

~~M E A N I N G L E S S~~

Without

LOVE

Bearing the image of God

J Q B O T E S

Companion Study Guide

A free study guide to walk through *Meaningless Without Love* with a small group, family group, or Bible study. Eighteen sessions, one per chapter. Each session is built around the chapter you read that week. Scripture to anchor the conversation, questions to talk through, a way to put it into action before the next session, and a prayer to close.

The goal is not to finish the questions. Let the conversation go wherever the Spirit takes it.

Session 1

Why Love?

This week's reading: Chapter 1 of Meaningless Without Love: "Why Love?"

Scripture

We love because he first loved us.

1 John 4:19 (NIV)

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Romans 5:8 (NIV)

Discussion questions

1. The chapter says the world's version of love "is entirely dependent on what it receives." Where have you seen this play out, in your own life or in the lives of people close to you?
2. The chapter says that true Love, the way the Bible defines it, does not begin with you, it never has. It was first given to you by God. What does it change to think of love as something that came to you before it ever came from you?
3. If "we love because he first loved us" is true, what does that mean for the love you are extending right now to someone who is not loving you back?
4. The chapter argues love is not one part of the Christian life, it is the whole thing. How does that sit with you? Is that how you have been thinking about your faith?

This week, put it into action

Identify one person in your life where you have been waiting for them to love you first. A spouse, a parent, a friend, a colleague. Before the next session, extend love to them in one concrete way, without waiting and without keeping score. Then notice what shifts in you.

Prayer

Father, you loved me first. You did not wait for me to deserve it, and you have never withdrawn it because I did not return it well. Teach me to love from what you have already given me, not from what others give back. Where I have been keeping score, soften my heart. Where I have been waiting, give me courage to move first. In Jesus' name. Amen.

Session 2

What Is Love?

This week's reading: Chapter 2 of Meaningless Without Love: "What Is Love?"

Scripture

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.

1 Corinthians 13:4-8 (NIV)

Whoever does not love does not know God, because God is love.

1 John 4:8 (NIV)

Discussion questions

1. Read 1 Corinthians 13:4-8 with the word love replaced by God. Read it slowly. What sticks out to you, and why?
2. The chapter says real love is not just a feeling, it is a choice. Where in your life has the feeling of love faded, and what would it look like to choose love anyway?
3. Jesus told his disciples in John 13:35 that the world would recognize them by their love. If a stranger watched your week, would they see that?
4. What is the difference between loving people because of who they are and loving people because of who God is?

This week, put it into action

Read 1 Corinthians 13:4-8 once each morning this week with the word love replaced by God. Let it shape how you approach the day. Notice how it changes the way you see God by the end of the week.

Prayer

Father, you are patient with me. You are kind. You do not boast or seek your own. You keep no record of my wrongs. You have never failed me even when I have failed you. Help me to see this more clearly. And as I see who you truly are, change me from the inside out so that the love you have shown begins to flow through me. In Jesus' name. Amen.

Session 3

Love Is Patient

This week's reading: Chapter 3 of Meaningless Without Love: "Love Is Patient"

Scripture

The Lord is compassionate and gracious, slow to anger, abounding in love.

Psalm 103:8 (NIV)

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2 (NIV)

Discussion questions

1. Where is your patience thinnest right now? And why?
2. God's patience is not delay, it is mercy. How does that change the way you might read the seasons in your life when God seemed to be doing nothing?
3. Patience requires you to choose love over reaction. Where do you find yourself reacting most quickly, and what is underneath that reaction?
4. Where in your life is patience needed most right now, and what would it look like to extend it this week?

This week, put it into action

Identify one relationship where you have been quick to react. Practice the twenty-four-hour pause: when irritated, wait a full day before responding. Notice how the wait changes both your response and the situation.

Prayer

Father, you have been patient with me far beyond anything I deserve. You have waited for me to come home more times than I can count. Teach me to extend that same patience to the people who try mine. Where I have been reacting, give me restraint. Where I have been demanding, give me grace. Help me to remember that your patience with me is mercy, and to offer the same mercy to the people you have placed in my life. In Jesus' name. Amen.

Session 4

Love Is Kind

This week's reading: Chapter 4 of Meaningless Without Love: "Love Is Kind"

Scripture

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32 (NIV)

Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Romans 2:4 (NIV)

Discussion questions

1. What is the difference between being nice and being kind? Where in your life have you settled for niceness when kindness was what was needed?
2. Luke 6:35 says God is kind to the ungrateful and the wicked. How honestly do you reflect that posture in your own relationships?
3. Where in your life right now is kindness costing you the most? Without naming names, what is it about the situation that is making it hard?
4. What does it look like to be kind without being a doormat? Is there a line, and where is it?

