



Week 3: The Power of Love

When you think about what gives you life, it's most likely not a "what" but a "who." It's our relationships that fuel us and ultimately define us, and that's by design. God created us for loving attachments with other people. The Hebrew word for this type of love is, "Hesed." It means loyal love, steadfast love, or loving kindness and it's essential for character transformation. We need Hesed love in our lives because who we love shapes who we are.

Discussion Questions:

1. Last week your assignment was to spend 5 minutes per day dwelling on memories of times you sensed God or people were happy to be with you. How has it been going for you? What difference has it made, if any? If you've struggled to engage in the exercise, why?
2. What's the most loving relationship you've had in your life? How did it shape who you are?
3. **Read Colossians 2:2.** Paul wants the believers to be encouraged and united in love. The ESV says, "knit together in love" and the CSB says "joined together in love." It's the idea of Hesed love. God created us with a desire for attachment. What are some ways you can become more lovingly attached to one another in your group? How do you think this would change your relationships? Your character?
4. **Read James 5:16.** Why do you think we have difficulty confessing our sins? What's at stake if we do this? What's at stake if we don't? Have you personally experienced healing through confession? If you feel comfortable, share your experience. What can you do as a group to create a safe environment for sharing struggles and weaknesses with one another?
5. **Read Galatians 4:4-7.** What does it mean to be adopted into God's family? Paul says that we are no longer slaves, but sons and daughters. What does this say about our identity? Does this attachment to God give you a sense of freedom? Explain.
6. What was your biggest takeaway from the sermon this week?