



A CASE FOR LOVE

A MONTH OF UNSELFISH LOVE

Love is patient, Love is kind, Love does not envy, it does not boast, it is not proud, Love does not dishonor others, Love is not self-seeking, Love is not easily angered, Love keeps no record of wrongs, Love does not delight in evil but rejoices with the truth, Love always protects, always trusts, always hopes, always perseveres, Love never fails! –1 Corinthians 13

What concrete steps can you take to embody unselfish love to the people in your life?

For the next 30 days—or for 30 of the 42 days in Lent—commit an intentional act of unselfish love.

- Record each act in a journal.
- Describe the act.
- Describe how it impacted the recipient.
- Describe how it impacted you.
- Did you experience God's presence in any way, and if so, how?
- Share with others, including your church family, the impact this had on you.

At the end of the 30 days, if this practice speaks to you, consider continuing it.

BE A VOICE FOR LOVE

“Dr. King was right: we must discover love—the redemptive power of love. And when we do that, we will make of this old world, a new world.”

The Most Rev. Michael B. Curry, Presiding Bishop and Primate of the Episcopal Church, from his sermon at the Royal Wedding

And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love.” –Romans 8:38

Use the questions on the next page as prompts to consider various aspects of unselfish love: in your family conversations, in small group discussions, and in your journal.

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Questions

- 1.** When has your life's circumstances made it difficult for you to live life selflessly?
- 2.** When have you received unconditional love from others that has helped you overcome this?
- 3.** Describe when you have helped someone through a challenging situation or when someone has helped you.
- 4.** Because we are human, grief and hardship enter into all of our lives. Did you respond well? Poorly? If poorly, what choices could have made a difference?
- 5.** Why do you think we struggle so much to practice unselfish love?
- 6.** What difference do you think Jesus makes for experiencing and sharing unselfish love?
- 7.** Do you have skills/talents that come naturally to you that could make a difference in people's lives?
- 8.** What are some ways you have experienced being excluded in your life? How has that impacted your sense of unselfish love?
- 9.** How have you experienced God's love through someone different from you?
- 10.** In what ways, large or small, have you "answered the call" for someone, or had them answer yours?
- 11.** It's rarely convenient to "answer the call." How can you be ready when the moment arrives?
- 12.** How can God's love free us to love others unselfishly?
- 13.** Who other than your immediate family has demonstrated unselfish love to you?
- 14.** What is the opposite of unselfish love? Why?
- 15.** What difference does God's unconditional love make in your life?
- 16.** What choices can we make to help the church be the hands and feet of Christ, demonstrating Unselfish Love to a world in need?