

WHAT LOVE LOOKS LIKE: COURAGEOUS CONVERSATIONS

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John 15:9-17

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete.

'This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants* any longer, because the servant* does not know what the master is doing; but I have called you friends because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last so that the Father will give you whatever you ask him in my

name. I am giving you these commands so that you may love one another.

Philippians 1:3-11

3 I thank my God every time I remember you, 4 constantly praying with joy in every one of my prayers for all of you, 5 because of your sharing in the gospel from the first day until now. 6 I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. 7 It is right for me to think this way about all of you, because you hold me in your heart, for all of you share in God's grace with me, both in my imprisonment and in the defense and confirmation of the gospel. 8 For God is my witness, how I long for all of you with the compassion of Christ Jesus. 9 And this is my prayer, that your love may overflow more and more with knowledge and full insight 10 to help you to determine what is best, so that on the day of Christ you may be pure and blameless, 11 having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise of God.

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REFLECT & DISCUSS

1. Read the passage(s) slowly. Then take a deep breath and read it again. What word, phrase, or image stands out to you?
2. Share a memory or story of a time you experienced great or surprising joy.
3. Have you ever experienced a time when someone else's happiness or joy spread to you? What happened?
4. St. Paul writes about joy in many of his letters, most notably Philippians (some call it the "letter of joy"). Often, he is rejoicing despite suffering, persecution, and or even imprisonment (Philippians 1:13). What might joy mean in these moments?
5. In Pastor Michael's Friday Musings, he shared the following quote:

*It's not joy that makes us grateful,
it's gratitude that makes us joyful.*
- Br. David Steindl-Rast, OSB, TED

How can you cultivate joy in your life by practicing gratitude? What gratitude practices do you share in or hope to make more regular in your life?

6. Jesus speaks of the joy of love. Think of a time when you experienced joy by showing or receiving love.
7. When do you notice "contagious joy" in the church?

8. How can we as a church bring about "contagious joy" in our ministry and our worship?

You can read Pastor Michael's [Friday Musings here](#) (or scan the QR code).



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