



A Celebration of Our 12 Powers

Family Study Material "LOVE"

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Lesson 4: Overview

Apostle: John

Color: Pink

Location In The Body: Back of the Heart

Ability: To harmonize with Divine ideas & Principles; To attract good to ourselves

Love is the power which gives us our ability to know our oneness with all others,
and to feel a desire for good for all.

Definition

Revealing Word

The pure essence of Being that binds together the whole human family. Of all the attributes of God, love is undoubtedly the most beautiful. In Divine Mind, love is the power that joins and binds in divine harmony the universe and everything in it; the great harmonizing principle known to man.

Divine love is impersonal; it loves for the sake of loving. It is not concerned with what or who it loves, nor with a return of love. Like the sun, its joy is in the shining forth of its nature.

Power Points

- Love is the most powerful force in the universe and in its proper use brings only good.
- Unconditional love is recognizing the Spirit of God in everyone and knowing that no matter what we do we are born worthy of love.
- Divine love never ceases and is unchangeable. It has the power to transform any situation.
- Every situation we encounter invites us to give or receive love.

Bible Quotes

Matthew 22:37

“Love the Lord your God with all your heart, and with all your soul, and all your mind, and with all your strength; and your neighbor as yourself.”

1 John 4:18

“Perfect love casts out fear.”

John 14:21

“They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.”

1 John 4:16

“God is love, and those who abide in love abide in God, and God abides in them.”

LESSON-AT-A-GLANCE

Bible Story	"The Parable of the Good Samaritan" Luke 10:29-37
Synopsis of Story	Jesus was speaking to the people about eternal love. He told a story of an injured man and the three people who came upon him. They each reacted in a different way.
Deeper Meaning of Story	<p>This story invites us to consider what Divine Love might look like. Most likely we have all been in a situation where we were not sure what choice to make. The three people in this story each made a choice. When they encountered the injured man the first two people, the priest and Levite, both crossed the street and refused to help. The third person, the Samaritan, not only stopped to help but made sure he was taken care of. Divine Love invites us to look past the appearance of a situation and look deeply into our hearts and recognize that, no matter what, we are all connected in Spirit.</p> <p>It also asks us to stay in our hearts when we want to judge the actions of others. On appearance, it looks like the first two people were thoughtless and cruel but there might be another story entirely. Divine Love invites us to understand that we do not know the motivations of others and we are called to be a loving presence in all situations. If we are willing to look for the good and recognize who is expressing love and who is calling for love then we remain centered in Divine Love and act accordingly.</p>

CREATIVE ACTIVITY SUPPLIES

Title	<u>How Far Does Love Go?</u>	<u>Seeing Love Everywhere</u>	<u>And the Survey Says...</u>
Age Group	Adults, Teens & Kids	Adults & Teens	Adults, Teens & Kids
Supplies	<ul style="list-style-type: none"> • 1 Copper coat hanger • 2 Bic pens • Wire cutters 	<ul style="list-style-type: none"> • Newspapers • New magazines • Blank paper • Markers • Glue sticks 	<ul style="list-style-type: none"> • Markers • Blank paper • 5 Slips of paper/team • Pencils • 2 Small paper bags



Love

Opening Activities

Greeting

- Greeting the participants as they arrive creates an atmosphere of community and inclusiveness.
- It is an opportunity to provide them with lesson materials and any other information they may need.

Opening Prayer

- Call the group together at the appointed time by playing music or sounding a chime. Welcome everyone.
- **Centering Breath:** Always begin with a centering breath. This helps to release stress, bring their attention to the present moment, focuses the brain and connects the heart.

Example:

Take a breath in and feel your belly expand and your shoulders relax. Hold. Release, allowing your belly to fully contract and your shoulders to remain relaxed. As you continue to breathe in this manner, move your attention to your heart center and breathe in and out, feeling your heart energy expanding and filling every part of you.

- **Prayer**

Infinite Spirit of only good, you are the power within me that helps me express the unconditional love that I have in my heart. I know that love is the center of my being. As I breathe in the breath of God, I breathe out love. As I focus my attention on the things in my life that I most deeply appreciate, I feel love welling up in me...*pause*...As I bring that feeling of love to my heart-space I feel Spirit moving within me...*pause*...As I breathe into my heart, fully feeling appreciation, I am able to radiate out the pure feeling of love to all beings....*pause*...Focused on my heart space, I breathe in appreciation and I breathe out appreciation...*longer pause*...I give thanks for a world that is open to the possibility of unconditional love. And so it is, amen.

Community Building

- Go around the circle and invite each person to share their name, choose a card, (*see end of lesson*), and respond to the question/statement on the card.



Story Exploration

Adults

Teens

Lesson Focus

This story shows that love is the power which gives us our ability to know our oneness with each other.

The Story

“The Good Samaritan,” Luke 10:25-37

Jesus was speaking to the people about eternal love. He told a story of an injured man and the three people who came upon him. They each reacted in a different way.

Discussion

- What is happening in the story?
- What happened to the first man?
- How did the first man who came upon the injured man react?
- What did the next man do?
- How did the third man react?
- What might the third man have seen in the injured man that the first two missed?
- How can we be kind even if others are choosing something else?
- What benefits do we receive from kindness?
- Tell me about someone you appreciate.
- How are others kind to you?
- What benefits would the world receive if everyone acted in kindness?
- What are some things we can do to spread more kindness in the world?



Story Exploration



Lesson Focus

This story shows that love is the power which gives us our ability to know our oneness with each other.

The Story

“The Good Samaritan,” Luke 10:25-37

Jesus was speaking to the people about eternal love. He told a story of an injured man and the three people who came upon him. They each reacted in a different way.

