

Loving Our Neighbors in a Language They Understand

Jesus replied, *“You must love the Lord your God with all your heart, with all your being, and with all your mind. This is the first and greatest commandment. And the second is like it: You must love your neighbor as you love yourself. All the Law and the Prophets depend on these two commands.”* (Matthew 22:37-40, CEB)

Last Sunday in worship, we began looking at this primary instruction of Jesus, known as the Great Commandment. It comes to us in two basic parts. If I may paraphrase, the first (and most important) part is **Love God** and the second part is **Love People**. We are to give of this love with all of our being; so simple, and yet, so complex when it comes to actually putting into practice.

We have already considered what it means to love God with all of our heart, soul, and mind. Our faith should be more like an operating system, rather than an app we add on as one option among many. When we gather again this Sunday, we will focus on the second part (peg) of Jesus' commandment, which is to love our neighbors as we love ourselves.

One of the ways we might choose to go about expressing our love is by using something called **The 5 Love Languages**. Perhaps you've heard of these before. They are: **words of affirmation, physical touch, quality time, receiving gifts, and acts of service**. I have found it helpful to know what my primary love languages are so that I'm aware of what I need to receive in order to feel appreciated and loved. Likewise, knowing about these love languages has helped me to become better aware of how I can love and appreciate other people.

I will describe each of the languages in more detail in my sermon this week as we think about how we can love our neighbors as we love ourselves. However, you may find the message much more meaningful if you already have a clear sense of what your top Love Languages are. If you would like to find out more about your love language(s), please visit <http://www.5lovelanguages.com/profile/> to take a 10 minute survey.

Blessings in Christ,

Pastor David Rittgers