

Ways to Share Your Love: Participant Handbook ¹

Welcome

Welcome to the 'Ways to Share Your Love' small group course. Over the next three months, we'll explore together how to embody and share love in intentional, meaningful ways. This handbook is your companion—offering reflections, prompts, and practices to support your journey.

Session Structure

Each 90-minute session includes:

1. 3-Minute Centering Meditation
2. Group Check-In
3. Core Content and Discussion
4. Practice or Reflection
5. Closing Circle

Session 1: Radiate Love in Your Daily Actions

Focus: Kindness, presence, and gratitude

Practice: Perform 3 small acts of love this week.

Session 2: Use Your Voice and Platform

Focus: Sharing stories and uplifting messages

Practice: Begin a 'Love Legacy Journal' with meaningful stories.

Session 3: Build Loving Communities

Focus: Encouragement and safe spaces

Practice: Consider how to be a cheerleader for someone in your life.

Session 4: Transform Challenges with Love

Focus: Grace, forgiveness, and boundaries

Practice: Journal on a current challenge and how love can guide your response.

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

Session 5: Inspire Inner Reflection & Self-Love

Focus: Affirmations and spiritual practices

Practice: Reflect on your self-worth and spiritual routines.

Session 6: Believe in the Ripple Effect

Focus: Legacy, unseen impact

Practice: Write a legacy letter to someone you care about.

Continuing the Journey

In Session 5, the group will decide whether to continue for another 3-month cycle. If you choose to do so, new themes will be explored, and group members can continue to volunteer as leaders.