

## Wired: Brain Science and Spiritual Growth

Hesed: Our Relational Glue

September 25, 2022

Notes

## Questions for Personal Reflection and Group Discussion

### **1. Read Lamentations 3:22.**

If possible, read this verse in a few different translations (NLT, NIV, ESV, NAS). What kind of love does this verse say the LORD has for you?

How do you see God's faithful love demonstrated in your life? Write down as many ways as you can think of!

### **2. Read 1 Peter 1:22 and 4:8 and Ephesians 5:1-2.**

What does it mean to "love each other deeply" or to show deep love for each other?

In what ways are you doing that well? How might you need to grow in cultivating deep love or *hesed* in your relationships?

### **3. Read 1 John 3:1.**

How is the kind of love we can have as God's children different from the love between people who don't know Him?

How might seeing that kind of love in action impact someone who doesn't know Jesus?

### **4. Read Matthew 22:37-40.**

What does Jesus say is the greatest commandment? Why is that one the most important?

If *hesed/agape* was truly at the core of everything you are about, how might your relationship with God and with others be different?

### **5. Read John 15:9 and 12.**

Reread your answer to point 1, the second question.

How can we love others the way God loves us? What does that mean for you?

### **6. Read Revelation 2:2-4.**

How are you doing in cultivating *hesed* in your relationships? What could you do to up your game, go deeper, and build a high *hesed* community?

### **7. Read 1 Corinthians 4:16.**

Who are you looking to as an example in your life? Who are you imitating?