



Year A – 30th Sunday of Ordinary Time: What Does Loving God Mean?

(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 22:34-40** - <https://bible.usccb.org/> - 10/29/2023, 10/25/2026, 10/28/2029

After the reading, conclude with this prayer:

Dear Heavenly Father. You invite us into a relationship with such great gentleness and love. Infuse us with Your love so that we may love our neighbor as You love us. We ask this in Your name. Amen.

Reflection or Discussion Question:

1. God tells us to love Him first and to love others as He loves us. What does loving God mean to you? What does loving your neighbor mean to you? Do you find loving God and your neighbor to be easy or difficult?

YouTube Video: Mastering Love and Relationships – Fr. Mike Schmitz (7:17 min)

<https://www.youtube.com/watch?v=szHvT1krYfQ&feature=youtu.be>

Reflection or Discussion Questions:

2. Have you ever experienced going into fight or flight mode? Please share your experience.
3. Do you have trouble trusting others? If so, why do you think this is?
4. Do you find it easy or difficult to give others “eyeball time”? How about someone difficult to get along with?
5. Do you feel you trust God completely? At all times? Why or why not?
6. Do you find it easy to give God your complete and focused attention? What are some things you already do or can do to focus attentively on God?
7. Have you ever tried to regain your trust with God? Another individual? How did that go?

Session Challenges: (Choose one or both)

- Actively practice listening this week to others in your life. Be sure to look them in the eye and really hear what they are saying. Take time to really listen and learn something new about the people you talk to. If the person is difficult to get along with, all the better.
- Practice spending time in silence. Empty your mind of all distractions and ask God what He wants to share with you.

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

Dear Jesus, we turn to You for Your example of patience and love. Help us to remember how You love us and that we are called to love everyone, even those difficult people in our lives, with patience and love like Yours. Allow our hearts to look past any judgements we may have placed on people and look at others through Your eyes. Help us to always remember that You are the creator of everything and everyone. In Your name, Jesus Christ. Amen.

{Optional additional Readings} Sunday Reading 1: **EX 22:20-26** Sunday Reading 2: **1 THES 1:5C-10**