



Overview

After the resurrection Jesus asked Peter, “Do you love Me?” and Peter, affronted by such a question, replied. “What do you mean, ‘Do I love You?’ Of course I love You, Lord!” Today Jesus is asking us some similar questions: Do you love Me, or have you become so busy “doing church” that you’ve lost your zeal for Me? Do you really love Me, or have you become so dulled by the world that you fail to commune with Me? Do you truly love Me, or have I become so familiar that you take Me for granted?

These are strong questions and difficult to answer truthfully. Many of us, however, could answer that perhaps, like the church at Ephesus, we too have lost the “love we had at first.” So as we dig into our study this week, begin with prayer, asking the Holy Spirit to tenderize your heart to the things of God. Ask Him to reignite your love for Jesus and make your heart ablaze with passion for Him once more. Ask Him to help you return to your one, true love – Jesus.

Going Deeper

Spend time in your group praying before you begin. Pray for:

- A tender heart
- A repentant heart
- An obedient heart
- Passion for Jesus
- Vulnerability
- Brokenness

Look at the Pie Graph at the end of this document and discuss Matthew 6:20-21.

Making it Stick

Read Revelation 2:1-5.

The church at Ephesus was praised for several things. What were they?
What positive things could you, your church, or your life group be praised for?

What one thing was wrong with the church at Ephesus?
Is this true of you, your church, or your life group?

In Revelation 2:5 the church at Ephesus was given three things to do to rekindle their first love. They were to:

1. Remember: Remember the Gospel!

- **The Gravity of Sin**
 - **Idolatry** – Galatians 5:19-21, Colossians 3:5, Isaiah 42:8
 - **Idleness** – 2 Thessalonians 3:11, 1 Timothy 5:13, Matthew 10:38
 - **Indifference** – Isaiah 42:20, Matthew 13:15, Psalm 81:11, Zechariah 1:4, Revelation 3:15-16

What other sins come to mind?

- **The Gifts of Grace and Forgiveness**

- Isaiah 53:1-6
- Romans 5:8
- Romans 5:20
- Ephesians 1:6-8

Have you forgotten the weight of your sin? What do you need to do to remember the Gospel daily? Will you commit to do it? Who do you need to share the Gospel with this week?

2. Repent: Confess your sins!

- John 1:9
- Psalm 40:1-3
- Psalm 51

Discuss Nancy Leigh DeMoss' *40 Evidences You Have Lost Your First Love*.
(<https://www.reviveourhearts.com/articles/40-evidences-left-your-first-love/>)

3. Return: Do the things you did at first!

- **Prayer** – Psalm 27:4, Philippians 4:6-7, Colossians 1:9-15, Romans 8:26, Luke 22:40, Hebrews 4:16, 1 Thessalonians 5:16-18
- **Love of God's Word** – Deuteronomy 6:4-7, Hebrews 4:12, Romans 15:4, Joshua 1:8, Psalm 119:10-11, Psalm 1:1-3, 1 Timothy 4:5-6
- **Obedience** – Deuteronomy 11:1, John 14:15, John 15:9, Luke 11:28, James 1:25

What have you identified that you need to “return” to? How is your prayer life? Do you long to commune with Jesus through prayer and Bible reading? What is your obedience level? When prompted by the Holy Spirit, are you quick to respond?

Living It Out

Prayer and God's Word are essential to a passionate relationship with Him. Commit to spend time daily this week with your first love. Here's a quick, 5-minute formula to help you: (1 minute per heading)

Use our *Be the Church 40 Days of Prayer Guide* to help you!
<http://www.warrenbaptist.org/prayer/prayer-blog/>

- **Read** a portion of Scripture
- **Remember** who God is and reply with praise
- **Respond** to God's holiness and realign your heart
- **Reflect** on God's faithfulness and give thanks
- **Renew** your commitment to God and ask for His help in making adjustments

Prayerlessness is a sign of pride and shows a lack of desire for God!

There are 168 hours in a week. How do you spend your time?

Note that the smallest amounts enumerated below, based on a 30 min. per day quiet time and three hours at church, are related to God.

How does the average person spend 168 hours each week?