This week, put it into action

Do one act of unprompted kindness to someone who has not earned it from you this week. Tell no one about it. Let God be the only witness.

Prayer

Father, your kindness has led me to repentance more times than I can count. You have been kind when I was ungrateful. You have been kind when I was hostile. Teach me to extend that same kindness to the people around me, especially the ones who have not earned it. Where I have been merely nice, give me kindness. Where I have been withholding, give me a generous heart. In Jesus' name. Amen.

Session 5

Love Does Not Envy

This week's reading: Chapter 5 of Meaningless Without Love: "Love Does Not Envy"

Scripture

A heart at peace gives life to the body, but envy rots the bones.

Proverbs 14:30 (NIV)

But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice.

James 3:14-16 (NIV)

Discussion questions

1. The chapter says envy "rarely announces itself by name." Where have you noticed it operating quietly in your own heart in the last week?
2. The chapter argues envy is about wound, not desire. Is there a wound in your life that seems to spark envy?
3. If envy is a security problem, where is your security currently rooted? Is that root holding under pressure?
4. What would it look like to genuinely celebrate someone else's blessing in an area where you feel lacking?

This week, put it into action

Identify one person whose life you have been comparing yours to. This week, deliberately celebrate one specific thing about their life. Send them a message, pray for them by name, or thank God for the blessing in their life as if it were your own.

Prayer

Father, you have given me everything I need to fulfill the purpose you have placed me here for. Forgive me where I have looked at what you have given to others and felt cheated. Forgive me where I have allowed comparison to make me forget what is mine. Settle my heart in what you have made me. Free me to celebrate the blessings of others without it costing me anything. In Jesus' name. Amen.

Session 6

Love Does Not Boast

This week's reading: Chapter 6 of Meaningless Without Love: "Love Does Not Boast"

Scripture

So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:2-4 (NIV)

For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works, so that no one can boast.

Ephesians 2:8-9 (NIV)

Discussion questions

1. The chapter asks: when was the last time you did something good and told no one about it? What does the answer tell you about your heart?
2. Where in your life are you most tempted to make sure people see what you have done?
3. If boasting is a sign of insecurity, what is the boasting heart trying to receive that it has not yet received from God?
4. What does it look like to do good work, and still be heard, without making sure everyone knows it was you?

This week, put it into action

Do something good this week and tell no one about it. Not your spouse, not your friends, not a single subtle mention. Let God be the only witness. Pay attention to how strong the urge is to be seen, and what it says about where your security is rooted.

Prayer

Father, you see what is done in secret. You miss nothing. Help me to trust that your seeing is enough, and to stop performing for an audience whose approval will not last. Where I have been seeking applause, root my identity in you. Where I have been afraid of being unseen, remind me that I am known by the only One whose knowing matters. In Jesus' name. Amen.

Session 7

Love Is Not Proud, Does Not Dishonor, Is Not Self-Seeking

This week's reading: Chapter 7 of Meaningless Without Love: "Love Is Not Proud, Love Does Not Dishonor Others, Love Is Not Self-Seeking"

Scripture

Be devoted to one another in love. Honor one another above yourselves.

Romans 12:10 (NIV)

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4 (NIV)

Discussion questions

1. In what part of your life is self most at the center right now?
2. Have you in the past dishonored someone by dismissing them, talking past them, or treating them as less than they are? Did it end well?
3. What is the difference between healthy self-care and self-seeking? Where is the line in your own life?
4. If your worth is already settled in God, what would change in the relationships where you currently feel you have to prove yourself?

This week, put it into action

Walk into every room this week asking not how can I be seen? but who can I honor here? Pick one person you would normally overlook and find a specific way to show them honor before the next session.

Prayer

Father, you have given me a worth that I did not earn and cannot lose. I do not need to compete with the people you have placed around me. Free me from the pride that makes me grasp for what is already mine. Teach me to honor others above myself, not because they are more important to you than I am, but because love chooses to place others first. In Jesus' name. Amen.

Session 8

Love Is Not Easily Angered

This week's reading: Chapter 8 of Meaningless Without Love: "Love Is Not Easily Angered"

Scripture

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19-20 (NIV)

"In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

Ephesians 4:26-27 (NIV)

Discussion questions

1. What triggers your anger most reliably? What is underneath that trigger?
2. The chapter argues anger is a secondary emotion. What primary emotion, fear, hurt, shame, is most often what your anger is covering?
3. Have you ever justified your anger by calling it something more spiritual, like passion or righteous indignation? Why?
4. What would it look like to respond from security rather than wound the next time you feel that trigger?

