

UNITED CHURCH OF COHOES

WELCOME & ANNOUNCEMENTS

MORNING OFFICE

Breath Prayer
Silence & Stillness
Scripture: 1 John 4
Silence & Stillness

WORSHIP TOGETHER

Christ Be Magnified
My King Forever
Abide

HEAR THE WORD

John 15: 8-17
Matthew 5: 43-47
Luke 10:25-37

Reflection: "The Evidence of our Emotional & Spiritual Maturity - LOVE"

APPLY THE WORD

Table Conversations
Pray Together

BENEDICTION

SUNDAY, AUGUST 28, 2022

UNITED CHURCH OF COHOES

Emotionally Healthy Spirituality

Week 8: The Evidence of Emotional & Spiritual Maturity

MORNING OFFICE

Breath Prayer

Silence & Stillness

Listen: 1 John 4

"Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another.

No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit.

And we have seen and do testify that the Father has sent his Son as the Savior of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us.

God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgment, because as he is, so are we in this world.

There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us. Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen.

**The commandment we have from him is this:
those who love God must love their brothers and sisters also.**

Silence & Stillness

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APPLY THE WORD

Table Discussion Questions:

- **Read v. 31-33 |**
 - What did the Samaritan see and feel that the priest and Levite did not?
 - What are some reasons that the priest and levite passed by?
 - Can you think of a time when you have made a similar choice/reason?
- **Read v. 33-36 |**
 - How does the Samaritan show self-awareness of his own limits?
 - How might this fulfill the part of the command to love "as you love yourself"?
- **Read v. 37 |**
 - What does it mean to you that Jesus says to "go and do likewise"? What would that look like in your daily life?

Listen to one another's prayer requests & close your time in prayer

BENEDICTION

Questions for Personal Reflection:

- How can you begin to see Christ in the people you meet this week?
- What might it look like to slow down enough to treat one another as a "thou" rather than an "it"?
- What kinds of things distract you from seeing the people around you as created in God's image?
- How can you let go of expectations, fear, control... and choose to serve someone in love this week?

AUGUST 28, 2022