



Discussion Guide for “Love is Not...”

Journey to Love Week 3

We mistake a lot of things for love (like, for instance, the infatuation between Romeo & Juliet). But the reality is that not all that masquerades as love is truly love. How do we spot the impostors masquerading as love so we can avoid them?

Scriptures for Further Reading

[1 Corinthians 13:4-7](#)

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 Corinthians 13](#).

Questions for Discussion

1. Are you experiencing an absence of conflict in a relationship and calling it peace? What might it look like if love stepped in?
2. Is there a specific friend or family member with whom you find yourself competing – even internally – out of jealousy? Why is that? What would it look like to replace jealous thoughts with wishes for that person’s well-being?
3. Anger isn’t usually a primary emotion. It’s usually covering up something deeper. When are you personally most likely to get angry? What triggers it?
4. If you turned your attention completely to other people, do you believe (really!) that your personal needs would still be met? Why or why not?
5. Imagine someone you love came to you and told you something of theirs – a backpack, wallet or purse – had been stolen. Would you be more likely to respond with shaming, judgment or concern?

Exercise

Let’s focus on anger this week. Even when we’re angry for the right reasons, we can still be gentle (remember that’s one of the fruit of love!). If you struggle with anger, make a plan for the next time you’re angry. How can you, even in the midst of anger, practice loving gentleness?

If a loved one struggles with anger, every time they get angry, ask yourself, “Is this anger motivated by love?” You don’t have to say or do anything. Just ask yourself that question.