

You Can Lead a Three-Month, Six Session Course:

Ways to Share Your Love ¹

Question for ChatGPT: Please create a 3-month, 6-session small group course outline on Ways to Share Your Love. This course may be in person or online. Create a course outline including a 3-minute meditation and a short check-in from each participant. Go into detail for each session. This course will be led by a course leader for the first two sessions, and the remaining sessions will be led by volunteers from the small group who will sign up to lead one of the last four sessions. Allow the group to discuss during the fifth meeting whether they would like to continue the small group gathering for a second 3-month, 6-session course.

ChatGPT said: Here's a detailed **6-session, 3-month small group course** titled "**Ways to Share Your Love**", drawing from *Seven Ways to Share Your Love* by Dr. Michael Obsatz and David Tillman, as well as other related works.

Course Title: Ways to Share Your Love

A 6-session journey into living and giving from the heart

Format: In-person or online

Duration: 90 minutes per session, every two weeks

Leadership: First two sessions led by a designated facilitator; sessions 3–6 led by group members who volunteer

Structure for Each Session

1. **Opening Meditation (3 minutes):** Guided, simple breathing and heart-centering practice
2. **Check-In (15–20 minutes):** Each participant shares a brief personal update or reflection (~2 minutes)

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

3. **Core Content & Discussion (45–50 minutes):** Topic-based exploration using teachings and questions
 4. **Reflection or Practice (15 minutes):** Journaling, small group sharing, or creative expression
 5. **Closing Circle (5 minutes):** One-word check-out or closing intention
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✦ Session Overview

Session 1: Radiate Love in Your Daily Actions

Facilitator-led

- **Meditation Prompt:** Breathe in love; breathe out light.
 - **Themes:** Being a role model of kindness, listening deeply, practicing gratitude
 - **Activities:**
 - Reflect on a recent moment you shared love in a subtle way
 - Group shares: "What is the most loving thing I did this week?"
 - **Practice:** Try 3 small acts of love before next session (e.g., compliment, help, or listening deeply)
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Session 2: Use Your Voice and Platform

Facilitator-led

- **Meditation Prompt:** “My words create connection.”
 - **Themes:** Storytelling, creating uplifting content, amplifying love-centered ideas
 - **Discussion Questions:**
 - “What story of transformation can you share?”
 - “What platforms (formal or informal) do you use to express love?”
 - **Reflection Practice:** Begin a "Love Legacy Journal" for stories you may want to pass on
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Session 3: Build Loving Communities

Led by Volunteer

- **Meditation Prompt:** “I am part of a circle of love.”
 - **Themes:** Collaboration, safe spaces, encouragement
 - **Discussion Prompts:**
 - Share about a time you felt truly supported
 - What helps you feel “safe to be seen”?
 - **Activity:** Brainstorm how the group can be a “cheering” community
 - **Optional Tool:** C.H.E.E.R. acronym discussion (Cherished Hearts Empowering Everyone’s Resurrection)
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Session 4: Transform Challenges with Love

Led by Volunteer

- **Meditation Prompt:** “Love transforms pain into wisdom.”
 - **Themes:** Grace, resilience, boundary-setting with compassion
 - **Exploration:**
 - Journal: What challenge are you working through now?
 - Group reflection: How can love transform this challenge?
 - **Inspiration:** Discuss "Love is our Navigation" as a counter to fear and control
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Session 5: Inspire Inner Reflection & Self-Love

Led by Volunteer

- **Meditation Prompt:** “I am lovable, loved, and loving.”
- **Themes:** Affirmations, spiritual practices, quiet time, self-appreciation
- **Discussion:**
 - What spiritual or self-care practices help you connect to love?

- Share a time you helped someone see their worth
 - **Circle Discussion:** Would the group like to continue for another 6-session course?
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Session 6: Believe in the Ripple Effect

Led by Volunteer

- **Meditation Prompt:** “My love creates ripples I may never see.”
 - **Themes:** Legacy, impact, unseen kindness
 - **Activities:**
 - Legacy Letter: Write a short note to someone expressing appreciation
 - Group shares one takeaway from the course
 - **Closing Ritual:** Light a candle or symbolic gesture of sending love out into the world
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Optional Continuation

If the group chooses to continue:

- Use the final session to brainstorm new themes (e.g., *Spiritual Legacy*, *Living with Delight*, *Navigating Interdependence*)
- Volunteers can lead again, or rotate co-leaders
- Keep structure with meditations, check-ins, and reflections