

The background features a dark blue, textured sphere in the center. From this sphere, a dense burst of fine, glowing lines radiates outwards. On the left, these lines are primarily cyan and light blue, swirling and flowing. On the right, they transition into vibrant magenta and pink, also swirling and extending towards the edge. The overall effect is one of dynamic energy and spiritual light.

CADENCE

LIVING IN STEP WITH THE SPIRIT OF GOD

HEAD

- ✚ God is love, since we are His children, let us also be characterized by love.



HEART

- ✠ Do you **believe** that because God's love has poured out on your heart through the Spirit of Holiness that you have the capacity to love the way God commands?
- ✠ Do you **feel** God's love when you survey the death, burial & resurrection of the Lord Jesus? Beyond knowing the event happened, do you **feel** the love?



HANDS

- ✚ Love in Action: Choose one person this week to show love through a specific action (not just words). Share your plan with the group and report back next week.
- ✚ Self-Reflection: Take time to journal about areas where you struggle to love others. Pray for God's help in these areas.
- ✚ Forgiveness Exercise: Identify someone you need to forgive. Take steps this week to forgive them, remembering that "love does not keep a record of wrongs."

