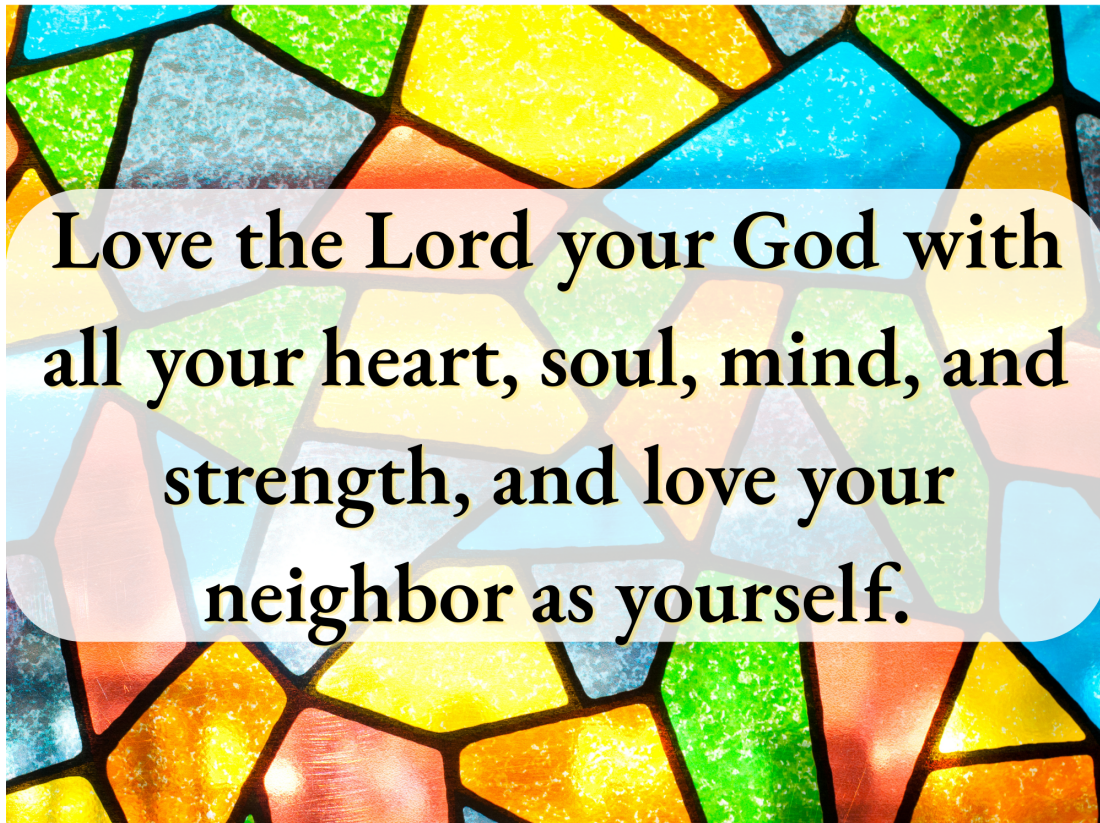


Loving Well

Practicing Our Call to Follow in the Way of Jesus



Date/Time: Sundays | 10:15-10:50 a.m. | Sept. 13-Oct. 18, Nov. 8-22

Location: Church Office Parlor

Instructor: The Rev. Will Parker

Contact: will.parker@stmarks-houston.org

Class Description:

Love is more than a feeling; it is an action. It is also the Greatest Commandment: Love God with everything you have and your neighbor as yourself. To be a Christian is to love. The truth is we don't always know how to love well. But love is an art that can be practiced and improved. In this class, the Rev. Will Parker will facilitate discussions on practices for loving well, drawing on work by theologians, philosophers, and psychologists. Participants will gain practical knowledge of how to live a more loving life to follow in the way of Jesus.

Class Objectives

1. Participants will **explore** principles and practices in the art of loving.
2. Participants will **reflect** on how they can bring the principles and practices of loving into their daily lives.
3. Participants will **apply** the practices of love in specific and actionable ways.

A Daily Prayer for the Way of Love:

Loving God, show me your way of Love today.
May I be present to your presence. Amen.

Week 1 (Sept. 13): What is love?

Week 2 (Sept. 20): Practice 1: Attention

Week 3 (Sept. 27): Practice 2: Acceptance

Week 4 (Oct. 4): Practices 3 + 4: Appreciation and Affection

Week 5 (Oct. 11): Practices 5: Self-giving

Week 6 (Oct. 18): Practice 6: Yielding/Allowing and Non-domination

Week 7 (Nov. 8): Practice 7: Trust - Boundaries

Week 8 (Nov. 15): Practice 7: Trust - Vulnerability and Risk

Week 9 (Nov. 22): Practice 8: Play and Joy

Resources

Books
<i>All About Love: New Visions</i> by bell hooks
<i>The Art of Loving</i> by Erich Fromm
<i>Boundaries: When to Say Yes, How to Say No To Take Control of Your Life</i> by Henry Cloud and John Townsend
<i>Essential Teachings on Love</i> by Richard Rohr
<i>How to Be An Adult in Relationships: The Five Keys to Mindful Loving</i> by David Richo
<i>Love and Living</i> by Thomas Merton