



When Jesus was asked what is the greatest commandment he replied, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these." (Mark 12:30, 31)

However, the reality is that even if we believe this, living out such a commitment to God and to our neighbour does not simply happen. It becomes our lifelong pattern of living. The summer challenge for 2018 is intended to help us be more conscious of things we can do to increase our commitment to this goal for our lives.

You are asked to set aside at least 15 minutes a day for reflection and prayer. Then you are asked to explore at least 20 of the following suggestions for reflection and prayer. Not all of them may fit your circumstances, but it is expected that some of them will resonate with you. You can do them in any order that you wish and linger over some for more than a day if that seems appropriate. Check off the items as you complete them.

- \_\_\_ Identify something in your life about which you worry more than you should. Is there anything that you can do to eliminate it? Talk it over with God.
- \_\_\_ Select a favourite scripture passage. Reread it. Think about why you value it and what it says to your life today. Make this a matter of prayer.
- \_\_\_ Think of something in your life that you have begun and not finished. Make a plan to resume and complete it. Ask God for guidance and help.
- \_\_\_ Think of two or three people you know for whom you ought to pray. Approach God in prayer on their behalf.
- \_\_\_ Identify something in your life that needs to be changed. Consider what you could do about it. Ask God to guide and help you as you plan to act.
- \_\_\_ Think of a hope or dream that you still have for your life. Pray that God will help you to understand if and how this dream may be fulfilled.
- \_\_\_ Think of someone in your world towards whom you should reach out in some practical and compassionate way. Ask God to guide you in your response.
- \_\_\_ Is there a fear in your life that you wish to overcome? Share your feelings with God in prayer and ask for his peace in your life.

- \_\_\_ Is there anything that you could do to deepen the spirit of fellowship in Alberton Church? Pray that God will guide you to act.
- \_\_\_ Think of a favourite hymn. What makes it special for you? Use the sentiments of the hymn to guide your prayer today.
- \_\_\_ How could you express your love to God in a fresh way? Begin your prayers today by expressing your love to him.
- \_\_\_ Think of someone in your world whom you treasure. Consider what makes them special to you. Thank God for them and pray for them.
- \_\_\_ Think of two things in your world that bring you joy. Thank God for so graciously providing them for you.
- \_\_\_ Think back and remember someone who had a positive influence in your life at a critical time. Thank God for bringing them into your world.
- \_\_\_ Read Luke 11:25-37. Identify someone you had not previously thought of as a neighbour. Ask God to help you treat them as your neighbour.
- \_\_\_ Stop and think about the beauty of the world around you. Thank God for the beauty and wonder of his creation.
- \_\_\_ Is there anything that you can think of that hinders you in your commitment to love God and your neighbour? Ask God to help you overcome it.
- \_\_\_ Do you sometimes find it difficult to talk about your faith? Ask God to help you talk about spiritual things more naturally.
- \_\_\_ Are there ways that you could treat "neighbours" more like the way that you treat yourself? Reflect on this and ask for God's guidance.
- \_\_\_ Is there someone in your world with whom you have trouble relating easily? Talk this over with God in prayer and ask him to guide you.
- \_\_\_ Do you carry with you hurts from past experiences in your life? Ask God to help you forgive or feel forgiven so you can leave them behind.
- \_\_\_ Is there something or someone that always makes you angry? Take time in prayer to ask God to help you deal with anger.

- \_\_\_ Is there a past sorrow that still haunts you? Ask God to comfort you and to lighten this burden for you.
  
- \_\_\_ Is there someone in your world to whom you could provide help or encouragement? Ask God to guide you in what to say or do.
  
- \_\_\_ Is there some special memory from earlier in your life that gives you joy? Reflect on that memory and thank God for that experience.
  
- \_\_\_ Have there been disappointments in your life that you think about often? Ask God to renew your confidence in his care and provision.
  
- \_\_\_ Have you some skill or interest that you have never cultivated or pursued? Ask God to help you understand if and how you might explore it further.
  
- \_\_\_ Do you ever struggle with loneliness? Tell God about your feelings and ask him to help you cope with them and overcome them.

LOVE THE LORD  
**YOUR GOD**  
WITH ALL YOUR  
**HEART**  
AND WITH ALL YOUR  
**MIND**  
AND WITH ALL YOUR  
**STRENGTH**  
MARK 12:30

As this is intended to be part of your ongoing spiritual growth you are encouraged to take time when you have completed this challenge to review what you have done and to create for yourself an ongoing prayer list.

Should your focus for the theme provided for any day not fill your allotted time, please use that time to extend your regular prayers for the life and witness of the Alberton congregation.

HAPPY MOMENTS.  
*Praise God.*

DIFFICULT MOMENTS.  
*Seek God.*

QUIET MOMENTS.  
*Worship God.*

PAINFUL MOMENTS.  
*Trust God.*

EVERY MOMENT.  
*Thank God.*

Your notes and reminders: