

AUTHENTIC DISCIPLESHIP AND
INTENTIONAL DISCIPLEMAKING

“LOVING OTHERS”

Small Group Disciplemaking
Foundations



COVENANT EFC

Session 2

"Obstacles to Loving Others"

Rev. Sandra Chi





Welcome (10 mins)

As a follow up to the “Next Steps” at the end of Session 1: “Loving God by Loving Others”, share with the CG your experience of loving others through listening for the past week.



Worship (15 mins)

As we worship our God who is love, use the lyrics of the first song as a prayer unto Him.

"O Holy Spirit, come abide within, may Your joy be seen in all I do. Pour out love enough to cover every sin, in each thought and deed and attitude."

Holy Spirit, Living Breath of God (Keith & Kristyn Getty)
The Power of Your Love (Hillsong)

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



Word (7 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: Sharing in Pairs (20 mins)

Our first obstacle to loving others is when we measure someone by their outward strengths or judge others when we find them lacking. One of the ways we overcome that is to keep on listening to the stories behind people. Listening well is loving well.

Gather in **pairs** for this activity.



Part 1: "Story Behind the Strength" (10 mins)

Each person reflects and writes down an outward strength or admirable trait they believe others see in them (for example, integrity, leadership, positivity).

Next, each person shares the "story behind that strength"—explaining a challenge, personal value, experience, or God story that shaped or deepened this quality from within.

Group members may then offer a genuine affirmation or share how understanding the inner journey behind the strength changes or deepens their appreciation for that person.



Part 2: "Story Behind the Weakness" (10 mins)

Each participant reflects and writes down a personal weakness or failure that they experience about themselves (for example, procrastination, lack of discipline, pride, etc.).

Next, each person shares the "story behind that weakness"—explaining their inner journey to try overcome this struggle. Group members may then offer empathy and share how hearing the inner journey behind the weakness changes or deepens their understanding for that person.

Wrap up in a short prayer of blessing and minister God's love to each other.



Word (6 mins)

Play Teaching Video 2.

After watching the video, proceed to Activity 2.





Activity 2: Personal Reflections (10 mins)

- Close your eyes, quiet down your heart and ask God to bring an unpleasant or challenging encounter with someone to mind. It could be a spouse, a child, a parent, a friend, a colleague or a school mate.
- Some words may come to mind as you think of this person e.g. annoying, rude, untrustworthy etc.
- There might be some emotions that come to the fore as you remember this incident.
- Ask the Holy Spirit to minister to your emotions, whether it was annoyance, frustration, hurt or resentment.
- As you picture that person in your mind, ask God to help you begin to see this person through His eyes. Stay with this perspective God is revealing to you and say prayer to Him.
- As you close, you may still feel some difficult emotions. Ask God to help you to continue to surrender this relationship to Him.



Activity 3: Sharing & Praying (10 mins)

In small groups of 2-3, share any insights of this activity with one another.

What was it like picturing people? How did our emotions come up?

Did anything shift as we asked God to see people differently?

Pray with each other or one another not to miss God's grace to overcome every obstacle so you can love again.



Scripture Memory (5 mins)

Pair up with someone and review/recite John 13:34-35 from the previous session. Then practice memorizing the following Scripture for Session 4: "Obstacles to Loving Others".

"Love bears all things, believes all things, hopes all things, endures all things. Love never ends.
- 1 Corinthians 13:7-8a (ESV)



Next Steps (5 mins)

- Continue to reflect and pray for yourself using the memory verse throughout the next week. Allow the Holy Spirit to continue the good work He's already begun in you to help you overcome every obstacle in loving the person(s) He has laid upon your heart. Prepare to share at the next session any breakthrough or revelation the Lord is giving you.
- Check out further resources for growth provided at end of each session and sign up for relevant workshops:

Workshops & Resources for Growth:

BUILDING HEALTHY RELATIONSHIPS



Through D.R.E.A.M.S. (Didactic, Reflection, Experiential, Accountability, Modeling and Spiritual growth), Presence & Pitfalls, Pastor Valerie will show participants what it looks like to practice the presence of God when we relate to one another and what pitfalls we can avoid to minimize conflicts in relationships.

Date: 23 and 30 May 2026 (2-part series)

Time: 0900 to 1300h (per session)

Venue: CT Hub #10-10, ACK Centre

Registration: Please register by 18 May 2026, 6pm.



Workshops and Resources for Growth:

The art of marriage @CEFC

The Art of Marriage (AOM) retreat seeks to strengthen marriages leveraging 6 well-choreographed biblically-based video teaching sessions covering how **“love happens, fades, dances, gets interrupted, sizzles, and leaves a legacy”** including couple and group discussions and ministry time.

