

Love the Lord Your God with All Your Strength

Jay Perillo

Love the Lord Your God...

God created humanity and longs to have a relationship with His creation. This relation is marked by love.

- “Love the Lord your God with all your heart and with all your soul and with all your strength.” – Deuteronomy 6:5
 - Moses emphasized this message to the people of Israel
 - This was a message to be passed on from generation to generation
- Our entire being is to display that we love God

...with all your strength.

Strength is used as a noun and adverb 298 times

- Can translate to power and wealth
- We love God with everything that we have physically
 - We should love God with whatever resources that are at our disposal
 - We love God with our time, talent, and treasure
 - Time
 - God has given us a certain amount of time – we can never get back time
 - Talent
 - How do we love God with our talents?
 - Do we use our talents to build our own kingdom? Or invest our talents in the kingdom that lasts forever?
 - Treasure
 - Treasure may be different for people
 - Do I put on display that I love God with what He’s given me?
 - Does God get my first fruits?

Loving God with our Bodies

- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own” - 1 Corinthians 6:19
 - When we say yes to God, God by His spirit indwells our body
 - We are the dwelling place of God – as individuals and collectively as a community of believers
 - I do not own my own body, God does.
 - How can I honor God with my body?
 - How can I bring glory to God with my physical self?
 - “Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” - 3 John 1:2
 - Speaks to physical and spiritual health and emphasizes that they can be connected

- Habits of health
 - Eating habits
 - Do you think about what you put in your body?
 - Some of the healthiest things we can eat are whole foods
 - They fuel our body that we can use to glorify God
 - Movement habits: Exercise
 - Do you think about moving your body?
 - 8-10,000 steps/day or physical activity equivalent to it – great health benefits for mobility and for cardiovascular health
 - Ask God: what does it mean to have a healthy, well-balanced lifestyle?
 - Sleep habits
 - God models rest (Genesis 1 and 2)
 - Have you considered how you can love God with your sleep habits?

Rest in Him

- Outwardly we will waste away, but inwardly we can be renewed day by day. (2 Corinthians 4:16)
 - To love God with all our strength, we need to rest in Him
 - “Be still and know that I am God.” Psalm 46:10[a]
 - This is a physical posture that leads to an inward spiritual renewal
 - Shut off the noise and get alone with God
- You can love the Lord your God with all your strength when you find rest in Him.
 - Do you love the Lord your God with your entire being?

Resources

I'll Start Again Monday – Lysa TerKeurst

Eat, Fast, Feast: Heal Your Body While Feeding Your Soul – Jay W. Richards

The Daniel Plan – Rick Warren, Daniel Amen, Mark Hyman

[“A Little Theology of Exercise”](#) – David Mathis

Garden City: Work, Rest, and the Art of Being Human – John Mark Comer