



Week Leading up to 10.31.21: Heart, Mind, Soul, Strength

***{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: Mark 12: 28-34

After the Reading Conclude with this prayer:

Thank you, Lord God, for becoming man so that man might become partakers in your own divine nature. Your nature is love itself. Grant us strength and grace, not just to love but to also become love. We thank you for this challenging call, for it reminds us of our true worth and purpose. Amen.

Reflection or Discussion Question:

1. Jesus links love of God with a love for others. Is there a particular person or group of people you currently struggle to love?

YouTube Video: Heart, Mind, Soul, Strength with Mike Chamberland (10:07) <https://youtu.be/Blc6SGp53uU>

Reflection or Discussion Questions:

2. Can you think of another paradox of our faith that you appreciate or find interesting?
3. How do you think you could better love the Lord with all your heart (Core of a person, intentions and will)?
4. How do you think you could better love the Lord with your mind (Reason, intellect)?
5. How do you think you could better love the Lord with your soul (The whole person)?
6. How do you think you could better love the Lord with your strength (every ounce of energy)?
7. Are you familiar with the book *The 5 Love Languages*? The book poses the theory that people have a particular way they like to both receive and give love (quality time, gifts, words of affirmation, physical touch, acts of service). How do you like to receive and give love?
8. After considering the video and these reflection questions refer back to the first discussion question just after the reading. How might this conversation help you to love that person or group you currently struggle to love?

Session Challenges: {Choose one or both}

- Pray all week and consider fasting one day for an “enemy” (someone who deeply frustrates you or seems to work against you and God’s purposes).
- Spend 10 minutes praying, reflecting and staring at a crucifix while contemplating what Jesus teaches us about the nature of true love.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Heavenly Father, You have made us IN love and FOR love. May You be the center of our lives with all our hearts, all our minds, all our souls and with all our strength. May we be a channel of Your love and peace to all those around us. Amen.

{Optional additional Readings} Sunday Reading 1: Dt 6:2-6; Sunday Reading 2: Heb 7:23-28

Additional Information: To learn more about the SHEMA that Mike referred to in the video check out these resources: <https://www.ourladyofthelakeromancatholic.org/blog.php?month=201811&id=1196222959&cat=&pg=1&title=The+SHEMA+-+With+All+Your+Heart> and <https://www.youtube.com/watch?v=phCbgvDXpss>