



HOW SHOULD WE LIVE?

July 2020

“Teacher, which is the greatest commandment in the Law?”

Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Matthew 22:36-40

When things are bad, what is it that keeps you hanging on? What gives your life meaning? More people than ever are experiencing depression and anxiety. Many will be asking these questions.

In the scripture above, Jesus told the Pharisee that the love we have for God and for each other are the

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most important ingredients we need for our lives.

Harold Koenig, author of the book *New Light on Depression* said, "Love—unconditional love—is the ultimate long-term antidote for depression, for at its core love is connected with faith and hope." "Faith and hope." Those are things we can use a lot of.

And who is the One most able to give such unconditional love? Jesus is.

Throughout the Bible, God tells us to serve and to love each other. Consider Jesus and the example he set for us. All of us who follow him are called to share that kind of love with others. There is no better way to find purpose for our life.

We all want to be free, yet that freedom can be hard to find. But in a sermon long ago, the pastor said: "True freedom is not found in doing our own thing; true freedom is found in serving God and his purpose for our lives. When you begin to live as the kind of person God intended you to be, you experience freedom."

What kind of a person does God intend us to be? I believe he wants us to be people who will share his love with others.

As Paul said in his letter to the Galatians, "*You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.*" (Galatians 5:13)

There are many ways we can be there for each other. Call a friend you haven't seen for awhile. Or give them a phone call. Visit an elderly acquaintance or relative. Help a shut-in with their shopping.

So . . . how should we live?

Let God fill you with his great abundance of love and, in turn, share it with others. Let his love flow.

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