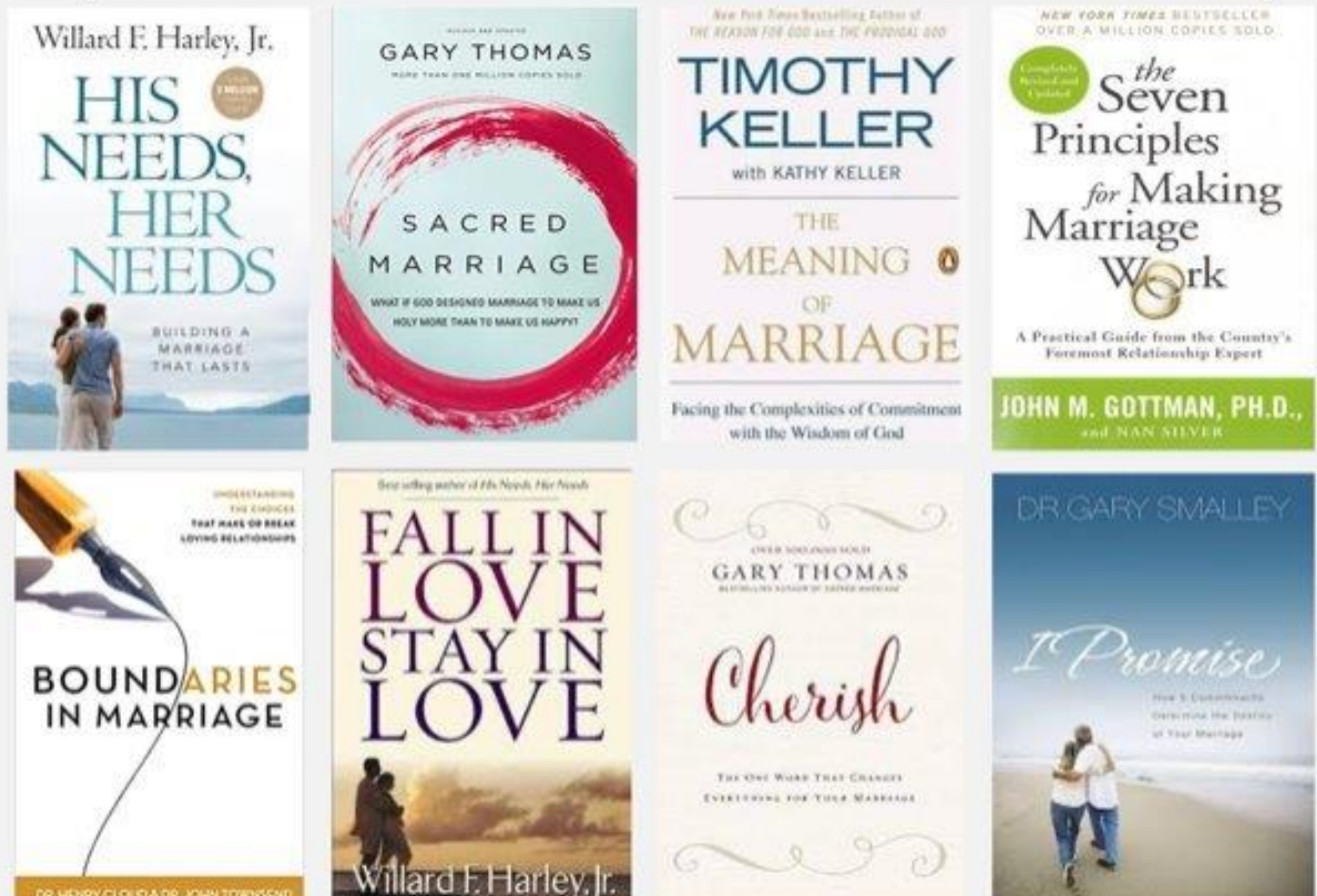
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Highlights
Expert interviews • Real-life stories.
Humorous vignettes • Couple projects
Time with spouse and other couples
Full-colour manuals



BOOKS ON MARRIAGE



The image displays a collection of eight books on marriage, arranged in two rows of four. The top row includes 'His Needs, Her Needs' by Willard F. Harley, Jr., 'Sacred Marriage' by Gary Thomas, 'The Meaning of Marriage' by Timothy Keller, and 'The Seven Principles for Making Marriage Work' by John M. Gottman, Ph.D., and Nan Silver. The bottom row includes 'Boundaries in Marriage' by Dr. Henry Cloud and Dr. John Townsend, 'Fall in Love Stay in Love' by Willard F. Harley, Jr., 'Cherish' by Gary Thomas, and 'I Promise' by Dr. Gary Smalley.

- HIS NEEDS, HER NEEDS** by Willard F. Harley, Jr. (1 million copies sold)
- SACRED MARRIAGE** by GARY THOMAS (More than one million copies sold)
- THE MEANING OF MARRIAGE** by TIMOTHY KELLER with KATHY KELLER (New York Times Bestselling Author of THE REASON FOR GOD and THE PRODIGAL GOD)
- the Seven Principles for Making Marriage Work** by JOHN M. GOTTMAN, PH.D., and NAN SILVER (New York Times Bestseller over a million copies sold)
- BOUNDARIES IN MARRIAGE** by DR. HENRY CLOUD & DR. JOHN TOWNSEND
- FALL IN LOVE STAY IN LOVE** by Willard F. Harley, Jr. (Best selling author of His Needs, Her Needs)
- Cherish** by GARY THOMAS (Over 500,000 copies sold)
- I Promise** by DR. GARY SMALLEY (How to Commitments Determine the Destiny of Your Marriage)

Save the dates: 6, 7 & 9 Nov 2026

Further Resources:

Recommended Books:

- David Benner, *Surrender to Love*
- John Bevere, *The Bait of Satan: Living Free from the Deadly Trap of Offense*
- Gary Sweeten & Steve Griebeling, *Hope and Change for Humpty Dumpty: Successful Steps to Healing, Growth and Discipleship*
- Gary Chapman, *The 5 Love Languages: The Secret to Love That Lasts*