This week, put it into action

When you feel anger rising this week, pause and name the emotion underneath it before reacting. Is it fear? Hurt? Shame? Embarrassment? Naming what is actually happening changes what you do next.

Prayer

Father, you are slow to anger and abounding in love. Forgive me where I have been the opposite. You see what is underneath my anger, even when I do not. Where there is unhealed hurt, heal it. Where there is fear, settle me. Where there is pride that refuses to be overlooked, soften it. Teach me to respond from a heart rooted in you, not from a wound that has never been mended. In Jesus' name. Amen.

Session 9

Love Keeps No Record of Wrongs

This week's reading: Chapter 9 of Meaningless Without Love: "Love Keeps No Record Of Wrongs"

Scripture

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

Colossians 3:13 (NIV)

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times."

Matthew 18:21-22 (NIV)

Discussion questions

1. Are you keeping a record of wrongs somewhere in your life right now? And why?
2. Forgiveness does not require the other person to apologize, acknowledge the wrong, or even be in your life. What makes that hard?
3. When you forgive, do you actually release the person and yourself from the wrong, or do you just excuse what happened while still holding onto it? Holding onto it keeps both of you hostage.
4. Where has God forgiven you in a way that you have struggled to forgive yourself? What might it look like to receive His forgiveness fully this week?

This week, put it into action

Name one wrong you are still holding. Bring it before God honestly. Then decide, by an act of the will, to close the book on that wrong. You are not pretending it did not happen. You are choosing to let it go, the way God let yours go.

Prayer

Father, you have closed the book on my failures. You remember them no more. Teach me to do the same for the people who have wronged me. Where I have been holding onto a record, give me the courage to release it. Where forgiveness feels impossible, remind me that you forgave me at far greater cost. Free me from the prison of my own ledger. In Jesus' name. Amen.

Session 10

Love Does Not Fear

This week's reading: Chapter 10 of Meaningless Without Love: "Love Does Not Fear"

Scripture

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18 (NIV)

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8:38-39 (NIV)

Discussion questions

1. Where is fear currently operating in your relationships? Fear of being known, fear of being hurt, fear of being abandoned?
2. Fear is not part of your spiritual inheritance. What part of God's love is hardest to receive when fear is loudest?
3. What wound underneath your fear has not yet been brought to God for healing?
4. If nothing can separate you from God's love, what changes in the relationship where fear is loudest right now?

This week, put it into action

Name the fear that has the most grip on you right now, the one you have been trying to keep quiet. This week, share it with one trusted person and pray with them about it. Fear loses much of its power when it is spoken aloud and brought before God in the company of someone who loves you.

Prayer

Father, your perfect love drives out fear. Where fear has been operating in my relationships, I bring it to you now. You see what is underneath it. You know the wound that planted it. Heal what needs healing. Settle what needs settling. Help me to live from the truth that nothing can separate me from your love, and let that truth change how I show up to the people around me. In Jesus' name. Amen.

Session II

Love Rejoices, Protects, and Perseveres

This week's reading: Chapter 11 of Meaningless Without Love: "Love Rejoices, Protects, and Perseveres"

Scripture

Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:6-7 (NIV)

Above all, love each other deeply, because love covers over a multitude of sins.

1 Peter 4:8 (NIV)

Discussion questions

1. Have you ever delighted in someone else's failure, seeing it as justice? What motivated that?
2. What would it look like to protect those close to you in love, without enabling or overlooking their sin?
3. Have you ever stopped persevering in a relationship that God may not be done with yet?
4. A love that rejoices, protects, and perseveres is a love where God can work. Have you ever experienced or seen this type of love? What effect did it have?

This week, put it into action

Pick one relationship in your life where perseverance has become hard. This week, do one specific thing that says I am not leaving, even if it is small. A note, a prayer, a shared meal, a phone call. Choose to stay, in some visible way.

Prayer

Father, you have rejoiced over me. You have protected me. You have stayed with me when I gave you every reason to walk away. Teach me to do the same for the people you have placed in my life. Where I have delighted in failure, give me a heart that grieves it. Where I have stopped covering, give me a heart that protects. Where I have stopped persevering, give me your faithfulness, because mine alone will not be enough. In Jesus' name. Amen.

Session 12

Love Is A Choice

This week's reading: Chapter 12 of Meaningless Without Love: "Love Is A Choice"

Scripture

A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.

