



Discussion Guide for “Barriers to Love”

Journey to Love Week 5

What keeps us from being more loving? Proverbs has a list of seven things God hates - and God hates them because they're barriers to having more love in our lives. How do we spot these barriers? And what do we do to root them out?

Scriptures for Further Reading

[Proverbs 6:16-19](#); [Matthew 5:21-22](#)

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 [Proverbs 6:16-19](#).

Questions for Discussion

1. Think of a time when you were rude. What about a time someone was rude to you? When are you tempted to be rude? What motivates that?
2. Do you lean more toward vulnerability or self-protection? How does this affect your relationships? Are you satisfied with your current situation?
3. Do you deal with pride? If so, in just one area, or is it widespread?
4. How do you feel when someone pushes against your image of yourself?
5. When have you experienced grief? How is that an expression of your love?

Exercise

The next time you interact with someone in the service industry - in person, on the phone, on the internet - ask yourself how you would want to be treated. Try to treat them that way and see how it feels.