



Week 1

Getting Started

Begin your time together by reading the following scripture. Ask each participant to share a word or phrase that stands out for them—just the word, no explanation needed. Then ask them to write the word on a slip of paper and set it aside until the end of the session.

Read

Luke 12:22-34

[Jesus] said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest?”

“Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

“Do not be afraid, little flock, for it is your Father’s good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.”

Relate

When we think about physical well-being, most of us agree that to stay “healthy,” we must monitor what we eat, exercise regularly, take our medications on time, etc. Maintaining our spiritual health is much the same kind of monitoring. To grow in our relationship with Jesus and our neighbors, we have a responsibility to faithfully pursue our spiritual journey, to take ownership of the process, to exercise our faith. This kind of internal workout helps us live the Way of Love Jesus asks us to follow. Following Jesus grows in us greater love, joy, and peace—and the capacity for healthier relationships.

For the next steps in your journey, spiritual practices like reading and reflecting on scripture will become vital lifelines—like water stops along a marathon route. Quiet time in prayer (especially using *The Book of Common Prayer*) and reflection on your spiritual journey are key to making healthy strides along the Way.

Here’s how My Way of Love will help you grow: Each week (for the next eight weeks) you’ll receive an email with an individualized spiritual workout plan that focuses on three practices of the Way of Love (turn, learn, pray, worship, bless, go, and rest) so that you can:

1. Discover what it takes to follow the Way of Love in a way that nourishes your soul.
2. Focus on practicing forgiveness and reconciliation.
3. Deepen your commitment to your Baptismal Covenant as a guide for your life—a way to put faith into action and continue to develop deeper relationships with Jesus and your neighbors by walking the Way of Love.

Reflect

This week, we’ll get to know each other by reviewing our individual inventory results.

1. Did your inventory include any surprises?
2. Are you excited or anxious about beginning this journey?
3. What are some comfort items you include in your real-life travel kit (hard candy, room spray, comfy pillow, etc.)? What similar items might you include in your spiritual journey kit (rosary, guided meditation, a timer, new journal, etc.)?

Recommit

Invite each person to pick up their own written intention and spend a silent moment focusing intentions for ourselves and each other.

Purify our conscience, Almighty God, by your daily visitation, that your Son Jesus Christ, at his coming, may find in us a mansion prepared for himself; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen. (*The Book of Common Prayer*, pg. 210)