



Zoom In To Discover More

The Greatest Commandment

Mark 12:28-34 (NIV)

One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

"The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. 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."

Everything in Scripture—up to and including Jesus's life, death and resurrection—is attached to these commandments.

The ONE80 Life™ Lens provides a framework to support the discovery of all the good things associated with The Greatest Commandment.

Desires of the Heart

There are two categories of desires: *True* and *Perceived*.

True desires are those found in the greatest commandment:

- Connection with God
- Healthy Connection with Others
- Connection to True Self

Perceived desires include additional aspirations that may or may not be in alignment with true desires. God doesn't always say "yes" to perceived desires such as certain relationships and things that we judge for ourselves to be best for us.

And so, it's easy to believe He is holding out on us and cannot be trusted. But instead, if we trust Him to give us the true desires of our hearts, we can surrender the perceived desires, knowing He will give us our true desires.



Connection with God

reveals the true desires of the heart.

We are either connected with God, or we are not. Being lukewarm is a dangerous option:

Revelation 3:15-16 (emphasis added): "I know what you do. I know that you are neither cold nor hot. And I wish that you were cold or hot. So I will spit you out of my mouth, because you are only warm and not hot or cold."

In both Isaiah 29:13 and Matthew 15:8-9, the bible says, "These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules."

We can have an unhealthy connection with God, which is defined as disconnection. Some religious individuals and organizations use their works to assume connection with God, without entering into the necessary transformation process that must occur in the individual heart.

There are two parts to the journey of connection. First we must surrender ourselves to "recovery" from anything that is keeping us from connection with God. That includes healing of heart, soul, mind and strength. And the second is increasing "discovery" of God, healthy relationships with others and who He designed us to be...our True Selves.

Prioritization of Connection

Connection with God is the most important relationship. There are many verses in scripture where God reveals a desire to be in relationship with us. It is from that relationship that we receive what we need to be our True Selves, and therefore, to experience healthy relationship with others.

"...whoever did want Him, who believed He was who He claimed and would do what He said, He made to be their true selves, their child-of-God selves." *John 1:11 MSG*

There are many scriptural metaphors that describe how connection to Him gives us what we then can impart to others. For example, Jesus' metaphor of Him being the Vine and us the branches (John 15:1-7). It is from that filling of what we need, that we can give to others. The Apostle Paul wrote that this intimate connection with God produces within us what he called the Fruit of the Spirit. The fruit is a by-product of intimate, secure connection with God.



Healthy Connection with Others

facilitates a synergy of mutual growth and understanding.

Healthy connection with others is revealed in scripture and is a by-product of healthy relationship with God.

The True Self is the person God originally created. It is who we were before sin entered the world and before we internalized messages of inadequacy as children. And it is who we will fully be in God's presence.

"Before I formed you in the womb I knew you." *Jeremiah 1:5*

"For he chose us in him before the creation of the world to be holy and blameless in his sight."
Ephesians 1:4



Connection to True Self

equips us to live out who God designed us to be.

Our True Self is who God designed us to be. It is the self that, when we choose to follow Jesus's example, transforms us into His likeness.

The Layers of the Greatest Commandment

Jesus describes four layers of who we are in the Greatest Commandment: Heart, Soul, Mind, Strength.

The **heart** is either toward God or away. We call this the "posture" of the heart. It contains desires, emotions and feelings.

The **soul** is either in relationship with God through faith in Jesus' saving work at the cross, or it is not. We call this the "position" of the soul. The soul includes the spirit... the part of the individual that lives forever.

The **mind** believes either the truth of God's word or is deceived by lies from the enemy. It includes the intellect and memory.

The **strength**, which includes the physical body as well as willingness/willfulness follows the desires of the heart and the choice of the mind.



Many authors use different ways to describe the whole being, such as body, mind and spirit. Although there may be differences in descriptions, what matters most is that Jesus is talking about the posturing of our entire being toward adoring and trusting God.

The heart is what God wants most.

You will seek me and find me when you seek me with all your heart. *Jeremiah 29:13*

Delight yourself in the Lord and he will give you the desires of your heart. *Psalms 37:4*

But now your kingdom will not endure; the Lord has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the Lord's command. *1 Samuel 13:4*

After removing Saul, he made David their king. God testified concerning him: 'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.' *Acts 13:22*

Christ-Focused People – Helpers:

Counselors – Recovery and Healing

Life Coaches –Discovery and Healthy Connection

Christ-Focused Counselors and Life Coaches are people-helpers who are specifically trained to ask the client the questions that will help them discover answers for themselves. The relationship is unique because full focus and attention is given the client in a supportive and confidential environment.

Other People Helpers who are Christ-focused can also support your faith journey. People such as your pastor, people in your small group, or a close friend.

To bring these concepts further into focus, visit:

The One80 Life™ Discovery Platform

one80life.com/discovery

and

The One80 Life™ Blog

one80life.com/blog