

Loving Heart

If you will only heed God's every commandment that I am commanding you today—loving the LORD your God, and serving him with all your heart and with all your soul. Deuteronomy 11:13

The image of “loving” is often soft and squishy. A “loving heart” can be mistakenly interpreted as gullible and weak, easily shaken and bruised. But when we look at the heart as the place where God dwells, a loving heart takes on a new look: It has great capacity and stamina; it is strong and durable and in constant motion; it is wise and always available to “the other.” Loving describes the shape the heart is in and what it is made of rather than an emotional state or passing feeling. A loving heart is a disciple’s way of being and part of godly self-discipline.

A loving heart is born out of loving and serving God. God first loved us, and God empowers us to practice love in action. Our hearts are opened to God and we are better able to see, hear, and receive God active in our lives. Exercising a loving heart and loving others gives us many opportunities to strengthen our faith.

- 1. Sit in a chair with your feet firmly on the floor in front of you.***
- 2. Place your hands on your lap palms up.***
- 3. Center yourself and tune out all external noise.***
- 4. Listen to your heartbeat.***
- 5. As you inhale, let a reason you love God wash over your mind. (God is always with me.)***
- 6. As you exhale, let one way you can express that same reason to another wash over your mind. (Call your mom and dad.)***
- 7. After three or four rounds, end your time with “Thank you, God, for loving me.”***
- 8. Write your thoughts on the hearts to keep with you.***