

# Learn to Love

## **Part 3**

### *Small Group Plan*

#### **Pre-Meeting Leader Checklist & Preparations**

- Read through the entire Small Group Plan a few days prior to your meeting to ensure that you have a good understanding of what you will be doing and feel confident in leading your group.
- A few days before cell, send a message to your group reminding them of your meeting time and the method that you will be using to get online.
- Remind your group to watch the Learn to Love Video before cell.
- There is a “Relational Styles Questionnaire” for this week’s session. We recommend that people print it off if they can so they can go through the checklist with Stefan as he teaches the materials.
- Remind each member to have their Bible, journal, and pen available during your small group time.
- Pray for your small group members.

#### **Homework Review & Accountability (5-15 minutes)**

- **Review:** Last week’s homework had two parts:
  - Power of Gratitude exercise - pick one day of your devotions where you start with gratitude and another where you do not. Record how you felt before and throughout your time in the Word and prayer.
  - Complete two exercises from the Learn to Love Exercise Booklet.
- **Sharing:** Pick ONE thing to share from either the exercise booklet or the Power of Gratitude assignment. What did you do? How did it go?

#### **Discussion (12-30 minutes)**

- During the video you completed a checklist as Stefan taught about love and fear bonds.
- **Sharing:** Have everyone share:
  - Which relational style you related to the most?
  - Was there anything that surprised you or caught you off guard?
  - Pick one trait that you related to the most and share how you feel that manifests within your life.

#### **Homework (5 minutes)**

- Identify a time where you can see you were operating out of a Fear Bond (choose something that happened this past week).
  - Write down what happened?

- Write down how you were feeling. Include bodily sensations such as sensitive, tight, achy, frozen, suffocated, constricted, empty, etc. as well as feelings such as anxious, fearful, worried, avoidant, defeated, angry, depressed, isolated, etc.
- Write down how you reacted.
- Bring these circumstances to Jesus and let Him speak to you. Write down whatever He reveals to you.
- Meditate on Romans 7:14-15. Ask Jesus to speak to you about how He sees you in your weakness.
- Complete two exercises from the Learn to Love Exercise Book. The exercises are devotional in nature, you can add them to the start of your devotions or do them during a different time. Each exercise should take 5 minutes to complete.

**Prayer Requests (10-15 minutes)**

- LOVING LIKE JESUS is impossible without his Holy Spirit. Pray for each other to be filled with the Holy Spirit and that our church body would grow in love towards God, each other and those we meet.
- Share personal prayer requests with each other. What are your biggest personal needs?
- Spend time praying for each other. You may want to break into groups of 2-3 to pray online or ask everyone to turn their speakers down (to avoid feedback) and all pray in unison together. Prayer is VITAL! Let’s tap into Jesus through prayer!

**REMINDER: Next week is the PRAYER SUMMIT on Wed, June 3 so there will be no Learn to Love Lesson.**

**Learn to Love Cell Schedule**

Date	Cell Activity
May 10 – 16	Learn to Love Lesson 1
May 17 – 23	Learn to Love Lesson 2
May 24 – 30	Learn to Love Lesson 3
May 31 – June 6	Prayer Summit, Wed June 3
June 7 – 13	Learn to Love Lesson 4
June 14 – 20	Learn to Love Lesson 5
June 21 – 27	Learn to Love Lesson 6