

# DNA GUIDE

*sunday school module one*

## MODULE 1: LOVE: GOD + NEIGHBOR

### DISCOVER (PRE-WORK)

Before and while you read this passage, ask the Spirit of God to illuminate your heart and mind and bring conviction and clarity of his truth for your life. Take some time during your own personal study to process through these four key questions:

1. **Who is God?** How do I know God more fully through this passage?
2. **What Has God Done?** How do I see God's character in action here?
3. **Who Am I?** How does God's character and action inform my identity?
4. **What Do I Do?** If my identity has been reshaped, how do I live?

**Scripture:** MATTHEW 22:34-40

*QUESTION: What did you DISCOVER during your study?*

### NURTURE

Confess out loud to one another areas of personal struggle or unbelief that the Spirit revealed during your personal study.

In light of this month's Sunday School module, consider these questions together:

1. Do you love God? How? Why? What does that look like? What does it feel like?
2. If God wants us to love him and has been wooing us to that end, and if the entire scriptures are testimony to his love for us, which aspects of the Christian faith are changed by this way of understanding God?

3. The Greatest Commandment is to love God with everything that you are, are there parts of you or your life that you have held back from God? What are you loving with those parts of you, if not God?
4. The command to love your neighbor as yourself is a double edged sword. On the one hand it makes us ask how much we are loving ourselves and on the other, we have to ask what it would look like to love our neighbor that same way. So, how are you loving yourself and how might you love your neighbor similarly?
5. Who is your neighbor? Who has God put in your life for you to love?

## **ACT**

For this season, the ACT section will revolve primarily around the practice of that month's Spiritual Discipline. The discipline for this month is prayer journaling, which is simply writing down your prayers in such a way that they can be saved for future reference.

1. A couple times this week, spend your prayer time just journaling all of the great things about God. In other words, if you use the ACTS structure (Adoration, Confession, Thanksgiving, Supplication), spend all of your time on Adoration for a couple of days. How does this affect you? Were there any surprises?
2. On another day or two, take time to write down all of the ways God has pursued you with his love in your life. be exhaustive and take your time. Reflect on that process, did it change the way you think about the love of God?
3. During confession time this week, take a day to write down all the ways that you love yourself. This could be ways that you invest in your future, spend time or money on yourself or make space for your interests and well-being. The list isn't meant to be a list of sinful self-obsession but just a way to catalogue how you are loving yourself, both in good and potentially harmful ways.
4. This week, when you write your prayer journal ask the Lord to reveal to you a name or two that he might be calling you to love like a neighbor. Write them down. Then take time brainstorming all of the ways that you could love them as yourself and pray that God would continue to convict you to act on this list.