



Discussion Guide for “All You Need is Love” by the Beatles

Top 10 Songs – Week 3

We’re taught to be suspicious of our desires, to rule over them and subject them to our minds. But our desires are the core of who we are, since we’re created in the image of a God who is love. The practices of fasting and feasting help us orient our desires toward the self-giving love of God.

Scriptures for Further Reading

[John 12:1-5](#)

[Romans 7:14-25](#)

[Romans 12:1-2](#)

[Philippians 2:3-11](#)

[1 John 4:7-10](#)

Questions for Discussion

1. What are your “crab legs”? What desires shape you?
2. How do we try to limit our desires through reason?
3. What does it mean to say we’re most essentially desires?
4. How do fasting and feasting help us orient our desires?
5. What do you need to fast from this week? How can you feast this week?