

*prerequisites. So many of us have knowingly created/unknowingly allowed/been handed down a long list of prerequisites:*

*I'll be worthy when I lose twenty pounds.  
I'll be worthy if I can get pregnant.  
I'll be worthy if I get/stay sober.  
I'll be worthy if everyone thinks I'm a good parent. I'll be worthy when I can make a living selling my art. I'll be worthy if I can hold my marriage together. I'll be worthy when I make partner. I'll be worthy when my parents finally approve. I'll be worthy if he calls back and asks me out. I'll be worthy when I can do it all and look like I'm not even trying. Here's what is truly at the heart of Wholeheartedness: Worthy now. Not if. Not when. We are worthy of love and belonging now. Right this minute. As is." (p24)*

'The 5 Love Languages' by Gary Chapman

This book is great for going deeper with loving others- focuses on romantic love but can be interpreted for other loving relationships.



**Podcasts** *(the links are from apple because that is where I listen to my podcasts!*

*Apologies if you use a different provider but you should be able to search for them.)*

'Making Disciples with Chris Rogers' season 2, episode 49 'Five life lessons from Jesus'

<https://podcasts.apple.com/gb/podcast/49-five-life-lessons-from-jesus/id1469897819?i=1000478082777>

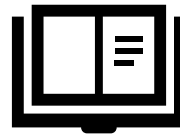
'The Robcast' It's Good to Be...

<https://podcasts.apple.com/gb/podcast/the-robcast/id956742638?i=1000510263762>



## Deeper Dive: Love One Another

These resources are to help you go deeper as we explore together how we are called to be with one another as the people of God. There's lots of thoughts, ideas and resources here so use whatever is helpful and may you be blessed as you go deeper in your relationship with Jesus and one another. You might find them useful to study alone, or want to study them with others – in discipleship groups, families, couples or with a friend.



### Going Deeper: Scripture

The Bible is full of passages about love; God's love for us, our love for God and the call to love one another. The greatest commandment Jesus gives focuses exclusively on the call to love: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments." Matthew 22:37-40.

As we think about how we love one another, we have to hold it in the context of this commandment. Our love for one another is tied up in our love for God and our love for ourselves, and this is the foundation of our faith in action. All love comes from God who is love and so we must stay connected to Love to be able to love one another. It matters too that we find peace and joy with being who we are, discover the love God has for us and keep on the journey of knowing and accepting

ourselves so we don't bring our own pain and baggage to one another that gets in the way of our capacity to love. All the following weeks on how we are with one another starts with this commandment of love; forgiveness starts with love, hospitality starts with love, serving starts with love.

To go deeper in thinking about what this love looks like have a look at:

**1 Corinthians 13** (you could use this passage prayerfully with the examen, perhaps taking a verse a day asking God to show you where you are experiencing and sharing this love. I have once used it as a prayer by saying my name in place of the word love, as though asking God to make me more this way as I grow in faith. I found that experience very moving.) **1 John 3, Romans 12:10, 1 Thessalonians 4:9.**

#### Going Deeper: Reflection or Discussion and Prayer

- Do you love yourself? Do you know yourself to be loved? Do you speak to yourself and treat yourself out of a place of love?
- The 5 love languages are: Words of affirmation, Physical touch, Acts of service, Quality time, Gifts.

How do you most naturally show love? How do you most like to receive love? As a church community how do we most naturally show love to one another and our community? Are there areas where we could grow?

- Does our community know that we are Christians by the way we love one another?
- How am I investing in my relationship with God? Is it a

relationship primarily of love or duty? What spaces do I have to enjoy God's presence and love in my everyday life?

- What are the limits of my love? Who are the 'one anothers' that I struggle to love?

#### Going Deeper: More Resources

Each of us learns differently so here are a variety of resources that you might want to use to help you encounter God's love more deeply, grow in your love of God and yourself and enrich your commitment to love your neighbour.



#### **Music**

'This Love' by Housefires; 'I could sing of your love forever' by Hillsong Worship; 'No one loves me like you' by Taylor Armstrong.

#### **Books**



'Turned by Divine Love' by John Stroyan (great for going deeper with loving God)

*"But what are some of the constituent ingredients of this love for one another? What makes for Christian unity? The simplest answer is Christ. Christian unity begins, continues and finds fulfilment in Christ and through Christ. It cannot be achieved or manipulated simply by human effort, skill or diplomacy. That is to say, it is a gift of God" (p50-51)*

'The Gifts of Imperfection' by Brene Brown (great for going deeper in loving yourself)

*"The greatest challenge for most of us is believing that we are worthy now; right this minute. Worthiness doesn't have*