

## What does it mean to love the Jesus way?

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my [new command], you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you.”  
(John 15:9-12)

Jesus loved people the way he had been loved by God the Father first, which was personally with words and actions. Jesus was loved so well and then, empowered by Holy Spirit while he was on Earth, he loved people as he had been loved. Over the course of three years, the disciples of Jesus were personally loved by Him. They witnessed Him loving others and they each joined Him in loving others. In the end, each disciple experienced a total of nearly 11,000 hours of loving the Jesus way! It was after all of these experiences that Jesus told his friends that this was God the Father loving them through him. When they were being loved by Jesus he was showing them what God is truly like. Jesus taught them that loving one another, as they had been loved first, is the only way to remain in God’s love. Plus it has the added bonus of producing full and complete joy for those who do it. Later, John explains loving the Jesus way to the church like this:

"This is how love is made complete among us... In this world, we are like Jesus:  
We love [God and one another] because he first loved us."  
(1 John 4:17,19)

## How do we remain in God’s love in a sin filled world?

The "Loving the Jesus Way" series is designed to help you deepen your daily experience of being loved by God and to help you love others as you have been loved. This training series consists of two modules: Loving as Loved and Getting Along. We have to be loved first, so that inevitably when someone wrongs or harms us (sins against us) we can remain in God’s love. Loving as Loved is full of activities that help us experience being loved, and Getting Along helps us remain in that love through a 5 part Restoration Process.

## Scope and Sequence of Getting Along

Jesus commanded us to love one another as he has loved us [John 13:34]. But sometimes we wrong and harm one another. Paul writes: “Love does no harm to a neighbor (no wrong, NASB, the Greek word has both meanings), therefore love is the fulfillment of the law” [Romans 13:10, NIV]. Restoring our rhythms of loving and being loved when we have been harmed or when we have harmed someone else is the main goal of the Getting Along module. There are five steps to follow whether you are the wrongdoer or the one who was wronged:

STOP

LOOK

LISTEN

LOVE

CHANGE

### STOP:

Whether you are experiencing anger from being wronged, or experiencing fear after wrongdoing, the first step is to stop and be loved by God. Developing this habit allows us to live out these verses: “In your anger do not sin [retaliate]” (Eph 4:26, NIV); “Be angry and do not sin [retaliate]” (Ps. 4:4a, ESV). Similarly, in your fear do not sin [avoid]. After Adam sins, he says, “I heard you... and I was afraid... so I hid” (Gen. 3:10).

### LOOK:

Once you have been loved first, with the help of the Spirit of Truth, you next move into curiosity. We will teach you an activity to help you live out these verses: “When you are on your beds, search your hearts and be silent” (Ps 4:4b); “inquire, probe, investigate... if true... if proven... (then act)” (Dt. 13:14).

### LISTEN:

Once you have been curious and done the Look Activity, you next form questions that will help you seek understanding and accuracy. We will teach you an activity to help you live out this verse: “Be quick to listen, slow to speak, slow to become angry” (James 1:19).

### LOVE:

To love a person well depends on the person and the situation. If you have harmed them then offering a love-based apology is how to live out this verse: “Godly sorrow brings repentance that leads to salvation and leaves no regret” (2 Cor 7:10). If someone else has harmed you, then the loving next step will involve forgiveness and healing, so that you can live out these verses: “And when you stand praying, if you hold anything against anyone, forgive them” (Mark 11:25); “If [they] sin against you, rebuke them and if they repent, forgive them” (Luke 17:3-4).

### CHANGE:

Finally, to protect one another and to avoid future wrong and harm, the next step is to come up with a plan to change the behavior, rhythms, or relationship. This will allow you to live out this verse: “Make every effort to do what leads to peace and to mutual edification” (Rom. 14:19).

## How to make the most of this Activity Book:

Regardless of who started 'it' - whatever it is - we are responsible for our own feelings, thoughts, and actions. So, we ask for Holy Spirit's power and help to STOP, and then to LOOK, to do the second part of Psalm 4:4 -

“When you are on your beds, search your hearts, and be silent.”


How do we do that? We have created an activity called the LOOK CHART. It helps us to pause, slow down, take some deep breaths and not respond in our fear or anger [i.e., “be silent”], find a quiet place to reflect [“on our beds”], and then look at [“search our hearts”; self-evaluate, take inventory of] what is going on in our thoughts and emotions.

This activity book has several blank Look Charts, followed by a series of pages with Going Deeper Questions. Use the Look Chart to jot down your thoughts as quickly and concisely as you can. The goal is to get to the Check Out conversation as soon as possible, but sometimes we need additional time and reflection to prepare to listen well.

