



Discussion Guide for “Strength to Love”

Journey to Love Week 8

Love comes easy to some of us. But for a lot of us, being more loving is really hard. It's scary to be more vulnerable. To risk reaching out. But the thing about love is that it is inevitable. If we just keep going, we'll find it. So how do we find the strength to love?

Scriptures for Further Reading

[1 John 3:1-24](#)

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 3](#).

Questions for Discussion

1. Who has worked hardest to love you well? Which relationships are you in where love seems to come effortlessly? Which take the most work? Why?
2. Do you find it easy or difficult to be thankful?
3. Who has been most faithful in your life? Are there 'dealbreakers' for you that cause you to say, "I can't show faithful love after something like that."?
4. When are you most likely to struggle with self-control? What triggers that?
5. Reflect on your journey over the last two months. Have you seen your love grow from the time you started this book? How?

Exercise

Every day this week, make a list of five things you're thankful for. For extra credit, share them with someone!