

GATHERING POINT 1

WHAT IS LOVE?



SESSION SUPPLEMENTS

What love does God lavish on you?

God's love is unconditional and unrelenting.

Do you feel a responsibility to share that love with others?

We should share His love with others because He loves everyone.

Can you "command" someone to love?

We cannot make people feel things they don't want to feel - love is a very personal journey. However, it is God's greatest desire that we love Him and love one another, so it is our duty to show that love to others and to show them that they can and should love in return.

What does the Pope mean when he says that through love "God draws near to us"?

God is love, and by showing love to others, we are showing them God. When we experience love, we are also experiencing God all around us.

In what way could your faith give you direction?

Our faith is something we can lean on when nothing else is there. When we are alone, with no answers, He is always there, just waiting to be asked.

What does the Pope mean when he says God's love raises questions about who God is and who we are?

If God is love, then we should regard everything in love, including ourselves. This can sometimes make us question why He loves us so much - none of us are perfect.

How can God's love help you to discover who you are?

By looking at ourselves through God's eyes, we can discover the many wonderful things that make us unique.

Who is your brother?

**Our brother is anyone else we encounter in our lives.
We are all children of God.**

How can you love him / her?

We can show love through helping people when they are in need, through being kind and compassionate without expecting anything else in return.

What effect do you think your love could have on them?

By showing love to people we can have immeasurable effects on their lives - we can brighten up an otherwise dark week, we can bring them joy when they feel sadness, and we can show them the love that God has for them through our actions

What challenges might we face when trying to love our brother?

It is not always easy to love others, especially when they do not behave in ways that we think should be loved. It can be hard to feel like being nice to someone who is not nice to others, but this is something that we must always strive to do.

Could it be difficult? Why?

Sometimes we cannot see any ways in which we can show our love - but sometimes all we need is a kind word, or a smile. When in doubt, ask for guidance from God.

How can you respond to God's love for you?

We can respond to God's love by spending time with Him in prayer, or in the church where His body is kept in the Tabernacle. We can also respond by showing His love through us in our daily lives.

How can you show God's love in your local community?

Volunteering at a local charity or shelter, helping those in need (e.g. With their shopping, or running errands, looking after children or pets etc.), helping out at home etc.