

Formed for Love

The Source of Love - week 1

February 1, 2026

As you participate, remember that this is a space to listen, reflect, and grow together. There is no pressure to have the "right" answers. Allow the Holy Spirit to guide both the conversation and your heart.

Open up together:

- What is something you "love" that probably shouldn't rank as high as it does in your life? (Coffee, phone, sports, pizza)
- Who is someone who helped shape your understanding of what love is, for better or worse?
- When have you felt most deeply known and still loved?
- What's one small act of love that meant more to you than something big or dramatic?
- If someone watched your week, what would they assume you love most?

Read the following scriptures aloud together:

Genesis 1:26-27, 31

Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground. "So God created mankind in his own image, in the image of God he created them; male and female he created them. God saw all that he had made, and it was very good.

Genesis 2:18, 20-22

The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." But for Adam no suitable helper was found. So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and then closed up the place with flesh. Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

Matthew 22:38-39

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.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.'

1 John 4:7-8

Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love.

1 John 3:23

And this is his command: to believe in the name of his Son, Jesus Christ, and to love **one another** as he commanded us.

Ephesians 3:14-21

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

Reflect & Share:

Use a few of these questions to guide discussion:

God tells Abram to go without giving details. What stands out to you about Abram's response?

- How does scripture reveal God as someone who creates, loves, and lives in relationship?
- How do we understand the gospel through the lens of love and relationship?
- Why does community matter? In what ways is the church about love and relationships?
- In what specific ways do each of these life stages reflect how God relates to us?
- Regardless of where you are on your spiritual journey, what are some practical steps you can take to lean into community?

Pray Together:

As a group, pray this prayer together

Ephesians 3:14-21

For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,²¹ to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.