

Formed for Love

Learning to Love Well - Week 2

February 8, 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:

- When you think about relationships today, what feels harder than it used to?
- What's one way technology has helped your relationships – and one way it's complicated them?

Read the following scriptures aloud together:

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

1 Corinthians 13:4-8

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails

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:

- Proverbs says, "Guard your heart." What do you think it practically means to guard your heart in relationships today? Where do you struggle with that most?
- The message talked about autonomy vs. loving commitment. Where do you feel that tension in your own relationships?
- If you feel stuck, tired, or disconnected in a relationship, what might be one small, courageous next step toward health?
- What pattern or belief about relationships might God be inviting you to unlearn – and what might He be teaching you instead?

Pray Together:

Pray for God to show you where your heart needs guarding – and where it may need softening. Invite Him to form you into someone who loves with wisdom and courage.