



Year A – 7th Sunday of Ordinary Time: Love Your Enemy

***{Start with reviewing the previous meeting's challenge or discuss prior to sharing this week's challenge.}**

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Mt 5:38-48**- <https://bible.usccb.org/> - 2/19/2023, 2/22/2026, 2/25/2029

After the Reading Conclude with this prayer:

Dear Lord, as we are all made in Your image, we ask for greater patience and insight on how to love those who irritate us. Teach us to be courageous in faith, yet gentle in approach. In Jesus name. Amen.

Reflection or Discussion Question:

1. What stands out to you from this reading?

YouTube Video: Love Your Enemies by Dr. Brant Pitre (9.37 min) - <https://www.youtube.com/watch?v=4HqgOX-ebOg>

Reflection or Discussion Questions:

2. Why do you think it is hard to love those that irritate us? Does it seem logical to love your enemy?
3. In the past, how have you responded to those who have caused you hurt or harm?
4. Dr. Pitre shares that our response to our enemies should be “to do good, to say good, and to pray for them,” meaning that we are called to act in a way to bring good for them, speak good of them, and pray for God to bless them. Do you find any of these challenging to do? Why or why not?
5. Dr. Pitre explains how the Golden Rule is counterintuitive and super-rational. Jesus is calling us to love in a new radical way – not just to do unto others as you would wish them to do unto you, but to do good to another even if they hurt you first. Do you think this is radical in the world we are living in?
6. Does loving your enemy mean you should be a doormat? Why or why not?

Session Challenges: {Choose one or both}

- Take some time to consider how you have responded in the past to those who irritate you or have caused you hurt. Ask God to shower you with His grace so that you can speak well of this person. Ask God to bless this person and consider a way that you can respond to them in love.
- Make a sacrifice on the behalf of someone who irritates you with the intent that Jesus will soften your heart to see them as He sees them.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Jesus, we humbly thank You for Your example of radical love on the cross. It is only through Your supernatural grace that I have the hope of responding to my enemies as You have through the cross. Soften my heart that I may sincerely ask You to bless those who irritate me. Shower me with Your grace so that I may speak well of those who have hurt me. Infuse me with Your mercy and grace, that I may do well on behalf of those who cause me harm. Only through Your supernatural power is this possible. Amen.

{Optional additional Readings} Sunday Reading 1: **Lev 19:1-2, 17-18**; Sunday Reading 2: **1 Cor 3:16-23**