



1) God's greatest commandment is to love Him and others, one way we can love Him is by shifting the inner (nonstop) thoughts in our head to all things God and the Bible. How can we love God more with our thoughts and actions? List 7 ways you can love God more. How can you pray to God all throughout the day with the inner voice in your head? What ways can you reframe your inner mental chatter to praise, worship, and adoration to God? How will your life change when you become God-Rooted mentally?

2) How can you serve others more? Be realistic, little gestures count too. How can you serve your family, co-workers, and even strangers with love, kindness, and the Gospel? When we focus on God and others over ourselves, we feel nourished, satisfied and fulfilled. The Bible warns us of the dangers of pride and self-obsession, yet society teaches self-obsession over God and others. How can you serve others?