



Marriage Growth-Track

Week 13 - Day 1

Loving Me

And 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."

Luke 10:27

Observation:

Love God with all my heart, soul, strength and mind
Love my neighbor
Love my neighbor as myself

Application:

This passage is known as the Great Commandment. The Great Commandment gives us the map of how we are to live: love God, others and ourselves. For many in the church, we love God and others, but we neglect the person who probably needs our love the most-- YOU. Yes, receiving love is just as important as giving love.

As our creator, God took on the form of a human with the mission of restoring us to Him. During His short time on earth, even Jesus practiced self-care (loving yourself). What is self-care? It's taking personal responsibility for your physical, emotional, intellectual, and spiritual life. Before we go further, I want to make sure and communicate that self-care is not an act of selfishness, but rather an investment into yourself to continually live out the great commandment.

A thriving marriage is made up of two thriving individuals. It can only be as strong as its components, you and your spouse. Healthy relationships emerge when healthy people come together in a healthy positive way. This means that there's a place for appropriate self-care in any marital relationship for the purpose of bringing out the best in you to live out the great commandment.

Over the next four days, we will look at how Jesus practiced self-care on a regular basis.

Discussion Questions:

1. How often do you practice self-care?
2. What self-care brings out the best in you to pour back into your marriage?

Action Steps:

Research shows that gratefulness raises your happiness level significantly. Take two hours today and write down everything you're grateful for. Now, spend the next five days in prayer and thank God for your "grateful" list.

Prayer:

Heavenly Father, thank you for your Word on how we can live our best. Lord, we want to learn how we can practice self-care. How we can re-energize ourselves for the purpose of bringing honor to your name and do good to each other.

