

Practicing the Way of Love Worksheet - Creating a Rule of Life

Practice: GO — *Reflecting on how you will GO out by crossing boundaries, listening deeply, and living like Jesus .*

This week, I commit to:

How often, and when?

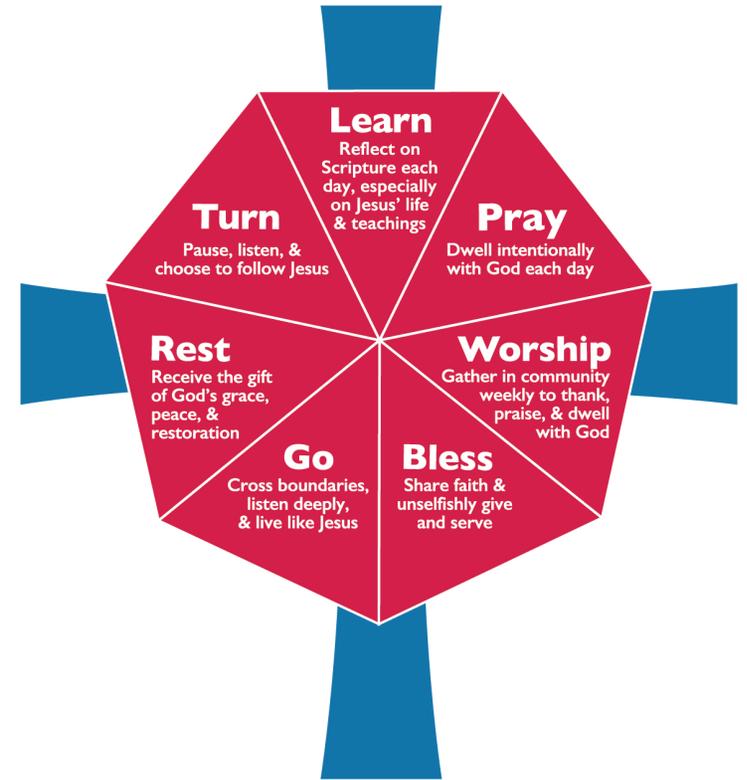
Practicalities:

What resources, including people, do I need to support this practice?

What do I need to stop doing to make room for this practice in my life?

How do I hope I will change as a result of incorporating this practice into my life?

Who or what will hold me accountable?



THE WAY OF LOVE *Practices for Jesus-Centered Life*

ADULT FORUM
St. Luke's Episcopal Church

Week 6: GO
Cross boundaries, listen deeply, and live like Jesus

Discussion Guide and Worksheet

Take a few moments as we begin and think about the last session and the time that followed:

- What was adding Bless practice like? What did you learn about yourself? God? How are your other Way of Love practices going?
- What's been working well with your Way of Love practices? What hasn't been working well? What adjustments might support you in the Way of Love?
- What has surprised you about your Way of Love practices?
- Name a gift that your practices have given you this week.

Someone should read the following aloud:

As Jesus went to the highways and byways, he sends us beyond our circles and comfort, to witness to the love, justice, and truth of God with our lips and with our lives. We go to listen with humility and to join God in healing a hurting world. We go to become Beloved Community, a people reconciled in love with God and one another.

After the reading, take a few moments in silent prayer. Then conclude by reciting the following together.

A Prayer

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

Amen.

(Prayer attributed to St. Francis, BCP 833)

Starting the Discussion:

- Who is your most unlikely friend? How did you become friends?
- Where do you feel Jesus's absence most keenly in the world?
- Tell a story about a time you went beyond your comfort zone.

Questions for Discussion:

- Name a time you have experienced reconciliation. What had to happen before the reconciliation could occur? How did that reconciliation change your relationship with others or God?
- Where does reconciliation need to happen in your community? How would reconciliation change your community?
- What would love, justice, and the truth of God look like in your community?
- How could you faithfully discern where reconciliation needs to happen?
- What is one thing you could do this week to heal your world?
- To what new places or communities is the Spirit sending you to witness to the love, justice, and truth of God?
- What needs to change in your own life to make you more open to seeing and engaging with the needs of the world?

Some recommendations for *Bless*:

Identify a community that is unlike your own and learn about the community either by attending an event, reading, or reaching out to a friend in that community; share about your faith with another person once each week; (You might list a practice you are already engaged in that gives life to you.)