

WEEK OF JANUARY 8TH

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## The Soul of Desire

"You shall love the Lord your God with  
all your heart and with all your soul and  
with all your might.."

-Deuteronomy 6:5 NRSV



**READ: DEUTERONOMY 6:4-15**

What word, image, or phrase sticks out to you from today's passage?

Draw about it or write a response to God using the space below.

**QUESTIONS FOR REFLECTION:**

In his book *The Soul of Desire*, Dr. Curt Thompson identifies human beings as "people of longing," noting that our desire and want for certain things is innate to our being. How would you answer the question, "what do you want?"

## QUESTIONS FOR REFLECTION:

Philosopher James K.A. Smith has written extensively about the nature of want, pointing out that often what we think we want, is not actually what we want at all. In *You Are What You Want* he writes,

*“Your deepest desire, is the one manifested by your daily life and habits.” This is because our action—our doing—bubbles up from our loves, which, as we’ve observed, are habits we’ve acquired through the practices we’re immersed in. That means the formation of my loves and desires can be happening ‘under the hood’ of consciousness. I might be learning to love a telos that I’m not even aware of and that nonetheless governs my life in unconscious ways.”*

Reflect on your own schedule and the habits that consume the majority of your time. What might they reflect about your desire?

This week's passage calls the people of God to aim their desire towards God exclusively, following with a list of ways that they were to do that,

*"Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates."*

What are some ways that you currently live this out in your own life?

## PRACTICE OF THE WEEK:

Spend some time this week making notes on your daily and weekly habits. How are you spending your time? Write these observations down or track them using one of the habit tracking APs available. At the end of the week make note of any habits that you may need to reduce or stop.