

LOVE MOVEMENT

TAKE ACTION VIDEO SERIES

Empowering small groups to grow in their love for God and others with a focus on building relationships and committing to reflecting God's love in everyday life.

SESSION 1

What is love?

Getting started (preparation time: 10 minutes)

- The group Leader should review the Leader's Guide at:
<http://www.lovemovement.org/leaders>
- Bibles for each member of your group
- Print copies of this Session 1 Worksheet for group members:
Download the original document here: <http://www.lovemovement.org/worksheets>
- Pencils or pens for everyone
- Internet connection to view the videos at:
<http://lovemovement.org/curriculum> or use the LM DVD

Introduction

Write down a few words that you might use to describe love.

(Read the paragraphs below out loud in a group setting)

Many people spend their lives in search of it. From the dawn of the written word until now, there is one topic that has captivated the hearts and minds of poets, teachers, preachers, songwriters, playwrights, and filmmakers alike. That topic is love.

Pop Culture & Love

Today, we hear a great deal about love from friends, parents, and media but the messages from popular culture are often misleading. Not only are the messages about love often distorted in our society, but the word love is also used in many different ways. A great deal of the confusion about love stems from the fact that in the English language, four letters are used to describe a complex concept with varied meaning.

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1. What do you spend your free time doing?

2. What ideas do your favorite movies and songs associate with love?

3. What are the major influences that shape your understanding of love?

Popular media influences often lead us to believe that love is a self-serving, sexual pleasure driven feeling. Psychologists and other experts in human behavior and health have researched and found that this understanding of love is unhealthy.

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4. What are some of the unhealthy results from following popular beliefs about love?

5. Why should we be aware of how popular media and commercials are influencing us?

Many media influences encourage an understanding of love that is self-focused. A selfish understanding of love is unhealthy. Not only do psychologists believe that selfishness is unhealthy, but God's Word also teaches that love is not self-seeking in 1 Corinthians 13:5. The Bible describes love as being others focused and it is through knowing and loving God that we learn to love others.

True Love

"God is love". This truth is shared in 1 John 4:16.

Let's gain some more clarity about this truth, "God is love" by exploring what the word "love" really means in that statement. There is a great deal of confusion about love in our world. Since we know that "God is Love" (1 John 4:8,16) and "Love is of God" (1 John 4:7), Satan would want to deceive us about the essence and nature of love.

We might say, "Mom, I love you", "I really love chocolate", or "I know my dog loves me", but each phrase uses the word "love" in a different way. The use of the word "love" in the English language can be confusing. The Ancient Greek language separates "love" into four different words (agápe, éros, philía, and storgē), each with a specific meaning. The Greek word, "eros" describes the idea of sexual attraction or sensual longing. "Eros" is the type of love that is most often referred to in music, movies and romantic novels. Our culture promotes this type of love (eros) as a selfish, pleasure-driven type of love. Storge is understood in English as affection for someone. The other two Greek words, Agape and philia are used in the Greek texts of the New Testament. Philia refers to friendship or brotherly love. Agape describes a type of sacrificial, unconditional, never-ending, perfect love that God exemplifies.

6. Read 1 John 4:16. Is this love the Agape or Philia type of love?

Love Movement is inspired by God's love, the "Agape" type of love. By understanding what love means, we can be more effective in exemplifying it in our lives. The Bible offers great truth and insights about what love means, how it can be found, and how it can be applied in our lives.

In the next session, we'll look at the best model for understanding love.

END OF **SESSION 1**

SESSION 2

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Jesus' humble life, sacrificial death, and bold resurrection is the best model of love.

1. Read 1 John 3:16. How do we know what love is?

It took God Himself, coming down to earth in the form of a man and laying down His life to save us from spiritual death and separation from God. Because of God's sacrificial love, a free gift that we can choose to accept, we can experience His forgiveness, faithfulness, grace, and hope. In both difficult and joy filled times, we should stand firm in His love for us.

On the one hand God loves us and wants the best for us, on the other hand, he is just and must punish sin. As it did in the Garden of Eden, sin separates us from being in relationship with God. Because of the sacrificial love of God who sent his perfect son, Jesus to lay down his life for us, we can be back in relationship with God.

It is through relationship that love is expressed. Love is unconditional, it never fails, it is found in relationships, and it is expressed through action.

Read Romans 5:8 (additional reading: John 3:16)

2. Is love described as action or emotion?

Love is most often described in the bible as action and is expressed in relationship to God, others, and self.

