

## Wholehearted Living at Its Core

**Week 3:**     *Love is Love is Love*  
**Reading:**    **Wholehearted Living at Its  
Core: Discerning Your Personal  
Core Values, Pgs. 1-16,  
Appendices A - D**

### Quote(s):

‘Accept - then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it . . . This will miraculously transform your whole life.’ ~ Eckhart Tolle

‘Most of us were taught that God would love us if and when we change. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change is the experience of love. It is that inherent experience of love that becomes the engine of change.’ ~ Richard Rohr

‘We can increase the frequency of guiding coincidences by uplifting every person that comes into our lives. Care must be taken to not lose our inner connection in our personal relationships.’ ~ James Redfield

## Questions:

1. In which area or who in your life could use more love and acceptance?
2. Who inspires you? Why? What value do they demonstrate that you appreciate?
3. What have you done recently that showed love and appreciation?

## 'DIG' Deeper (Get Deliberate, Get Inspired, Get Going!):

1. Creativity Video - 'DIG'-ing through Intentional Creativity.  
<http://www.unitytraversecity.org/mini-stry-leaders-resources>
2. Do one 'mundane' project inspired by the Intentional Creativity method.

## Looking Ahead:

1. Discuss the possibility of a group activity or project based on the series, perhaps getting together to try a 'DIG Deeper' option together; or creating one of your own.

2. Send stories, successes, photos, etc. for the church website and/or sharing in the Sunday lessons and/or announcements.
3. Prepare your 'leaf' to add to the sanctuary 'Tree of Values' next Sunday.

**Prayer:**

*As you prepare to close this third week in prayer, take the 'Love' rock you received and hold it gently in your hands. Open your heart to the presence of love in you as you affirm this closing prayer:*

I take a deep breath and connect with the love energy that birthed the Universe and that created me. I am loved, I am love. I remember that everyone surrounding me comes from the same Source, Love. Some might have forgotten but love is there no matter what. I learn to accept everyone's journey as well as mine. And so it is, amen.

**MY SECOND CORE VALUE IS:**

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