There are Going Deeper questions for each column except Trigger. These questions are designed to help you consider how your beliefs and past experiences are influencing your current situation. One of the most challenging things we learn to do in Getting Along is to identify and “detangle” our emotions, memories, interpretations, and measuring sticks [our internalized standards by which we judge ourselves and others as worthy of love; from module one, Loving as Loved: Measure].

This is a skill that takes time, intention, and repetition to master. But oh the Joy that is waiting for us when we get good at this! We hope this book helps you as you mature in the Restoration Process.

### ALERT:



This activity book is designed to function within the scope and sequence of the Loving the Jesus Way training series. Much of the following pages may be confusing, challenging, or even unhelpful if you have not participated in the first module, Loving as Loved. Doing the deep work of healing and restoration can feel impossible if you do not have the foundational experience of being loved first. Remember that at any step along the way you can STOP and go back to be loved. Please be mindful of this when using this book.

Holy Spirit, help me to STOP and LOOK for the truth

TRIGGERS	EMOTIONS	WRONGS	IMPACT	JUDGMENTS	ACTIONS
<p>What was or wasn't heard, seen or touched?</p> <p>Are the feelings in proportion to the trigger?</p>	<p>What am I feeling? Pain, Anger, Fear?</p>	<p>What wrong(s) do I believe took place?</p> <p>Is this a perception or a reality?</p>	<p>How has this/ how will this cost someone? Me? Them?</p>	<p>Was the wrong intentional or unintentional?</p> <p>Was the trigger action characteristic of them?</p>	<p>What did I do?</p> <p>What will I do? STOP - LOOK -LISTEN</p> <p>Check Out Question:</p>

## Emotions:

This column is for what is happening internally. Much of the time in conflict we primarily feel fear (as the wrongdoer) or anger (as the wronged). But, we also experience mixed emotions and sometimes even conflicting emotions. It is a critical skill to identify and separate the emotion from the connected belief. Use this column to name only the emotions.

Going Deeper: What about these feelings are appropriate or disproportionate in regards to the trigger?

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Going Deeper: What other feelings come up during or after the initial trigger experience?

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Going Deeper: What physical sensations are associated with these feelings?

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## Wrongs:

This column lets us name the specific rule that has been broken, or value that has been dishonored. Unique, often unspoken wrongs, are generally derived from our family systems, community, and culture. These are often tied to our values, specifically how those values are expressed, experienced, and whether or not they are respected. The critical question is, have we shared our thoughts and expectations about these things with the key people in our lives?

Going Deeper: What about the trigger is specifically wrong or harmful?

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Going Deeper: If it is a known wrong, how was the rule communicated in the past?

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Going Deeper: What need is not being met? OR What value is not being honored?

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## Impact:

When we have been wrong, it is helpful to name how we believe what happened might, or already has cost us. Or when we are the wrong-doer, how it has or might cost the one we wronged. Often these thoughts reveal painful unhealed, unresolved memories of past experiences or previous consequences.

Going Deeper: How have similar experiences cost me in the past?

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Going Deeper: Was this the first time the wrongdoer did this or is it a pattern of behavior?

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Going Deeper: What unresolved, unhealed hurts from the past am I still suffering from (still paying for)?

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## Judgement:

The way we interpret someone's behavior is often the result of expectations of internalized standards, what we call "measuring sticks" - the person who did wrong "should" have measured up. If we believe, or even worse, know they acted intentionally, our pain, anger, and desire to retaliate will dramatically increase. These thoughts can also reveal unresolved, unhealed, past experiences with them or others.

Going Deeper: Was the behavior or choice of the wrongdoer characteristic of them?

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Going Deeper: What "measuring sticks" have I internalized about this choice or behavior? What beliefs are connected to that standard? ("If some does this, then they are..")

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Going Deeper: What unresolved, unhealed hurts from the past are influencing my perception of their behavior or character now?

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## Actions:

Remember, we need the guidance and support of Holy Spirit to love and not harm in our pain, anger, and fear. We have been 'trained' and 'conditioned' to LOOK (interpret) at the world around us our whole lives, often in harmful ways through the lens of pride or shame [measuring sticks!]. So we need help to STOP (be loved), LOOK (search our hearts), and LISTEN (go Check Out)

Going Deeper: What have I done to contribute to this situation? What might I need to apologize for?

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Going Deeper: What harmful memories did this bring up? What do I still need to forgive?

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## Trigger:

This column is only for the things that happened externally. Remember: no beliefs or emotions here. Use the space below to develop Check Out Questions that only address the trigger - no judgments or interpretations.

Example Trigger: Your significant other has not spoken to you much today

Instead of a Challenge Question: "What's wrong? Are you mad at me?"

Take the time to ask a Check Out Question: "I noticed you've been quiet today, how are you doing?"

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