



**SCRIPTURE**  
JOHN 15:9-10

“As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father’s commandments and abide in his love.”



**TRADITION**  
SERVICE

Service is a traditional way of sharing God’s love with others — from those we love to the most vulnerable among us. Jesus modeled service by washing his disciples’ feet. Jesus modeled service by giving his all in service to God’s mission.



**VITAL WITNESS**  
LOVE

How do we show someone that we love them? How do we know that we are loved? What does it mean to be seen and known and accepted for who we are... not for what we do?



**SCIENCE**

**CIRCLE OF SECURITY**  
All humans have needs. We need to explore and we need a place of safety and acceptance. We explore until our exploration becomes overwhelming, then we need a safe place to make sense of our experience. We don’t do this alone.

# GOD IS LOVE



## Love is...

- patient and kind
- not envious or boastful or arrogant or rude
- slow... not fast like anger, lust, and fear
- coherent and integrative
- long-suffering — sees the context and bigger picture

## What Does Love Mean to You?

1. How do you show love to someone you love who has hurt you?
2. How do you show love to someone you don’t know very well who has hurt you?
3. How do you show love to others?
4. What makes you smile? \_\_\_\_\_
5. What makes you laugh?
6. How do you play? With whom?
7. How do you know a response is loving?
8. Where do you feel love in your body? \_\_\_\_\_

Love does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.

1 Corinthians 13:5-8

<p><b>Think about someone you know well:</b></p> <p>To feel loved they need:</p>  <p>To feel love I need:</p>	<p style="text-align: center;"><b>Reflect</b></p> <p>1. How does God show love today?</p>
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## Circle of Security

“When children feel safe and secure, their curiosity automatically kicks in and they want to learn about the world. But before they set off to explore, they need to feel they have our full support to go out and discover their new world.”<sup>1</sup>

**Secure Base** from which to support my exploration:

- Delight in me
- Watch over me
- Enjoy with me
- Help me

**Safe Haven** to welcome my returning to you

- Delight in me
- Comfort me
- Protect me
- Organize my feelings

## Greater Things

After viewing the *Greater Things* video, consider how you provide a:

<p>safe haven for others. What is foot washing to you?</p>	<p>secure base for others. What does being sent out for greater things mean to you?</p>
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<sup>1</sup> Hoffman, Kent. *Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore* (p. 58). Guilford Publications. Kindle Edition.

## Week 3 Practice:

The spiritual journey is a discipline, and requires intentional practice.

### This week:

- Every day pay attention to when you notice God at work in the world.
- At least 3 times this week, jot down the who, what, when, where, and how of the experience.
- After noting the experience, comment on whether or not you encountered the energy of love in/ through the experience. Why? Or why not?. *As a bonus consider whether your response was fast or slow, and where did you feel it in your body?*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Date	Who, What, When, Where, and How of the Experience
	<p><b>Did you encounter the energy of love in the experience?</b></p> <p><b>Was your response fast or slow? Where did you feel it in your body?</b></p>

Date	Who, What, When, Where, and How of the Experience
	<p data-bbox="370 678 1214 709"><b>Did you encounter the energy of love in the experience?</b></p> <p data-bbox="370 831 1393 863"><b>Was your response fast or slow? Where did you feel it in your body?</b></p>

Date	Who, What, When, Where, and How of the Experience
	<p data-bbox="370 1556 1214 1587"><b>Did you encounter the energy of love in the experience?</b></p> <p data-bbox="370 1709 1393 1740"><b>Was your response fast or slow? Where did you feel it in your body?</b></p>