

AUTHENTIC DISCIPLESHIP AND
INTENTIONAL DISCIPLEMAKING

“LOVING OTHERS”

Small Group Disciplemaking
Foundations



COVENANT EFC



Session 1

“Loving God by Loving Others”

Rev. Dr. Chua Chung Kai



Welcome & Introduction (10 mins)

To begin this new "Loving Others" series, let's center down by reading 1 John 4:19 together:

" We love because he first loved us."

Think about the time(s) when you experienced deeply God's love.
How has it impacted and changed you?
Is there a song or verse that comes to mind?
Share this with the CG when you are ready.



Worship (10 mins)

Let us worship the God who is love. May He remind and refresh us with His eternal, redeeming love.

- The Love Of God (Dave Hunt)
- Forever (Chris Tomlin)
- I Could Sing Of Your Love Forever (Martin Shane)

Note: These are suggestions. You may select other songs.



Word (10 mins)

Play Teaching Video 1. You can turn on the subtitles if it is helpful.

After watching the video, proceed to Activity 1.





Activity 1: Reflect & Share (20 mins)

In Groups of 3 or 4 members, reflect and share:

1. What is one thing that the Holy Spirit spoke to you about in the session?
2. Of the 4 reasons to love one another, which one motivates you the most to love another person?
 - Love is who God is (1 John 4:7-12)
 - God commands us to love (John 13:34)
 - Loving others demonstrates our love for God (Matt 25:35-40)
 - Love witnesses to the reality of Jesus (John 13:34-35)



Word (5 mins)

Play Teaching Video 2.

After watching the video, proceed to Activity 2.





Activity 2: Part 1 - Sharing & Listening (10 mins)

Pair up with someone for this activity. One person will assume the role of the **Listener** & the other the **Sharer**. Take about 10 mins to share and to listen.

Tips for Listener:

1. Prepare

- Remind yourself. I'm here to **KNOW** this person better, **NOT** to **FIX** the person or his or her problem.
- Put aside your mobile devices.



Activity 2: Part 1 - Sharing & Listening (10 mins)

2. Pray

- Ask the Lord to help you hear not just the words but also the heart/feelings behind the words.

3. Ask a question

- "Tell me about your day?"
- "What was something meaningful that happened to you recently?"
- "What was something you learnt about yourself recently?"



Activity 2: Part 1 - Sharing & Listening (10 mins)

4. Listen

- Listen to not just the words but also the heart/feelings behind the words.
- You may ask questions to clarify but DO NOT think of or offer solutions or suggestions.

5. Thank

- Revelation is a gift. Thank the person for sharing what he or she did with you.



Activity 2: Part 1 - Sharing & Listening (10 mins)

Tips for Sharer

1. Listen

- Listen to the question the Listener is asking.

2. Ask

- Ask the Lord to be present to help you to share openly and concisely.

3. Thank

- Listening is a gift. Thank the person for listening.



Activity 2: Part 1 - Sharing & Listening (10 mins)

Start Part 1 of Activity 2 in pairs now.

It may help to appoint a time-keeper to keep pace!

Happy sharing and listening!



Activity 2: Part 2 - Reflect & Share (10 mins)

For the Listener:

- Write down what you have learnt about the Sharer and share this with the Sharer.
- What else did you learn?

For the Sharer:

- How did you feel in the process of being heard by another person? Share with the Listener.
- What else did you learn?



Activity 2: Part 3 - Swap Role, Repeat & Reflect (30 mins)

Now reverse the roles of Listener and Sharer.

Take about 10 mins again to share and to listen. Thereafter take another 10 mins to PAUSE, reflect and share.

Take the last 10 mins to invite 1 or 2 pairs to share with the CG their experiences and observations, both being the Listener and the Sharer.

Time-keeper please help keep pace!



Scripture Memory (5 mins)

In the same pairs, invite members to practice memorizing the following Scripture for Session 1: "Loving God by Loving Others."

"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."
- John 13:34-35 (ESV)



Next Steps & Closing Prayer (5 mins)

From today until the next time the CG meets, intentionally make space and time to LISTEN to at least TWO other people (e.g. your colleague, coursemate, friend, family member, domestic helper, neighbour).

Commit 2-3 non-Christians to prayer. Ask God for opportunities to listen to their hearts. Practise loving the person simply by being present and paying attention to the person.

Then come ready to share in the next session what were some things you learnt about yourself in the journey of loving GOD by loving another person.



Next Steps & Closing Prayer (5 mins)

Our Father in heaven, thank You for Your unfailing love for us. Help us to learn to love because You first loved us.

We come before You, seeking the gift of attentive ears and open hearts. Teach us to listen deeply—to Your voice, to our loved ones, and to those in need. May our silence be a sanctuary for understanding and compassion, reflecting Your love in our thoughts and actions. Amen.*

*<https://stmparish.org/>

Further resources for growth:

Online Resources:

- [Listening Lesson - GodTools \(CRU\)](#)
- [12 Easy Ways to Improve Your Listening \(The Gospel Coalition\)](#)

Recommended Books:

- [Dr. Gary Sweeten, Anne Clippard & David W. Ping, *Listening For Heaven's Sake : Building Healthy Relationships With God, Self, And Others*](#)
- [Dr. Gary Sweeten, *Communicate For A Change: Building Great Relationships Through Great Listening*](#)



Further resources for growth:

- John Ortberg, Love Beyond Reason: Moving God's Love from Your Head to Your Heart
- Francis Chan, *Crazy Love*