John 13:34-35 (NIV)

Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Mark 12:30 (NIV)

Discussion questions

1. Where in your life have you been waiting for the feeling of love to return, when what is actually being asked of you is the choice to love?
2. Is there or has there been an area in your life where you have avoided stepping out in love out of fear? Why?
3. If love is a choice, what does that mean for marriages, friendships, and relationships where the feeling has clearly faded?
4. Is there a specific choice to love that God has been pressing on your heart that you have been avoiding? Why?

This week, put it into action

Identify the choice to love that you have been avoiding. This week, make it, even one small step. Do not wait for the feeling. The feeling tends to follow the obedience, not the other way around.

Prayer

Father, you chose me before I had anything to offer. You did not love me because I was lovable. You loved me because love is who you are. Teach me to love like that. Where I have been waiting for the feeling, give me the courage to make the choice. Where the choice is costly, remind me that you have already paid the higher price. In Jesus' name. Amen.

Session 13

What Is The Absence Of Love?

This week's reading: Chapter 13 of Meaningless Without Love: "What Is The Absence Of Love?"

Scripture

Whoever does not love does not know God, because God is love.

¹ John 4:8 (NIV)

Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen.

¹ John 4:20 (NIV)

Discussion questions

1. How does thinking of sin as the absence of love, for someone else or for God, change the way you view sin?
2. If God is love, then anything absent of love is absent of God. Is there an area in your life where love is missing? Why would you say that?
3. If you have an area in your life where love is not present the way it should be, what has taken its place? Performance, control, withdrawal, something else?
4. Is there an area you feel God is calling you to act, repent, or love in? Why are you hesitant?

This week, put it into action

Name one relationship where love has gone quiet. Ask God to show you what has filled the gap. Then take one specific step toward letting love back in, even if the other person has not moved.

Then identify one area in your life where you are struggling with sin. Find someone you trust to be open with and to hold you accountable. Repent, choose love, and show God your love through your obedience.

Prayer

Father, you have shown me what love is, and you have shown me what its absence costs. Forgive me where I have allowed love to drain out of my closest relationships and called the result something more acceptable than what it is. Forgive me also where I have acted without love, where I have put myself above others and above you, and called my own way more important than yours. Restore what has gone quiet. Heal what has gone cold. Begin with me, because I am the only one in the relationship I can change. In Jesus' name. Amen.

Session 14

How Do You Know If You Truly Love Others?

This week's reading: Chapter 14 of Meaningless Without Love: "How Do You Know If You Truly Love Others?"

Scripture

Dear children, let us not love with words or speech but with actions and in truth.

1 John 3:18 (NIV)

What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, "Go in peace; keep warm and well fed," but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

James 2:14-17 (NIV)

Discussion questions

1. Love is recognizable by its fruit. What fruit have you been seeing, or not seeing, in the love you are extending?
2. What is the difference between attachment and love? Where in your life have you confused the two?
3. If patience, kindness, and generosity are the test, where would you currently fail it, and where would you pass?
4. What is one small, specific way you could begin practicing the love Paul describes with the person you live closest to?

This week, put it into action

Pick the person you live closest to. This week, ask yourself at the end of each day: did my love today look like patience, kindness, generosity, or something less? Be honest. Adjust the next day. Watch what changes by week's end.

Prayer

Father, you love me in deed, not just in word. You came when I needed you, you stayed when I would not have, you forgave when I did not deserve it. Teach me to love the people closest to me the same way, in actions and in truth, not in words alone. Show me where my love has become a feeling I claim rather than a life I live. Help me to close the gap. In Jesus' name. Amen.

Session 15

How To Manage Pain And Hurt While Trying To Foster True Love

This week's reading: Chapter 15 of Meaningless Without Love: "How To Manage Pain And Hurt While Trying To Foster True Love"

Scripture

Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord.

Romans 12:17-19 (NIV)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:31-32 (NIV)

Discussion questions

1. Is there a relational wound you are carrying right now that you have not yet brought to God honestly?
2. The goal is not to avoid pain but to allow it to pass through you and be processed, without letting it harden into bitterness. Is there an area where bitterness is threatening to take root in your heart at the moment?
3. What is the difference between forgiving and trusting again? Where have you confused the two?
4. Is there a time where you were loved deeply through one of your hardest seasons, or when you feel it was not deserved? What impact did that have on you?

This week, put it into action

Bring one specific wound to God in honest prayer this week. Tell Him what was done, how it landed, and what it is still doing in you. Then ask Him to begin the work of healing it. Healing rarely happens in one prayer, but it almost never happens without that first one.

