



Church is a movement

By Jill Rowe

EPISODE TWO.

A movement who take seriously what Jesus said. Matthew 22

This episode will help you **engage, reflect and respond** to Church is. We encourage you to explore each episode with friends - if you do, let us know! We'd love to hear about it and your thoughts and ideas.

Each episode has a companion video and each episode title mirrors one of its key themes. Thanks for downloading.

Companion video: churchis.co.uk/jillrowe

Episode: TWO of FOUR



W W W . C H U R C H . C O . U K



A movement who take seriously what Jesus said

Matthew 22 (NIV)



³⁶ 'Teacher, which is the greatest commandment in the Law?'

³⁷ Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind." ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: "Love your neighbour as yourself." ⁴⁰ All the Law and the Prophets hang on these two commandments.'

There is a lot of said about what it means to be a 'Christian'.

Some people say that it's about keeping a bunch of rules. Others say it means being loud about the things people imagine God dislikes which, to be honest, look and sound more like the things those people personally don't like rather than anything to do with God's preferences.

But Jesus sums up everything by saying that we are to love God and love others as we love ourselves.

That right there is the whole of the law written about in the Old Testament summed up. That's what following looks like. That is what it means to be a friend of God. It looks like love, every which way you move. Nothing else needs to be added and nothing needs to be taken away.

Love. Everyone. Even our enemies. Even those we disagree with. Even those we struggle with. Even those we wish weren't here. Love. Love. Love.

And we are to love ourselves. Even when we are riddled with depression or grief or a lack of self-belief or sense of any worthiness whatsoever. We are to love ourselves.

And we are to love God.

And we express this most fully as we love others as we love ourselves. When we choose to include and not exclude. When we act with compassion and not

self-obsession. When we welcome and don't reject. When we forgive and don't take revenge.

And that is the most challenging and difficult and beautiful and radical and revolutionary thing any of us can ever do.

Questions:

Following

- How would you sum up what it means to be a follower of Jesus?
- How do you express that you love God? Has this been too narrow or reduced to one format?

Neighbour

- Are you able currently to love those you struggle with? How does this teaching of Jesus challenge you?
- Who are your enemies? How will you change this?

You

- Do you really love yourself and do you believe that you are deeply loved by God?
- Do you need to talk this through with someone?