

“Love at First Sight – Love & Happiness”

Winter Life Groups | Week #3

ICEBREAKER & INTRODUCTIONS

Who was your favorite crush growing up? In your young eyes, what made them so amazing, and how did you know you were “in love?”

MESSAGE SUMMARY

This week’s group discussion introduces the series: Love and Happiness. Whether we know it or not, we all have a desire to be seen, heard, known and LOVED. This longing was placed in us by God himself and goes much deeper than our temporary desires, it is rooted in the depths of our soul. Let’s dive into a few truths about God’s Love and find the key to Love and Happiness!

KEY SCRIPTURES

John 4:1-26

Additional Scripture:

John 3:16-17 | 1 John 4:9-10 | Romans 8:38-39 | 1 Cor. 13:4-7 | Jeremiah 31:3-6 | John 14:16 | Matt. 11:29-30 | Jer. 31:3-6

DISCUSSION QUESTIONS

- With so many ways to “find love” in today’s culture, it has become increasingly difficult to understand the true nature of love. Is it a click or swipe? Is it a “tingly feeling”? Does it give you what you want, or is it something altogether different? Let’s read a few scriptures regarding love and talk about it! **Read John 3:16-17, 1 John 4:9-10, Romans 8:38-39, 1 Cor. 13:4-7, & Jeremiah 31:3-6. What does the Bible say about love in these scriptures? How does God’s definition differ from that of modern society?**
- Christ’s love is true, unconditional and never ends. Without an understanding of his TRUE LOVE, we will seek to fill our soul’s longing with things that numb the pain rather than eliminating it. It’s as if we are walking around with band-aids when we need major surgery! The woman at the well knew this truth all too well. She was downtrodden with the weight of a

lifestyle wrought with bad decisions that she could not escape. **Read John 4:1-26. In what ways have you attempted to numb the pain only to find that it was not enough? How did this attempt to “Fill a void” mirror the Samaritan woman’s cycle of “looking for love” in the wrong places?** (Examples include: an unhealthy relationship, a career path, or behavior patterns, etc.)

- Just as it was with the Samaritan woman, so it is with us. The truest picture of love comes from Jesus Christ himself. His love is the only thing that can satisfy our souls! Because His love is perfect, Christ EMPOWERS us to live a different life and does not DEMAND that we have it all together first. Even when we stumble - looking to other "wells" for fulfillment- it is important to come back to Christ’s love as the true source of love and happiness. **What is the Lord saying to you through this lesson? Is there an area of “thirst” is He beckoning you to surrender for the first, second or third+ time? How is He challenging your current perspective and behaviors?**
- **Let’s take it a step further, how has Christ’s love LIBERATED you from destructive cycles? Let’s take time to celebrate how far we have come then gain freedom from the weight of our past!**

CONCLUSION & CHALLENGE

God is Love and the only way to experience his TRUE LOVE is through the person of Jesus Christ. Jesus is the way, the truth and the life (John 14:16). His yoke is easy and his burden is light (Matt. 11:29-30) and His love is never-ending (Jer. 31:3-6). This means, that Christ’s love should bring freedom, rather than a heavy burden! In a time when people are willing to pay to find love, as Children of Christ, we must realize that real love doesn't cost us a dime. Jesus paid the ultimate sacrifice! Even when we mess up, His love is there to catch us and restore us to Himself. We can try to rationalize it, quench it, or even fill it, but outside of a relationship with Jesus Christ, we will constantly seek fulfillment in temporary things. Accepting His love in every facet of our lives, and coming to him for the worth, value and love our souls crave for, is the true key to love and happiness!

Challenge: Let’s look through the eyes of love this week. Instead of striving and performing, rest in the fact that you loved FIRST above all. Seek to make decisions from a place of love rather than longing.