The Great Commandment

3. Read: Deuteronomy 6:5 and Matthew 22:37-40 Who are we commanded to love?

When we understand what love is, we'll better understand why we should care about others. Love Movement hopes that you will be inspired to take action with your friends partnering with Churches and Christian organizations that are committed to loving others.

END OF **SESSION 2**

SESSION 3

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Studying the life, death, and resurrection of Jesus Christ provides the perfect model of understanding of what love is, how we are loved, and who we are commanded to love. In loving God and others, let's first take action in building our relationship with God through reading the Bible, worship, praying and fellowship.

Visit lovemovement.org/resources for a list of great resources to help you grow in your relationship with God. If you have not have not accepted the free gift of God's love, visit: <http://lovemovement.org/god-loves-me/>

To take action in fulfilling the second part of the great commandment, loving others, our hearts need to be moved by the things that move the heart of Jesus. While he was living on the earth as a man, Jesus cared for and had friendships with people who were hated by many.

4. How can we love others at home, school, work, while playing sports, and even church?

Since we are born into sin, we have to fight against our selfish nature to put others first.
Read: Philippians 2: 3-4

Session Review

Love, as described in the Bible, is sacrificial, selfless, others focused, within relationship, humble, trusting, truthful, obedient, patient, caring, and kind. Love Movement's first session, "What is love?" from the free Take Action Video Series can be reviewed and repeated with the same group. Our hope is that by doing the Love Movement take action video series you will grow deeper in your understanding of Love through the learning and action components. The next time you hear the word love, remember that God is Love. He commands us to love Him and to love others as we love ourselves.

What are some words that you now associate with love?

Compare these words with what you wrote at the top of this page.

Your voice and actions can be used to show God's love to the world, so TAKE ACTION today! Commit to showing love to the people you meet everyday.

END OF **SESSION 3**

SESSION 4

What is love?

TAKE ACTION

Take a few moments **on your own** to brainstorm and write down three ways that you and your group can show love in your church or in your local community. What are the needs in your local community? What are the needs in your church? What are the needs of others around the world? Where do you see a lack of love?

(Break into small groups of 3-5 people) Share your ideas with your group and take some time to pray about the ways that God can use you and your friends to show His love to your community. List your top three ideas:

Need more ideas? With your group, can you commit to working alongside Christian organizations that care about the poor, forgotten and the oppressed?

United with hundreds of other Love Movement [members](#) and Take Action with:

THE EVANGELICAL FELLOWSHIP OF CANADA (EFC)

Join the Love Movement/EFC letter writing campaign to help fight against human trafficking and sexual exploitation of women and children. Together we can make a difference! Letters to MP's count and can help to enforce tougher and more effective laws in protecting the victims and going after the buyers and traffickers.

- Click the link below to learn more about human trafficking on EFC's website.
<http://www.evangelicalfellowship.ca/page.aspx?pid=727>
- To make your voice heard and to TAKE ACTION in the fight against human trafficking, download this letter template, sign it and send this letter to the MP that represents the area for your church or institution. <http://yousend.it/LMletter>
- Using the postal code of your church or institution, Find the name and mailing address of your local MP. <http://lovemovement.org/cirriculum/find-your-local-mp/>
- By mail, or in person, send the signed letters from your group to your local MP.

Tell us about how your group is taking action!
info@lovemovement.org

THE SALVATION ARMY

Contact the nearest Salvation Army Shelter or Thrift Store to and see how your group can volunteer with them.

- To find the nearest Thrift Store to you visit: <http://thriftstore.ca/>
- To find a Shelter, visit this link: <http://salvationarmy.ca/locator/> and choose “Social Service Programs” in the —Select Location Type— pulldown menu.
- Start an iKettle fundraiser weeks before Christmas. http://youtu.be/PVhwQtV_Ts4
- Find other volunteer opportunities with The Salvation Army.
<http://www.salvationarmy.ca/volunteer/>

WORLD VISION

Join one of World Vision’s initiatives.

- Sponsor a child: <http://www.worldvision.ca/>
- Do a fundraiser and Help Protect, Rehabilitate and Re-integrate a young girl from the sex trade:
<https://catalogue.worldvision.ca/Gifts/Forms/Gift.aspx?giftId=3517&mc=4267209&lang=en>
- Do the 30-hour Famine and help save lives around the globe. Learn more:
<http://www.famine.ca/>
- Join the World Vision Justice Network:
<https://www.e-activist.com/ea-campaign/clientcampaign.do?ea.client.id=20&ea.campaign.id=4623>

Keep in touch with us and let us know how your group took action!
We might ask to feature you and your friends on the TV show, “Love is Moving”.
info@lovemovement.org