



Week 1 Guided Devotional

Week 1 Foundation

Love.

The foundation of Christianity.

“Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. This is how we know that we live in him and he in us: He has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Savior of the world. If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.”

1 John 4:7-17 NIV

<https://bible.com/bible/111/1jn.4.7-17.NIV>

Often times our experiences in the world around us have left us with a tainted view of what love is...

or WHO love is. Part of our walk as Christian's is to change our perspective to HIS perspective-- therefore changing our outlook on life in general.

This week our focus is on building the foundation for our health journey. As Christians our house is to be built on Christ ... who is love.

My favorite scripture to sum up Jesus' teaching on the foundation of Christianity can be found in Matthew 22.

““Teacher, which is the greatest commandment in the Law?” Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.””

Matthew 22:36-40 NIV

<https://bible.com/bible/111/mat.22.36-40.NIV>



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So again we start with loving God. If you are like me, sometimes even our view of Him has been tainted by experiences with Christians or even the church itself.

So who does HE say He is?

You can search the names of God and find many different words that have been used, but I have found a very simple description by looking at 1 Corinthians 13.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away."

1 Corinthians 13:4-8 NIV

<https://bible.com/bible/111/1co.13.4-8.NIV>

As you read this scripture take a moment to read it again by replacing the word "love" with "God".

It would read: God is patient, God is kind. He does not envy, He does not boast, He is not proud. God does not dishonor others, He is not self-seeking, He is not easily angered, He keeps no record of wrongs. God does not delight in evil but rejoices with the truth. God always protects, always trusts, always hopes, always perseveres. God never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away."

1 Corinthians 13:4-8 NIV

Remember God is love.

So first we must love God. With all of our heart, mind, and soul, we will love him and in turn create a foundation for us to begin not only understanding that depth of love, but also a clearer view on this God that we claim to love.

Second we see Jesus command to love our neighbor... wait for it... AS OURSELF.

Wow. What a pause.

How many of us can say that we truly love ourself?

What a thought... to love every flaw inside and out?



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It seems like a task that is unobtainable, but we know that with Christ all things are possible... even learning to love the real YOU!

So here's our challenge. Week 1... setting the foundation for our motivation to change.

Let us Pray:

Jesus, You are our motivation. You are the only deserving One worth changing for. You call us to more based on your perspective. Lord we ask You to take our broken view and clear our eyes to see what You see. Transform our hearts along this journey to know the truth about love, the truth about You, and the truth about the standard that we are called to. Teach us to love ourselves so that we can, in return, truly love those around us! Help us stay focused on the transformation from within and create goals that align with You and Your word always. Amen.

Anchor Hymns

<https://youtu.be/5nJsYMeT-wA?si=sauGXW6DZ038pJm8>

With Love,
Cassandra Prediger