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“To live in love is to sail forever, spreading seeds of joy and peace in hearts.”
[Therese of Lisieux]

ICEBREAKER

What has been a funny or strange reaction to something you’ve said or done recently? (or that you’ve had to someone else)

BEGIN WITH PRAYER

Spend a moment praying this passage, beginning your time together in humility and gratitude!

“My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger, for human anger does not accomplish God’s righteousness.”
[James 1:19-20]

BIG IDEA

Reactions are a source of revelation. Are our reactions informed and shaped by the love of Jesus?

PASSAGES

- Proverbs 17:27-28
- 1 John 4:7-12

DISCUSSION

Have someone read aloud Proverbs 17:27-28.

1. Who has been a good example of this passage in your life? How?
2. What is difficult for you about “keeping a cool head” when you become angry with someone?
3. How has “remaining silent” helped you to respond with the love of Jesus to others? If you have not practiced this much, how do you imagine it could help?
4. In the sermon we heard, *“Bad reactions are not new, but they have now been normalized.”* How have you normalized bad reactions in your own life?

Have someone read aloud 1 John 4:7-12.

5. Why is it important for Christians to love one another?
6. What role does knowing God play in our ability to love one another?
7. In what ways does love serve as evidence of our relationship with God?

8. What are some practical ways we can overcome barriers to loving one another?
9. How does God's love for us inspire and empower us to love others unconditionally?
10. In the sermon we heard, *"Reactions are demonstrations that we are God's dearly loved children!"* How is God inviting you to react differently as a dearly loved child? How can we help or encourage you to do that?

STEP OF OBEDIENCE

The power of God's transforming grace can allow our reactions to be informed and shaped by the love of Jesus, IF we are willing to humble ourselves and surrender our hearts to Him. Based on the Holy Spirit's prompting today, **what is a step of obedience that you can take?**

Here are some questions to ask ourselves as we consider how to react in the love of Jesus ...

- What actually happened?
- What am I feeling?
- What story am I telling myself?
- What does the Gospel say?
- What counter-instinctual action demonstrates the better way of Jesus?

PRAYER FOCUS

Off Limits

- Pray that God would reveal the areas in your life that need to be surrendered to His transforming power.
- Pray that God would give you and others the courage to surrender the areas that are the biggest strongholds in your mind and heart, so that no area of your life is off limits to Him.

SPIRITUAL PRACTICE *Optional*

Centering prayer is a practice that leads one into the inner room of the soul and can usher you deeper into prayer, opening yourself up to the transforming power of God's grace more readily!

- [Centering Prayer](#) or rockbridge.cc/centering-prayer-2