Discussion

- What did the lawyer want to know?
- How did Jesus answer?
- What did Jesus say about our neighbor?
- What happened to the first man?
- How did the first man who came upon the injured man react?
- What did the next man do?
- How did the third man react?
- What might the third man have seen in the injured man that the first two missed?
- How was love showing up in this story?
- Who was asking for love?
- Who was extending love?
- How can we use our compassion to extend love to someone we think did not act in a loving way?
- How can we be a loving presence in difficult situations?

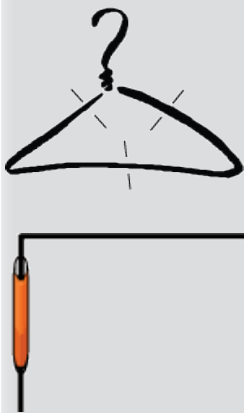
How Far Does Love Go?

Objective:

The object of this game is to see how far out the energy of love extends.

Supplies

- 1 Copper coat hanger
- 2 Bic pens
- Wire cutters



Prepare Ahead

- Using the wire cutters, cut the hanger in the places as marked by the dotted lines.
- Discard the top piece and bend each remaining piece into a “L” shape.
- Take the ink piece out of the Bic pens and cut the cap ends off so you have open cylinders.
- Insert the shorter end of the “L” shapes into the cylinders.
- The 2 finished pieces should look like the illustration. The “L” shaped rod moves freely inside the pen cylinders. These are your divining rods.

Action

The intention of this activity is to experience how far heart energy extends.

- Invite one teen to be “It.” He/she stands about 25 feet away facing the class. Don’t let this person know what you are telling the other teens.
- Tell the rest of the class to think neutral thoughts. Then, as one person holds the divining rods pointed toward “It,” the whole class slowly walks toward him/her. *(The divining rods need to be parallel and still before you begin to walk forward. They will move open as you come in contact with the person who is “It’s” heart energy. Make sure no else is between the divining rods and the person who is “It.”)*
- As soon as the rods open (move apart) mark the spot on the ground.
- Now bring the group back to where they started and tell them to think very negative thoughts but to keep their face neutral. Again walk toward the person who is “It.” Mark the spot where the rods opened. *(It should be much closer to “It” than before.)*
- Again bring the group back to start and ask them to think of something they truly appreciate and to allow that feeling of appreciation to build in them. As the group again walks toward “It” they are thinking loving, appreciative thoughts, again with their face remaining neutral. Mark the spot where the rods opened. *(The spot should be much further out from “It” than either of the other marks.)*

Discussion

- What did you notice about “It’s” energy in this activity?
- What do you think affected it?
- How does this demonstrate the power of love?
- What are some ways our power of love can be used to make a difference in our lives?

Seeing Love Everywhere

Objective:

The object of this activity is to see love/good in all people.

Supplies

- Newspapers
- New magazines
- Blank paper
- Markers
- Glue sticks

Action

- Invite the teens to explore the headlines.
- **Ask:**
 - ◆ If we were to believe only the headlines that we see in the papers or hear on the news what would we believe about the world?
 - ◆ How would these beliefs affect our lives?
- Now invite the teens to work separately or in groups of 3 to 5 people and choose a headline that disturbs them.
- Invite them to discuss the possibility that deep within this event there is something good.
- Ask them to consider what might happen if we choose to react to this situation with unconditional love rather than judgment, fear or outrage. Discuss this with their group.
- Then, using the materials provided, create a visual representation of:
 - ◆ How good is possible in the situation.
 - ◆ The affect of unconditional love on the situation and the people involved in it.

Discussion

- What was this activity like for you?
- How easy or difficult was it to find the good?
- How can applying unconditional love to anything change the outcome and/or the people involved?
- How is looking for the good like putting God first in our lives?

And the Survey Says...

Objective:

The intention of this activity is to explore the top 5 ways to say I love you.

Supplies

- Markers
- Blank paper
- 5 Slips of paper/team
- Pencils
- 2 Small paper bags

Action

- Divide the class into two teams. Give each team a pencil and some paper.
- Invite each team to brainstorm for all the ways we can say, "I Love You!" Encourage them to think beyond the traditional ways. Be creative!
- Once they have a list, narrow it down to the five ways that they believe are the top five ways and write each one on a different slip of paper.
- Invite them to create a charade or pantomime for each of the five ways they chose.
- Bring the group back together and choose someone to be the emcee.
- Collect the slips of paper, keeping them in their group.
- Select one team to begin. Place their slips in one of the small paper bags. Invite someone from their team to draw one slip out.
- The team that is up then acts out the description on the slip and the other team tries to guess what the love expression is.
- Then switch teams and follow the same directions. Alternating until all 10 slips have been acted out and guessed.
- Review the top 10 ways to say I love you.

Discussion

- What was this activity like for you?
- What are all the ways we express love?
- What was surprising about this activity?
- How can you use the information gained here in your life?

If you were talking in your sleep, what would you say?

What is the first thing you do when you get out of bed?

What is your favorite movie line?

If you were to treat yourself to the “finer things,” what would you treat yourself to?

If your life was being turned into a feature length movie, who would play you?

What one object in your home are you most embarrassed about owning?

Fill in the blank: When I dance, I look like _____.

What two television channels do you watch most frequently?

If you were given a canvas and water colors, what would you paint?

What was your favorite book growing up?

What hobby have you always wanted to pick up?

What is it about you that people find irresistible?

If you were an animal, what would you be?

What is the longest period of time you have spent in a car?

What is the best costume you were wore for Halloween?

What would you like your nickname to be?

What song do you keep hearing over and over again in your head?

How many keys do you have on your key ring?

What age were you when you had your most embarrassing hair style?

What is the best advice you have ever received?