

# Reflection Guide

## The Way of Love with Bishop Michael Curry

### “What is the Way of Love?”

#### How to Use This Guide

##### For personal devotion

Listen to the podcast episode one or two times. Next, set aside 20 minutes of quiet time to reflect on the following Scripture and questions. Consider writing your responses to the prompts in a journal. Close your time in prayer.

##### As a group

Before you meet, ask members to listen to this episode. Open your meeting by sharing the Scripture. Next, you may either listen to the episode again as a group or move on to the Questions for Reflection. As a group, discuss your thoughts about and answers to the questions. Finally, close your time together with the prayer.

#### Scripture

**Take a moment to read this passage (aloud if possible). What words or phrases jump out at you?**

##### Matthew 22:34-40

<sup>34</sup> When the Pharisees heard that he had silenced the Sadducees, they gathered together, <sup>35</sup> and one of them, a lawyer, asked him a question to test him. <sup>36</sup> “Teacher, which commandment in the law is the greatest?” <sup>37</sup> He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ <sup>38</sup> This is the greatest and first commandment. <sup>39</sup> And a second is like it: ‘You shall love your neighbor as yourself.’ <sup>40</sup> On these two commandments hang all the law and the prophets.”

#### Questions for Reflection

**Use these questions for personal reflection, group discussion, or both.**

1. In his sermon, Bishop Curry challenges those listening to follow Jesus and his way of love, saying, “Don’t be ashamed to be people of love.” Have you ever felt reluctant, or embarrassed, to live a Jesus-centered life? Where did those feelings come from? If you are still in that season, what would help you live a shame-free life of love?
2. The Way of Love is not a curriculum or a program; it is a set of timeless practices that are meant to help people structure their lives around the life and teachings of Jesus. In his conversation with Lorenzo Lebrija, Bishop Curry speaks about the importance of “training the spirit” and practice, practice, practice. Have you ever thought about your spiritual life as something that needs practice and training? Just as we develop physical muscles when we exercise, so our soul develops spiritual muscles when we practice things like prayer, worship, and studying Scripture over and over. What “spiritual muscle” would you like to build up?
3. Living in a context greater than ourselves is essential to a healthy and whole life. How does (or how could) being part of the Jesus Movement inform how you live your daily life, how you interact with others, and what choices you make – from how you spend your money to how you spend your time?

#### Prayer

##### A Collect for Guidance

O heavenly Father, in whom we live and move and have our being: We humbly pray thee so to guide and govern us by thy Holy Spirit, that in all the cares and occupations of our life we may not forget thee, but may remember that we are ever walking in thy sight; through Jesus Christ our Lord. Amen.