



JULY 26, 2020

LOVE FIRST, FIRST LOVE

WEEK DEVOTIONAL BASED ON SUNDAY'S WORSHIP SERVICE

JOIN US FOR WORSHIP SUNDAYS 9:00AM AT
WWW.FIRSTLUTHERAN-BARRON.ORG OR ON THE RADIO 97.7FM

Mark 12:28-31

28 One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, "Which commandment is the first of all?" 29 Jesus answered, "The first is, 'Hear, O Israel: the Lord our God, the Lord is one; 30 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."

HOLDING IN PRAYER

For health and healing we pray for: Lois Schultz, Gladys Hansen, Valeri Scheps, DeAnn Anderson, Eugene Olson, Ron Kahl, Kathy Weghorn, Betty Missling and Gail Larson

LET US PRAY...

Gentle one, thank you for your spirit within us who guides, encourages, and strengthens us. Help us see ourselves through your eyes - with love, kindness, and deep joy. May we love our bodies, treasure our hearts, and celebrate our spirits. Amen

LORD'S PRAYER

Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

COMPASSION FOR MYSELF

TAKEN FROM COMPASSION CAMP

COMPASSION HELPS US LOVE OURSELVES

It means showing gentleness and kindness to ourselves in heart, soul, mind, and strength. When we pay attention to and honor our own selves, we experience how God sees and loves us. Through Jesus' teaching of an ancient Hebrew commandment, the children will experience self-love as an essential form of compassion. Children will practice affirming themselves through word and body, seeing how doing so connects them to God's Spirit within.



Last week we learned to be compassionate means trusting God to help us be brave to love others, and even ourselves. The time before that, we learned that compassion means showing gentleness and kindness to ourselves in heart, soul, mind, and strength.

We know God's commandment to love others. One way we understand how to love others is to pay attention to how we feel and what we need, too. The temple leaders were worried about important things like fairness and authority, but Jesus wanted to show them that one way to love God and love neighbor is by taking care of our bodies, minds, and souls.

What do you need?
What does every human being need?
How does knowing what you need help you love God and love others?

This is a beautiful part of compassion. When we love and care for ourselves we are being faithful to God.

The leaders who question Jesus are concerned with so much. They're focused on things that aren't related to loving God, loving neighbors, or loving ourselves. They don't understand or trust Jesus - how he heals, teaches, loves, and how the people follow him. So they asked Jesus: "where did you go to become a teacher?" because they didn't understand where he got his power and knowledge. They asked him about his political views hoping he would choose one side and make at least some people angry if he didn't choose their side. They asked him about complicated things like the afterlife because they thought he wouldn't be able to give a good answer, and then the people would become unsure of him, too, and stop following him.

IMAGINING

What does it mean to love ourselves?

Why is this important?

How does having love for ourselves help us love others? To love God?

What are some ways you can love yourself?

