WEEK 1

Anchor Passage

Matthew 22:34-40 — The Greatest Commandment

Read the passage at least five days

Practice

- Pray Lectio Divina at least three times.
- Write at least one HEAR journal
- Memorize: Matthew 22:37
- Challenge: Begin each day by praying the Shema ("Love the Lord your God...") and intentionally journal one way you loved God and one way you loved people.