



The First Commandment
You Shall Love the Lord Your God

You shall love the Lord your God
with all your heart, with all your soul,
and with all your mind.
This is the first and great commandment.
(Matthew 22:37-40).

Try keeping a journal on a daily basis for at least a week. Write down specific things you do or say with the intention of keeping the first commandment. In what ways are you making the Lord a priority in your life? We learn to love a thing by practicing or doing it, so practicing putting the Lord at the center will deepen your relationship with Him.

You could also note the times when you may fail in making the Lord a priority. How might you do things differently next time?