

**Your Turn. | Week 5 | 5/03/2020**  
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### **Reflection Focus:**

As the song famously says, “all you need is love”. We all love the idea of love. Yet, Christian character as described in Ephesians 4 calls us to be people who have a love that is not an idea, but practiced in reality. We cannot love what we don’t value in our actions. We might have positive thoughts towards someone, but how do our practices embody true love that reflects the person and work of Jesus. Are people compelled by the loving way we live our lives? Do they see us “living life to the fullest” (John 10:10) as Jesus came to offer us? Do they see us giving life to others through the ways we are set apart that we can be “salt and light” (Matt 5) in our world?

**Passage(s):** Ephesians 4:25-32 (NIV): **LOVE**

*25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 “In your anger do not sin”: Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

### **Reflection Questions (Use any of these questions that you or your small group find to be helpful):**

1. Think of someone who made loving impact in your life. In what way(s) were their actions loving?
2. **(Ephesians 4:25-32):** Under what conditions do you find yourself acting lovingly or unlovingly towards others? In what ways does God feel present or not present in these moments?
3. **(Ephesians 4:25-32):** In what aspects of your love (of God and others) are you hoping to grow in maturity in this season? What successes or challenges are you experiencing in the growth process? Where do you find it hard to move from your idea of love to actually loving others?
4. **(Ephesians 4:30):** What is one way you can “not grieve the Holy Spirit” by saying “Yes” to how God is asking you to practically love your neighbors in this season?
5. How can we pray for/help support you in “being the church” in response to your answers above?

### **Special Invite/Announcement**

We are partnering with our landlords at [the Collective](#) to love our neighbors in South Lake Union by providing 250 chef-prepared lunches for UW Clinic workers on the front lines of keeping us healthy in this COVID-19 crisis. Buy a meal(s) [HERE](#). Write a thank you note or prayer by May 8th, and send to Amanda Armes at (3223 36th Ave W, Seattle, WA 98199) or [info@aseattlechurch.com](mailto:info@aseattlechurch.com).