

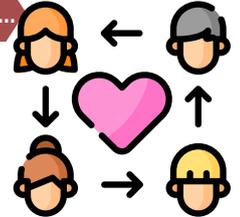


Learn to Love

Love is not a feeling; it's an ability.



LIST THE 5 MAIN TYPES OF RELATIONSHIPS IN YOUR LIFE AT THE MOMENT E.G. PARENTS / SIBLINGS, FRIENDS....



HOW WOULD YOU DEFINE "LOVE"?



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "LOVE IS AN ABILITY" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What line from the movie "Dan in Real Life" struck Fr Mike?

Fill in the blanks:

- You are m___ for love.
- You c___ from love.
- You are made __ love.
- Your goal is to e___ into love, to be a g___ of love with your whole life!



Yet, love is not something that all of us know how to do, because love is an ability, a s_____.



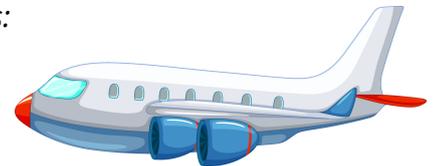
What three parts of the human person does Fr Mike mention?

- EMOTIONS (feelings)
- WILL (our ability to _____)
- INTELLECT (our ability to _____)



Relying only on our emotions to guide us in how to love does not make much sense.

Explain Dr Edward Sri's analogy of the airplane with regard to this:



Do you agree with his analogy? Explain your answer.

TO LEARN HOW TO LOVE, WE NEED TO LEARN MORE ABOUT _____.

The classical definition of love is: willing or _____ the good of the _____.

What do you think that means?

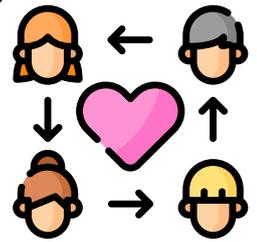


LEARN TO LOVE

JOHN 13:31-33, 34-35

Think back to the types of relationships you listed at the start of this exercise. Everyone has someone in their life that they have the ability to love, and the opportunity to love.

Pick one relationship and reflect: what would it look like for you to choose the good of the other, rather than simply following feelings? What might change?





Now Read John 13:31-33, 34-35



"Love one another: just as I have loved you, you also must love one another." Jesus called this a new commandment, not a suggestion or something on a wishlist, but a commandment. Do you ever wish Jesus had given a simpler commandment? I mean, loving everyone sounds fine until that one person who drives you insane is in front of you again, or you're let down by someone you trusted, or someone is just being nasty mean to you for no real reason... that's where the rubber hits the road!

Why would Jesus ask us to do something like this? Doesn't He know how hard it is? There's the thing: Jesus knows exactly how hard it is because Jesus suffered the weight of our sins, He was innocent and yet crucified. Jesus knows what frustration is like; He understands betrayal, suspicion, ridicule and suffering at the hands of others all too well. He also knows how weak and broken we are, and still He commands us to love as He has loved. The good news is we don't have to do it on our own: the love we need to show others we can draw from Him - frankly, we HAVE to draw it from Him because we won't have it in us otherwise.



MISSION!

THIS WEEK, PRAY THE ACT OF LOVE EVERYDAY AND OFFER IT ESPECIALLY FOR ONE PARTICULAR PERSON WHO YOU FIND IT DIFFICULT TO LOVE. ASK JESUS TO FILL YOU WITH HIS LOVE AS HE BLESSES BOTH THEM AND YOU!



PRAYER TIME!

ACT OF LOVE: O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON HEARING GOD'S VOICE



- Graham Kendrick: Love Each Other
- Matthew West: Do Something
- Newsboys: Love One Another
- Worship for Everyone: The Golden Rule
- Kathy Troccoli: Go Light Your World
- Casting Crowns: If we are the Body
- Hillsong: So Will I (100 Billion X)
- Britt Nicole: Set the World on Fire

Click the links for the YouTube videos to listen to some suggestions!



8:29 MINS



Love is More than a Feeling (Fr Mike Schmitz)



Love is more than a feeling: Ascend YM Resource