



Living Love: How Jesus' Love Changes Everything
By Ariel Presswood

Key Scripture:

Romans 13:8-14 – "Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law."

Objective:

This activity set is designed to provide participants with a transformative and immersive experience in understanding and embodying the love of Jesus. Through in-depth scripture study, engaging discussions, practical applications, and creative hands-on activities, participants will explore how Christ-like love shapes their faith, interactions, and overall way of life.

By engaging in this study, participants will:

- Understand the biblical foundation of love as the fulfillment of God's law.
- Explore the transformative power of Jesus' love in their lives and relationships.
- Identify ways to demonstrate Christ-like love in daily interactions and decision-making.
- Commit to a lifelong journey of embodying Jesus' love through action, sacrifice, and service.
- Develop habits of kindness, forgiveness, and grace as an intentional response to Jesus' love.

Section 1: Reflect and Discuss

Deep Reflection Questions:

1. How does understanding love as a "continuing debt" shape our interactions with others?
2. Have you ever struggled to love someone unconditionally? How does Jesus' example challenge you in that area?
3. What are some specific ways Jesus' love breaks through societal barriers and challenges cultural norms?
4. How can embracing Jesus' love help us overcome fear, resentment, or prejudice?
5. What are the greatest obstacles that prevent us from truly loving others as Jesus commands?
6. How does living in love transform our character, emotions, and spiritual growth?
7. What does it mean to "clothe ourselves with Christ" (Romans 13:14), and how does this affect the way we treat others?
8. How do love and forgiveness work together? Why is forgiveness a necessary expression of love?
9. What does it mean to actively love our enemies and pray for those who hurt us?
10. How can we encourage one another to grow in love and reflect Christ in our daily lives?

Family or Group Discussion Prompts:

Understanding Love as a Lifelong Commitment

- Discuss the idea of love as an ongoing commitment rather than a feeling. How does this change the way we see relationships and service?
- How can we demonstrate love through selflessness and sacrifice, just as Jesus did?
- How does love as a commitment apply in difficult relationships, including conflicts in family, work, or church settings?

Living in the Light of Love

- Explore the metaphor of "putting on the armor of light" in Romans 13:12. What does it mean to be a light in a world that is often filled with division and hatred?
- Share stories of people whose acts of love and kindness have had a lasting impact.
- What does it look like to replace jealousy, anger, and pride with the love of Christ?

Applying Love in Everyday Life

- What are practical steps we can take to make love the defining characteristic of our lives?
- Discuss ways to handle difficult situations with patience, grace, and wisdom, rather than reacting out of emotion.
- How can we build a culture of love and encouragement in our families, churches, and communities?
- How does choosing love in daily interactions make a lasting impact on those around us?

Section 2: Engaging Hands-On Activities

Activity 1: Love in Action Journal

Objective: Foster self-awareness and mindfulness in practicing love daily.

Materials Needed:

- Journals or notebooks
- Pens or colored markers
- Decorative materials (stickers, washi tape, etc.)

Instructions:

1. Provide each participant with a journal.
2. Encourage them to decorate the cover with meaningful words or images that remind them of love.
3. Have participants write down one act of love they performed or witnessed each day for a month.
4. Include reflections on how these acts align with Jesus' teachings and their personal spiritual growth.
5. At the end of the month, gather participants to share insights and discuss the impact of these daily reflections.

Activity 2: Love in Action Service Project

Objective: Demonstrate Christ-like love through tangible service.

Materials Needed:

- Planning materials (paper, pens, calendars)
- Resources for chosen service projects (e.g., food, clothing, supplies)

Instructions:

1. Identify a community need where participants can demonstrate Christ's love (e.g., feeding the homeless, writing letters to those in prison, visiting elderly individuals in nursing homes).
2. Plan and organize the service project as a group.
3. Encourage participants to reflect on how the service aligns with Jesus' teachings about love and compassion.
4. After the project, discuss how serving others affected their understanding of love.

Activity 3: Love Letters from God and to Others

Objective: Internalize God's love and learn to express it through encouragement.

Materials Needed:

- Stationery or note cards
- Envelopes
- Pens
- Bible verses about love

Instructions:

1. Ask participants to write a letter from God's perspective, expressing His love for them.
2. Encourage them to include scripture references and personal reflections.
3. Afterward, have them write a letter to someone in their life who needs encouragement, sharing the love they've internalized.
4. Discuss how articulating love deepens understanding and strengthens relationships.

Challenge of the Week:

Encourage participants to actively seek out someone in need of love and kindness and make a deliberate effort to show Christ-like love. This could be through a thoughtful act, words of encouragement, or reconciling a strained relationship.

Social Media Engagement:

Invite participants to share their experiences using a designated hashtag. They may post reflections, photos, or testimonies of their journey in living out Christ's love.



Final Reflection and Prayer:

1. Thank God for His boundless, transformative love and the example of Jesus.
2. Pray for strength and courage to embody Christ-like love in all interactions.
3. Ask for wisdom and patience in dealing with difficult people and situations.
4. Reflect on how choosing love can change hearts, heal wounds, and build stronger communities.

