

## SESSION 2. LOVING

How are we growing in our love for God?

### Aims of the Session

In the festive favourite Love Actually there is this amazing introduction at the airport. High Grant is reflecting that in a world of so much horror and terror there is love all around us. In this session we want to encourage the young people to take a moment and realise that we are loved, and that we are called to love God with our whole being, and as we do our love for each other will naturally grow,

### Game – 5/10 mins

#### Two Truths and A Tale

For this great get to know you game, each person must make three statements about themselves, one of which isn't true.

For example: I have two brothers, I was born in Australia, I have a motorcycle.

This works best when you give the group some time to think of their statements, and write them down if they need.

Once one person makes their statements, the rest of the group must guess, or vote on, which statement is the tale. You could play as a team, or individually. It could work well to get each group member to write down their own answers and see who gets the most correct.

### Group work / Discussion – 10/15 mins

When was the last time you felt so loved? What was it?

When was the last time you did something that made someone else feel loved? What was it?

Do you honestly feel loved by God? Do you really feel it in every area of your life?

### Testimonies – 5/10 mins

Thinking back about our challenge last week to pray for one person, how is that going?

Have you experienced God doing anything else in your life this week?

### Video – 5 mins

[https://www.youtube.com/watch?v=BcYIA58E\\_ss](https://www.youtube.com/watch?v=BcYIA58E_ss)

## Talk – 5 mins

Mark 12:30

When so many people are searching for their calling and destiny in life, the Bible makes it clear that the calling of every believer is to love.

How can we grow in our love for God?

Loving God with all our Heart - Our emotions are a very important and powerful part of our life. They are God-given and can be used to love Him. To do this, we must work to keep our heart focused and clean.

Loving God with all our soul - We realign our identity, basing it on our relationship with God instead of on our accomplishments and what the world around us says.

Loving God with all our mind - Our mind is the doorway to our inner man. It affects our capacity to love. Much of our life occurs in our mind. When we fill our mind with Scripture and thoughts that inspire love for God, our capacity to love Jesus increases (we are transferred by the renewing of our minds).

Loving God with all our strength - We are to love God with all our natural resources (time, money, energy, talents, words, and influence). We express our love for God in the way we use our resources to help others.

As we focus on our love for God, our love for each other will naturally grow. Seek first the kingdom of God and His righteousness and all of this will be given to you.

## Challenge – 5 mins

- Keep a journal for a week and note down the ways you feel loved by God.
- Follow a Christian account on Instagram (ie VerseFirst) and spend 5 minutes every day, reading the passage they post and asking God to speak to you about it
- Find an hour to go for a walk or a run with your phone turned off, spend the first half talking to God and the second half listening to what he might be saying

## Worship/response suggestions – 10 mins

*You can do sung worship, reflective worship or for more ideas –*

<https://engageworship.org/ideas>

<https://www.youtube.com/watch?v=qpSE3eZTCNo>