

L - Love Lessons

“We have daily opportunities to share love in the world. We can be kind to those we know, and those we hardly know. Our behaviors reflect our feelings. So, it is important to ask oneself, "What is the most loving thing I can do in this situation?" We also learn to love ourselves and receive love from others. This caring, nurturing feeling reinforces our knowing our own beauty and God-like-ness. We can also teach others to love more by setting an example, being a role model.”

Dr. Michael Obsatz

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell a childhood story of love that still influences you today.**
- 2. Share about an experience of falling in, or out of, love.**
- 3. Share how the experience of “being loved’ feels to you.**