



Discussion Guide for “How to Find Love”

Journey to Love Week 2

So many things in our world pass themselves off as love, it can be hard to spot genuine love. But the truth is that we're surrounded by love. So how can we learn to spot it? It helps to learn the fruit that grow from love. After all, if we can spot the fruit, we can identify the root of love from which it grows.

Scriptures for Further Reading

1 John 4:7-13; Galatians 5:19-23

[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 [1 John 4](#).

Questions for Discussion

1. Imagine someone came to you confused about what love is. How would you describe love to them? What story would you use? What word?
2. Review 1 John 4:7-13. How does John present love as the root of a love-filled life?
3. Which fruit of the Spirit would others say you most embody?
4. Which fruit of the Spirit is most challenging for you? Why?
5. Where do you see evidence of love in your life this week?

Exercise

Ask a friend to tell you a story of someone they know beyond a shadow of a doubt genuinely loves them. How do they know? How does this help you see love in your own life?