

# Lifehacks - Week 2

This session we are going to explore how we interact with those we find difficult, how we deal with resentment and how we serve others.

**Ice-breaker.** Think of as many songs as you can that have the word LOVE in the title.

**Read** Matthew 5:43-48 (Collectively)

**Discuss:** Jesus is speaking to a crowd made up of people from all over Galilee, Jerusalem and Judea; each group with a different accent. Each group is suspicious of and frustrated by the other due to neighbourly issues and historical arguments.

Who do you see as your neighbour?

**Discuss:** Jesus shares a quote from Leviticus 19:18 'Love your neighbour' and extends this to love your enemies, even praying for those who hate you. Think of a person you have a strong disagreement with.

What is hard about loving an enemy?

Why isn't it comfortable to love everyone?

**Discuss:** Jesus invites the crowd to love with the same generosity of the Father, whose provision (sun and rain) covers all people. What would it look like for you to extend love to all people?

**Discuss:** Jesus becomes even more radical in verses 46-47 when he says if we only love those who love us, no-one truly benefits.

When have you bottled up your love, or limited it only to those who love you in return?

When did you last extend your love without thought of receiving something in return?

**Discuss:** Take time alone to think about your response to this teaching:

- How can you receive God's love in order to extend it to others?
- Who do you notice in your life - your neighbour and your enemy - who could you offer love to this week?
- What will it look like to put this love in action? Forgiveness? Treating everyone as a child of God?

(Read 1 Corinthians 13:4-8 for inspiration).

**A final prayer for love:** *Father, help us to receive Your love and to be affirmed by the knowledge that You delight in us. Your 'I LOVE YOU' is written throughout Jesus's life and death, and is a reminder that just as You forgive us, we are to forgive others.*

*We pray for the divisions and resentments we see in the world, our current political situations, mistrust of authority and institutions, instances and divisions throughout the world.*

*God, help us to receive and reflect on Your love that we may leak that love onto others; our family, friends, neighbours and our enemies.*