



## Session 3: Following Jesus as a Way of Life

### Focus Prayer

Before you begin this reflection time, offer this prayer or the words of your own heart.

*God, give me ears to hear, eyes to see, and a heart to know your love through my time here today. Amen.*

### Core Theme

Discipleship – We practice whole-life discipleship, that is, living and loving like Jesus in every part of our lives – not just on Sundays, but for our whole life long.

### Scripture: Matthew 22:34-40

When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. “Teacher, which commandment in the law is the greatest?” He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

In a journal or with a partner, explore the following:

- In the passage above, what word or phrase did you notice from Jesus’ first commandment? What word or phrase did you notice about the second commandment? Why do you think these stood out to you?
- How do you try to practice whole-life discipleship: living and loving like Jesus in every part of your life – not just on Sundays, but for your whole life long?
- What helps you to do this?
- What role do community and commitment play in living like this?

### Closing Prayer

Close your reflection time with prayer, either with these words, or your own.

*I give thanks for the love of Christ, in and through all things. Amen.*

### Additional Engagement Opportunity

Between now and Session 4, try to start each day with the “Morning Resolve” prayer:

*Dear God: I will try this day to live a simple, sincere, and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in*

*expenditure, generosity in giving, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike faith in God. In particular I will try to be faithful in those habits of prayer, work, study, physical exercise, eating, and sleep, which I believe the Holy Spirit has shown me to be right. And as I cannot in my own strength do this, nor even with a hope of success attempt it, I look to thee, O Lord God my Father, in Jesus my Savior, and ask for the gift of the Holy Spirit. Amen.*