



Luke 6:27-28 But to you who are listening, I say: love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.

What story drives your life? Do you have competing stories?

Jesus offers to all who would believe a restart. **Enemy love** was the distinctive mark of Jesus. No matter how you feel, actively pursue God's best for your enemies.

These behaviors in Luke 6 are choices we can practice. Do Good to those who hate you. Bless those who curse you. Pray for those who mistreat you. When Jesus followers choose to do good, bless and pray for their enemies, **the world pays attention and people are shocked.**

1. What do you think of this statement? How we treat people matters more to Jesus than the view we hold.
2. How do we practice enemy love in our marriages and with our closest people? Follow Jesus.
 - a. **Do Good.** Ask the following questions to yourself.
 - i. What would make this person happy?
 - ii. What would help this person grow?
 - iii. **What else?**
 - b. **Bless.** Ask these questions.
 - i. What are this person's strengths? Make a list to reference later
 - ii. What do I admire about them? Add these to your list.
 - iii. **What else?**
 - c. **Pray.**
 - i. Ask God to bless them, make them whole and healthy.
 - ii. **What else?**

Which of the above will be most difficult for you? Why?

What would have to happen in your heart, mind and schedule to do the things listed above regularly?

Have you ever tried something like this? How did it go?

3. How do we practice enemy love with the person we see in the mirror? Self hatred is one of the greatest threats to the Christian life? Is this true? Why?
4. Alice said, "The extent to which we love ourselves is the same extent we are able to love others. **How do you respond to this? Why is this so hard to believe and apply?**
5. **Do good to yourself.**
 - a. Give up shame and regret.
 - b. Practice Boundaries - Learn to say no.
 - c. **What else?**
6. **Bless yourself.**

- a. Tell critical voices in your own head they are liars and not welcome.
- b. Say kind things to yourself when you do good things.
- c. Say kind things to yourself when you do poorly, fail and need forgiveness.

7. Pray.

- a. It is ok to pray for yourself.

Which of the above will be most difficult for you? Why?

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