loving God with heart, soul, mind, and strength is a way of saying "all that you are". What do you think this means? Why would that be a challenge?
3. What do you think loving God with your mind means? Is there room for doubt, uncertainty, and changing your mind? Has any of this been a part of your spiritual journey?
4. The body has often been rejected, ignored, or minimized in certain strands of Christianity? What do you think it means that our full selves, including the gift and challenge of our bodies (our "strength"), are a part of our faith? How do you love God by caring for your physical needs like nutrition, exercise, rest, etc? How do you recharge and renew your strength?
5. "To love your neighbor as you love yourself" is an invitation not only to love your neighbor, but importantly to actually *love yourself well*. Some strands of faith emphasize the brokenness of our humanity. Why do you think it matters that we love ourselves well?
6. Who is your neighbor? What does it look like to love your neighbor in your life, community, or city?
7. How do you think the church—not just one person, but a community of people—is called to live out this teaching?

South Elkhorn Christian Church (Disciples of Christ)

4343 Harrodsburg Road, Lexington KY 40513

859-223-1433 southelkhorncc.org