

Ways to Share Your Love: Expanded Leader Guide ¹

Purpose of the Small Group Gathering

The 'Ways to Share Your Love' course is a sacred invitation to explore how love can be the foundation for meaningful action, connection, and transformation. Rooted in the work of Dr. Michael Obsatz and David Tillman, this course helps participants identify, embody, and share love in everyday life. It is both personal and communal—a place for reflection, story-sharing, deep listening, and intentional living.

Participants will:

- Deepen their understanding of love as a daily practice.
- Explore spiritual, emotional, and relational aspects of loving.
- Build a supportive and compassionate community.
- Reflect on the legacy and ripple effect of their actions.

Session 1: Radiate Love in Your Daily Actions

Session Focus

Focus on embodying love through presence, kindness, and gratitude.

Leader Notes

Meditation: 'Breathe in love, breathe out peace.'

Reflection: What simple acts of kindness have meant the most to you recently?

Discussion Prompts:

- What does it mean to 'radiate love'?
- How does presence make people feel valued?

Practice: Invite participants to perform three small acts of kindness before the next session.

Session 2: Use Your Voice and Platform

Session Focus

Focus on how storytelling and intentional expression can uplift and unite.

¹ Created using writings by Dr. Michael Obsatz and David Tillman used ChatGPT to summarize – September 2025.

Leader Notes

Meditation: 'May my voice be a vessel of healing and hope.'

Reflection: Think of a time when your words made a difference.

Discussion Prompts:

- What stories of love or transformation can you share?
- How do you use your platforms to spread kindness?

Practice: Begin writing in a 'Love Legacy Journal'—stories that reflect your values.

Session 3: Build Loving Communities

Session Focus

Explore the foundations of safe, loving, and collaborative communities.

Leader Notes

Meditation: 'I am held by a circle of love and support.'

Reflection: Who are the people who cheer you on?

Discussion Prompts:

- What makes a community feel safe to you?
- How can we support one another with encouragement?

Tool: Introduce C.H.E.E.R. (Cherished Hearts Empowering Everyone's Resurrection).

Session 4: Transform Challenges with Love

Session Focus

Explore how grace, forgiveness, and compassion can transform pain into wisdom.

Leader Notes

Meditation: 'Love transforms pain into light.'

Reflection: What's a challenge you are currently facing?

Discussion Prompts:

- How do you respond with love to conflict or hardship?
- What does it mean to set boundaries with love?

Practice: Journal about one challenge and how love might guide your response.

Session 5: Inspire Inner Reflection & Self-Love

Session Focus

Focus on nurturing self-worth, inner connection, and spiritual identity.

Leader Notes

Meditation: 'I am lovable, loved, and loving.'

Reflection: What do you love about yourself today?

Discussion Prompts:

- How do you reconnect with your sense of worth?
- What spiritual practices nourish you?

Discussion: Would the group like to continue for another 6-session series?

Practice: Commit to a daily self-affirmation or gratitude practice.

Session 6: Believe in the Ripple Effect

Session Focus

Explore how unseen acts of love leave lasting impact and legacy.

Leader Notes

Meditation: 'My love ripples far beyond what I can see.'

Reflection: Think of someone whose kindness shaped your life.

Discussion Prompts:

- What is the legacy of love you hope to leave?
- What have you learned through this small group experience?

Practice: Write a Legacy Letter to someone you care about.

Closing Ritual: Light a candle or symbolic gesture to honor love shared.