

Practicing the Way of Love

Small Group Participant Worksheet

Week _____: _____

Practice:

I commit to:

How often, and when?

Practicalities:

What resources, including people, do I need to support this practice?

What do I need to stop doing to make room for this practice in my life?

How do I hope I will change as a result of incorporating this practice into my life?

Who or what will hold me accountable?