

Life Group Preparation Notes:

Emotionally Healthy Spirituality

Session 7 - Loving Well.

Purpose: To grow in our love for others.

Worship: Suggested song is “None But Jesus” By Hillsong Worship. After singing or reading the words, chose one line from the song that affected your emotions and share this with the group. Don't go around in a circle; wait for each person to pray.

Pray: Take 2 minutes of silence to “be still and know that I am God.” Psalm 46:10. Then pray prayers of thanks for His presence.

Check-in: What personality types do you struggle to accept and love well?

Overview: “The goal of the Christian life is to love well. Jesus was aware that true spirituality included not only loving God but also the skill of loving others maturely. Growing into an emotionally mature Christian person includes experiencing each individual, ourselves included, as sacred or as Martin Buber put it, as a “Thou” rather than an “It”. Becoming emotionally mature requires learning, practicing, and integrating such skills as speaking respectfully, listening with empathy, negotiating conflict fairly, and uncovering the hidden expectations we have of others...just to name a few.

As we will see in today's Bible study on the parable of the Good Samaritan, both self-respect and compassion for others are part of a life rooted in “I-Thou” relating.”

Watch Vimeo: Session 7. <https://vimeo.com/254944908> Note one phrase from the video that impacted you the most. Share that with the group.

Bible Study: Luke 10:25-37

Group Discussion:

1. Why do you think we can be committed and growing in Christ and yet not be growing in our ability to be present and loving towards others?
2. Read verses 31-33. What did the Samaritan see and feel that the priest and Levite did not?
3. Can you think of a time when you have been seen in a negative light, treated as inferior or passed over as invisible? How did it feel?
4. The Samaritan's compassion led him to stop and help. At the same time how did he demonstrate self-respect and awareness of his limits?
5. What are some of your challenges when it comes to loving others and loving yourself?

Check-out:

What does “go and do likewise” mean for you personally?

Prayer Time:

Ask God boldly, to grant you the courage to make the changes you need in the way you relate to others.

Application:

Review your interactions with others in the past week. For each significant connection ask yourself “How did I love well in that connection?”

Others:

Intentionally show love to others in your world in the week ahead. Prepare to share with the group next week how that went.

Taken from Emotionally Healthy Spirituality by Peter L. and Geri Scazzero

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