



Discussion Guide for “Beginning the Journey to Love”

Journey to Love Week 1

What does it take to love well? How do we receive love well? Our journey to love begins with making sure we're ready. And a big part of that is... just showing up! Guest speaker and author Matt Mikalatos invites us to begin the journey well.

Scriptures for Further Reading

Joshua 3:5; Ephesians 3:17-20

[click here](#) to read all scriptures

Passage for Sacred Reading:

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [Ephesians 3](#).

Questions for Discussion

1. Describe the state of your life as if it were a house. What does it look like? What condition is it in? What do you like about it, and what do you want to change?
2. Whatever is causing you to be missing love in your life, it's not because of who you are." How do you feel when you hear that statement? Is it easy or hard to believe?
3. Where are you currently in relation to love? Where do you want to be? What might you need for the journey?
4. Are there people in your life who have been reaching out to you? What have they been saying to you?
5. Do you find it difficult to share your true self with others?

Exercise

Think of a person you would like to get to know better as a friend, and invite them to do something fun this week. A movie. Game night. A walk. Remember, this is an *invitation*. Don't take it too hard if they have other plans or turn you down. Extending an invitation prepares you to receive more love in your life, regardless of the answer.