

Learn to Love

Part 5

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 how you will be meeting (online or in person).
- Remind your group that the video for this week was the sermon on Sunday. If they missed it, it is still available on the church website where the other Learn to Love videos are.
- 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 three parts:
 - Love someone you already know this week.
 - Create belonging with a stranger this week.
 - Complete two exercises from the Learn to Love Exercise Book.
- Sharing: Pick ONE thing to share from the homework. How did it go? How did it make you feel?

Relational Connect (10-15 minutes)

- STAR Exercise – have each person do the following STAR Exercise quietly on their own. If you can, play quiet music in the background while they write their answers in their journals.
 - Think of a person you are struggling to love right now... what is bothering you about them?
 - STOP
 - TAKE A BREATH and calm down
 - APPRECIATE - What is something you are thankful for in nature? Sun, water, mountains, grass, trees? Focus on what you are thankful for until you can feel appreciation for it. Begin praising God for providing things in nature for you to enjoy! Include why it is meaningful to you!
 - RESPOND - Ask Jesus to show you how He sees the person/individual and situation? Are there any steps Jesus wants you to take?
- Share each step of your STAR Exercise with each other.

Discussion (10-30 minutes)

- Sharing:
Choose 1-2 of the following questions and discuss with your group:

- What was 1 thing that stuck out to you from the sermon on Sunday?
- Foundational Truth:
 - “If we fail to stay connected to Jesus, we have little to offer those we encounter.” What is your initial reaction when you hear this statement? What is a step you can take to grow in staying connected to Jesus?
- Growing in our Ability to Empathize:
 - What is it about being forgiven much that enables people to love much?
 - “With the comfort we have received we are able to comfort others.” This is not automatic as we have a choice when we face struggles whether we allow Jesus to comfort us. Share of a time when you experienced Jesus in a time of struggle and He was your comfort.
- Balancing Truth and Love in Wisdom:
 - How do you know when to speak up when someone is doing something destructive or if you should just listen? Share of an experience where you did this well? How about a time when you did this poorly?
 - How do you know when to encourage and when to correct? Is there a place for correction in loving others? How does walking with the Holy Spirit impact your ability to do this well?

Homework (5-15 minutes)

- Go through the homework together as a group. If you have time, take time to listen in prayer for the first and second points and share what your plan is for this coming week.
 - Practice the STAR Exercise 2 times this next week.
 - “If we fail to stay connected to Jesus, we have little to offer those we encounter.” What is your plan to connect with Jesus this week? Follow through on that plan.
 - 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 (10-20 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!

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