

LOVE IS THE WAY

SMALL GROUP DISCUSSION GUIDE

WEEK SIX

Chapters 11 & 12: How do I put love into action?

"We must discover the power of love, the power, the redemptive power of love. And when we discover that, we will be able to make this old world a new world... Love is the only way." –Rev. Dr. Martin Luther King, Jr.

Connecting:

Invite the group to reflect aloud on this question:

- How did your blessing experiment go last week? Were you able to bless someone you disagreed with?

Watch "There is a Balm in Gilead" as sung by The Adventist Vocal Ensemble:

<https://tinyurl.com/thereisabalmingilead>

Close this section with prayer. You might use the prayer to the right as your weekly opening prayer.

Covenanting:

Lift up your guiding principles from your covenant as you center yourself in this time together. As this is your last session, you might want to ask what has been meaningful or helpful about your covenant.

Bible Study: Colossians 3: 12-17 (MSG)

"So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you. And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it.

Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way."

Read this scripture, and invite the group to share their responses to these questions:

- What would others say is the song you are singing these days?
- Compassion, kindness, humility, quiet strength, discipline. Which of these do you wear easily? Which is more uncomfortable for you?
- Is there an offense you are holding onto that you might need to forgive?

Loving God, fill my heart with the love that you freely give. Make love my first and last thoughts. May I love others and freely give to them. Make my spirit a spirit of joy, happiness, and love for both my friends and my enemies. Help me love abundantly as you have loved me. Amen.

Based on John 13:34
DailyPrayerGuide.net

Video: Watch this week's video with Rev. Ben Ingebretson.

Depending on the size of your group, you may want to move into breakout groups/rooms of three to allow for deeper sharing.

Going Deeper:

Invite the group to reflect aloud on these questions.

- Bishop Curry ends his book with encouragement: "So don't give up on love. Listen to it. Trust it. Give into it. Obey it." Are you at risk of giving up on love? Which of the above actions—listen, trust, give in, obey—do you most need to grab ahold of today?
- Now that we have read and discussed the entire book, what part resonated with you most? What insight will you carry with you?

Going Out:

The appendix of the book contains a process for developing a rule of life. If there is time, invite each person to work through this process as your closing activity.

- Identify one to three core values or principles that you would like to live into more deeply.
- Use the values you chose to write vows that summarize what the values mean specifically in your own context and your reason for wanting to translate them into changes in your daily life. Example: I vow to spend more time listening to others than I have in the past, for better understanding and to find better, and more loving solutions for the common good.
- Brainstorm some habits that will allow you to practice the values you identified in various areas of your life. Example: Every time I stop at a red light, I will pray for peace.
- Create a schedule of how you will build these habits into your life.

Closing:

Show the video "What the World Needs Now" as performed by Broadway for Orlando:

<https://tinyurl.com/broadwayfororlando>

Let this be our prayer and our commitment.

Read the poem "Continue" by Maya Angelou as a blessing/sending word for each person:

<https://tinyurl.com/continue-mayaangelou>