



WELLSPRING CHURCH

BLESS – Enemy Love

Introduction:

Loving your enemies is probably one of the most neglected practices of the Way of Jesus. In a polarized culture and climate (like the one we find ourselves in), it is often easier to tweet about our enemies than actually love them. And yet, Jesus tells us to love our enemies and bless those who curse us. Let us consider together what this might actually look like.

Scriptures:

Read Matthew 5v43-48, Romans 5v6-10, Romans 12v17-21 and 1 Peter 2v19-24

Reflection Questions:

1. Consider all the people in your life. Is there anyone (right now) with whom you are angry, bitter, or resentful? Who are they? And, with those people in mind, would you consider any of them your enemy? Why or why not?
2. How do you define an enemy? How do you know if someone is your enemy?
3. Think of a time when you responded poorly to someone who was emotionally attacking or simply mean to you. How did you respond verbally, emotionally, mentally, and socially? (Remember, love is not simply an absence of “mean-ness.”)
4. What would it look like to “train” in loving our enemies? Can you think of habits or practices that might form you into the kind of person who loves her enemies, even when it isn’t easy?

Experiment: (Pick one)

1. Spend time praying for your enemy(ies). Even if it is only for 10 seconds, or the only phrase you can utter is “God, help” or “God, bless them.” Start small and build from there.
2. Think of one person that irritates you. Maybe it is someone at school, in your family, or at your workplace. Send them a short text or encouragement this week or speak something encouraging to them in person! Ask for forgiveness if necessary. Afterward, journal and pray about how that experience went. How did they respond? How did you feel when you spoke?

Pod Discussion:

1. As you listened to the podcast (watched the video), what struck you or stood out to you?
2. What was your experience of the experiment like? Was it enjoyable? Uncomfortable? Did you notice anything about yourself, God or the world?
3. Is God inviting you to change anything in the way you do your life?

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141 14th Street - Pacific Grove, CA 93950 | 831-373-4705 | www.wellspringchurchpg.org