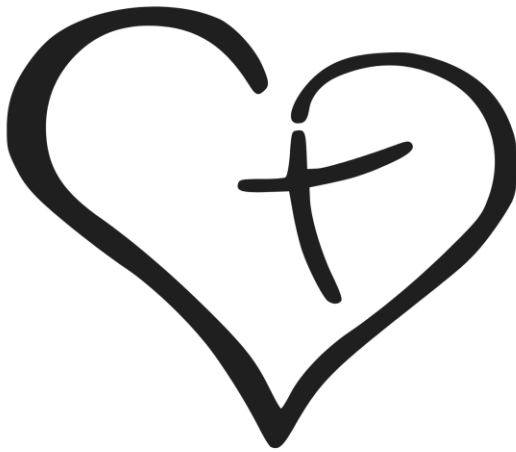


Love Changes Everything
Queen of All Saints
Lenten Parish Mission



Tuesday, February 27
Love Starts Here!
The challenge of loving those closest to us

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I. WELCOME/RECAP FROM YESTERDAY

II. LOVE BEGINS WITH THOSE CLOSEST TO US

“It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start.”
– Mother Teresa

Forgiveness Is:	Forgiveness Is Not:
Forgiveness is a choice. It is a grace that God gives to us.	Forgiveness does not ask us to forget the past.
Forgiveness is letting go of my desire to get even. My desire for revenge does not harm the other person; it only causes me to relive my own pain.	Forgiveness does not negate the consequences, it does not absolve the offender of the need for accountability, nor does it take the place of restitution or punishment when required.
Forgiveness is asking for the grace to see this person as a loved sinner, just like me.	Forgiveness does not mean I have to like this person or become friends.
Forgiveness is opening our hearts to love others as God loves.	Forgiveness does not mean the sting of betrayal has completely faded.
Forgiveness is allowing ourselves to remember the past without reliving all the hurt.	Forgiveness does not mean there isn't still work to be done.
Forgiveness is a process and it may take a long time.	Forgiveness is not the same as reconciliation (which is mutual).
Forgiveness is transformative!	Forgiveness is not dependent upon an apology.
Forgiveness is not always easy, but I do believe forgiveness is always possible.	

“I really only love God as much as I love the person I love the least.” – Dorothy Day

“There is no greater love than to lay down one's life for a friend.”
– Jesus (John 15:13)

REFLECTION QUESTIONS:

1-Who are the most important people in your life, and why?

2-Who is that someone who drives you crazy?! What would it look like to extend curiosity and kindness to them?

3-Who are the people, organizations, and causes for whom I am willing to sacrifice my time, money, and energy? Where do I allow myself to be inconvenienced to ensure the well-being of another?

Prayer Prompt:

Pray for the person you love the least by name:

“God bless _____ and God change me!”

III. REFLECTION / MEDITATION SONG

IV. CLOSING

RESOURCES:

Music On My Spotify List:

- Small Things with Great Love, Danielle Rose
- The Servant Song, Francis Patrick O'Brien
- This is How, Chris de Silva
- What You Have Done for Me, Tony Alonso
- Ubi Caritas, Taizé

Books for Exploring Further:

These resources are easily found by searching online:

- Forgiving the People We Love to Hate by Judy Logue (out of print)
- The Dance of Anger by Harriet Lerner
- Shadows of the Heart: A Spirituality of the Negative Emotions by James and Evelyn Whitehead