

Love God with Your Whole Heart

· Scripture ·

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

Mark 12:30

· What We're Learning Today ·

There are a lot of things in life that compete for our attention and affection. Responsibilities, work, stress, social media, relationships, goals, and distractions can slowly pull our focus in so many different directions that we do not even realize how disconnected we have become spiritually.

Jesus brings everything back to something simple, but deeply important. Love God with your whole heart.

Not partially. Not only when life feels easy. Not only when it is convenient.

Wholehearted faith means allowing God to have every part of us.

Our thoughts, priorities, decisions, fears, hopes, and daily lives. If I am being honest, there have been seasons where I gave God pieces of my attention while other things held most of my focus. Sometimes it was stress. Sometimes it was trying to stay productive or keep everything together. And slowly, without realizing it, my relationship with God became something I squeezed into life instead of the center of it.

But the closer we grow to Him, the more we realize that nothing else brings the same peace, purpose, or steadiness that He does.

Loving God wholeheartedly is not about performing perfectly. It is about continually turning your heart back toward Him.

Little Honey (younger children)

· Simple Truth ·

I can love God with all my heart.

· Activity ·

Draw a heart and fill it with pictures or words that remind you of God's love and the ways you can love Him back.

· Prayer ·

Dear Lord, help me love You with all my heart every day.
Amen.

Growing Honey (older children)

· Reflection ·

Sometimes many different things compete for our attention. But God wants to be first in our hearts because He loves us deeply.

What is one way you can spend more time focusing on God this week?

· Activity ·

Write down three ways you can grow closer to God this week, such as praying, worshipping, reading your Bible, or helping someone.

· Prayer ·

Dear Lord, help me love You with my whole heart and keep my focus on You each day. Amen.

Rooted Honey (teens and growing faith)

· Reflection ·

A divided heart can leave us feeling spiritually exhausted. We try to balance faith alongside everything else instead of allowing God to truly lead our lives.

There have been moments where I realized I was spending more time worrying, striving, or trying to manage everything than I was simply resting in God's presence. Slowly, other things became louder than my relationship with Him.

Jesus reminds us that loving God is not meant to be one small part of our lives. It is meant to shape everything else.

What has been competing for your attention and focus lately?

· Journal Prompt ·

Write about anything that has been distracting your heart from spending time with God consistently.

· Prayer ·

Dear Lord, help me love You wholeheartedly and keep my heart focused on what truly matters. Draw me closer to You and help me place You above every distraction. Amen.

Anchored Honey (parents and adults)

· Encouragement ·

One of the quiet struggles of adulthood is how easy it becomes to give our attention to everything except our relationship with God. Life becomes busy very quickly. Responsibilities increase, stress grows, and we often convince ourselves that we will prioritize time with God once things slow down.

But most of the time, life does not slow down on its own.

Jesus calls us back to something deeper in Mark 12:30. Loving God wholeheartedly means allowing Him to remain central in the middle of ordinary life, not just in quiet moments or spiritual highs.

There have been seasons where I felt spiritually drained, and when I looked honestly at my life, I realized my attention had become scattered across too many things. The more disconnected we become from God, the more restless life often feels.

Nothing steadies the heart like remaining close to Him.

· Reflection ·

What has been taking up most of your mental and emotional energy lately?

· Prayer ·

Dear Lord, help me love You with my whole heart, mind, and life. Draw my attention back to You when distractions and pressure begin pulling me away. Teach me to remain rooted in You above everything else. Amen.