

JESUS' 30-DAY LOVE CHALLENGE

For the month of November

Loving God:

At some point each morning, not too long after you get up, say to God, "I love you. I love you with all my heart. All my spirit. All my mind. All my strength." And think about what it means to love with each of those aspects of yourself.

Loving our neighbors:

Each day, think of a neighbor whom you find it hard to love.

An actual neighbor, or someone in your life, or a type of person you don't like.

Hold that person in your mind's eye in prayer, and envision them bathed in God's light of blessing.

You still don't have to like them – but maybe you will find yourself loving them – meaning, to desire their spiritual growth. Pray that for the neighbor you find it hard to love. Remember that Jesus also said we are to love our enemies; let's practice on our neighbors!

Loving ourselves: Each day, practice loving yourself.

Think of something that's wonderful about you.

Think of something you wish was different – and then love yourself as you would your son or daughter or a child if they told you that.

If you still have trouble loving yourself, remember that God made you and delights in you.

Write down any thoughts or feelings that come up as you do this.

Tomorrow, rinse and repeat!