

Learn to Love

Week 2

Small Group Plan

Pre-Meeting Leader Checklist & Preparations

- Read through the entire Small Group Plan a few days prior to your meeting to ensure that you have a good understanding of what you will be doing and feel confident in leading your group.
- A few days before cell, send a message to your group reminding them of your meeting time and the method that you will be using to get online.
- Remind your group to watch the Learn to Love Video before cell.
- Remind each member to have their Bible, journal, and pen available during your small group time.
- Pray for your small group members.

Homework Review & Accountability (5-15 minutes)

- **Review:** Last week's homework had two parts:
 - Create belonging with someone and write down how it felt to do that.
 - Complete two exercises from the Learn to Love Exercise Booklet.
- **Sharing:** Pick ONE thing to share from either the exercise booklet or the belonging assignment. What did you do? How did it go? If you forgot to do the homework, share from the practicum that was at the end of the session two video.

Discussion (10-20 minutes)

- During the video, Stefan taught that our brains have “relational circuits” that can be ON/OFF depending on our emotional state.
- **Review:** Go over the ON/OFF Lists below:
 - **When they are ON, Relational Circuits allow us to:**
 - Feel connected with people.
 - Think creatively,
 - See others for who they really are (not just the problems they cause),
 - Learn how to regulate our emotions,
 - Remember why we love God and other people in our lives.
 - Keep people and relationships as more important than tasks.
 - **When they are OFF, Relational Circuits cause us to become:**
 - Irritable, judgmental, blame & accuse easily,
 - Tasks become more important than relationships,
 - Fixing people becomes more important than connecting with them,
 - Fixated on whatever is bothering us.
- **Sharing:** Discuss the idea of relational circuits. Share examples of times you knew they were ON and OFF. Share things that would cause them to turn off (triggers).

Homework (5 minutes)

- Experience the power of gratitude in your devotions! This week pick one day of your devotions where you start with gratitude and another where you do not. In BOTH cases record how you felt before and throughout your time in the Word & prayer.
 - Day 1: before you start write down:
 1. What you are thankful for.
 2. Why it is meaningful to you.
 3. How it makes you feel.
 4. Focus on why you are grateful for what you chose as you thank Jesus for His provision in your life.
 - Day 2: Before you start your time in the Word, journaling, and prayer. Write down:
 1. How are you currently feeling?
 2. Could you notice a difference in how “connected to Jesus” you felt throughout the rest of your devotions compared to Day 1 when you started with gratitude?
- Complete two exercises from the Learn to Love Exercise Book. The exercises are devotional in nature, you can add them to the start of your devotions or do them during a different time. Each exercise should take 5 minutes to complete.

Prayer Requests (10-15 minutes)

- LOVING LIKE JESUS is impossible without his Holy Spirit. Pray for each other to be filled with the Holy Spirit and that our church body would grow in love towards God, each other and those we meet.
- Share personal prayer requests with each other. What are your biggest personal needs?
- Spend time praying for each other. You may want to break into groups of 2-3 to pray online or ask everyone to turn their speakers down (to avoid feedback) and all pray in unison together. Prayer is VITAL! Let’s tap into Jesus through prayer!

Learn to Love Cell Schedule

Date	Cell Activity
May 10 – 16	Learn to Love Lesson 1
May 17 – 23	Learn to Love Lesson 2
May 24 – 30	Learn to Love Lesson 3
May 31 – June 6	Prayer Summit, Wed June 3
June 7 – 13	Learn to Love Lesson 4
June 14 – 20	Learn to Love Lesson 5
June 21 – 27	Learn to Love Lesson 6