Prayer

Father, you see the wounds I have been carrying. You know which ones I have brought to you and which ones I have buried. I bring them now, honestly, without dressing them up. Heal what I cannot heal myself. Keep bitterness from taking root where pain has been allowed to fester. Teach me to keep loving even when loving has cost me, because you have never stopped loving me, even when I have cost you everything. In Jesus' name. Amen.

Session 16

How Do You Love God?

This week's reading: Chapter 16 of Meaningless Without Love: "How Do You Love God?"

Scripture

Love the Lord your God and keep his requirements, his decrees, his laws and his commands always.

Deuteronomy 10:1 (NIV)

In fact, this is love for God: to keep his commands. And his commands are not burdensome.

1 John 5:3 (NIV)

Discussion questions

1. How would you currently describe your love for God?
2. Love for God is shown by keeping His commands. Which of His commands has been hardest for you to actually keep?
3. Are there areas in your life where you have been choosing God? What has helped you to keep doing so? Are there areas where you have been choosing something else? What is holding you back from choosing God?
4. What would it look like for your love for God to grow in the next month? What would have to change?

This week, put it into action

Pick one of God's commands that you have been avoiding. This week, obey it. Not because the feeling is there, but because love for Him is shown more in obedience than in emotion.

Prayer

Father, I want to love you the way you have loved me. Not in words alone, but in a life that shows it. Show me where I have been claiming to love you while choosing something else in the small daily moments. Give me the strength to obey what I have been avoiding. Help my love for you to grow into something more than feeling, into a life lived in step with yours. In Jesus' name. Amen.

Session 17

Loving Jesus

This week's reading: Chapter 17 of Meaningless Without Love: "Loving Jesus"

Scripture

Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them.

John 14:21 (NIV)

If you love me, keep my commands.

John 14:15 (NIV)

Discussion questions

1. Where has loving Jesus felt like duty rather than love? What might that be telling you?
2. What is the difference between admiring Jesus and loving Him? Where do you sit on that line?
3. Which things have helped you to follow Jesus and strive to become more like Him?
4. In what ways do you think you can help one another to continue to grow in your love for Jesus and obey His commands?

This week, put it into action

Spend ten minutes thinking about Jesus and your obedience to His commands. Identify which area you need to grow in, and consider how to take steps to make those changes this week.

Prayer

Jesus, you walked among the broken and overlooked, and you loved them all the way to the cross. You did that for me. Teach me to love you back, not from duty but from gratitude, not from obligation but from awe. Where I have admired you from a safe distance, draw me closer. Where my love has cooled, warm it again. I am yours. Help me to live like it. Amen.

Session 18

What Now?

This week's reading: Chapter 18 of *Meaningless Without Love: "What Now?"*

Scripture

Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Philippians 1:6 (NIV)

By this everyone will know that you are my disciples, if you love one another.

John 13:35 (NIV)

Discussion questions

1. Looking back across the eighteen sessions, which quality of love has God been working on most in you? What has shifted?
2. What is one specific way your relationships have changed, even in small ways, since you started this study?
3. Where is God inviting you to keep going? Which area of love feels least settled, and what is the next step?
4. Spend some time dreaming as a group. How would you like your community and love for one another to look in a year's time?

This week, put it into action

Choose one quality of love from 1 Corinthians 13 that God has been most clearly working on in you across these eighteen weeks. This week, name one ongoing practice that will keep that quality growing in you long after this study ends. Write it down. Tell someone in the group. Commit to it.

Prayer

Father, you began a good work in me long before I knew it, and you have not stopped. Thank you for walking through this study with us. Thank you for what you have shifted and for what you are still working on. Keep going in me. Keep going in this group. Make us a people the world recognizes by our love, because it is how we can take part in showing you to the world. In Jesus' name. Amen.

A final note

This is the end of the formal study, but it is the beginning of something else. The qualities of love Paul listed are not a list to master, they are a life to live. Some of these chapters will keep working on you long after this book is closed. That is exactly how it is supposed to be.

If the study has meant something to you, the kindest thing you can do now is hand the book to someone else who needs to hear what you have heard. Or come back to one chapter that landed hardest and read it again, slowly, on your own. Or post a short honest review on Amazon, so the next reader scrolling past a cover they have never seen knows the book is worth picking up.

Thank you for walking through this with me.

JQ

Thank you for walking through this book together.

If it resonated with your group, three things
would mean more than you know.

1. Leave an honest review on Amazon.
2. Tell one person about it.
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