

## ReFocus

### What To Do When Your Love For God Has Grown Cold

#### 1. Focus on His love for me

**Matthew 22:37-38** *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."*

**1 John 4:19** *We love because he first loved us.*

#### 2. I prioritize the \_\_\_\_\_

**Psalms 16:11** *You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

##### a) I repent \_\_\_\_\_

**1 John 2:15-17** *Do not love the world or the things in the world. If any one loves the world, love for the Father is not in him.*

##### b) I add spiritual disciplines to make \_\_\_\_\_

**Colossians 3:1-3** *Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.'*

##### c) I seek Him \_\_\_\_\_

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

**Psalms 90:14** *Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.*

## Starting the 60-60 Experiment

**Goal:** The goal is to stay consciously aware all thru your day that God is with you and desires a living, trusting relationship. For the next **60 days**, try to stay in a continuous, honest conversation with God, willing to do his will moment by moment.

- 1) Set a watch or alarm to beep every **60 minutes**, and put up sticky notes & reminders around your home, car & office, as a reminder to stay connected.
- 2) Try to turn your thoughts back to God all throughout the day, as often as you can. This simple conscious contact with God isn't easy, but **it's all you have to do** - everything else will begin to fall into place over time.
- 3) Even if you're not yet convinced this is true, try it. Every 60 minutes, stop and recall "**God is with me right now...**" and let that propel you to ask God "**Show me your will this next moment.** I want to be willing to do your will as an act of love toward you."
- 4) Be willing to take a risk and respond to any prompting God may have for you. It may be to call someone, encourage someone, apologize to someone, give something away, do something.
- 5) Get a notebook and write down your experiences. Is it working? Is it hard? What's God pushing you to do? Where are you experiencing Him?

**Sample Prayer:** "God I know you are with me right now. I know you love me and desire to give me good things – better than I can imagine. Show me your will this next moment. I want to be willing to do your will as an act of love toward you."

**Remember why you are doing it: It's only about His friendship**