

NCD Sample Pages:

How to Implement The 3 Colors of Love in Your World

This is a low resolution PDF export of sample pages from the book *How to Implement The 3 Colors of Love in Your World* by Adam Johnstone. You may view them online, but are also invited to download them to your hard disk or print them out for reading on paper.

The sample pages contain the table of contents, the introduction, plus selected pages from both the School of Love and the Fruit of the Spirit Bible Studies. These pages may give you an idea of the character and layout of the book so that you can decide whether it is useful for your purposes.

Purchasers of the book also get free access to additional ideas, downloads and support through the web site below.

The book can be ordered via the links available at:

www.3colorsoflove.org

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About this workbook

There is hardly another theme that people—believers and non-believers alike—regard as more essential than love. And rightly so: According to Scripture, love summarizes the very essence of what the Christian faith is all about—“God is love” (1 John 4:8, 16).

At the same time, when it comes to practical steps for continually growing in love, most people don’t receive the training, the tools, and the support that they need. This holds true for non-believers; but it is true for Christians as well. The result is that many churches identify “loving relationships” as their least developed quality (minimum factor). And even if it shouldn’t be their present minimum factor, in many cases the scores for “loving relationships” as indicated by the NCD Survey are far from what they could be according to God’s will.

Growth is possible

The encouraging news is that it is absolutely realistic to grow considerably (and measurably!) in love, both on an individual and on a corporate level. For sure, such progress takes some time, but it definitely doesn’t require years. To me, it is absolutely amazing to observe with my own eyes how much progress in this area can be achieved within, say, two or three months. Quite a number of churches have even experienced that their former “minimum factor” finally became the new “maximum factor” of their church—the very feature that first comes to mind when members and visitors think about that church.

While *The 3 Colors of Love* presents the biblical principles of Christian love, this workbook shows you how you can learn to apply those principles at very diverse levels within your life, both inside and outside of your church. It relates the material that you find in *The 3 Colors of Love* to a practical, six week process of growing in love (Part 1), shows you how you can continually grow in love beyond that process (Part 2), and also provides a series of Bible studies to help you deepen your understanding as you partner with God to further grow the Fruit of the Spirit in your life (Part 3).

What you need to start

You need very little to start such a process. Basically, it is the following four things:

- a copy of this workbook,
- a copy of the book, *The 3 Colors of Love*,
- a copy of the Bible in a translation that you are familiar with,
- (at least) one other person or a group of people with whom you would like to begin the process.

Meeting the author

My good friend Adam Johnstone, Director of NCD Australia and a member of our NCD International leadership team, has written this workbook. When reading it, you will sense how much he has listened to people who



Throughout the workbook, this symbol indicates a bright idea that may be helpful with the given topic. Some ideas that apply in various contexts are repeated in different chapters of the book.

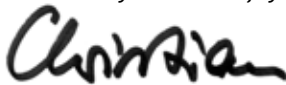
have already started a *School of Love* type of process in churches with extremely different denominational and cultural backgrounds. You will also sense how many things he has learned through trial and error in his own church context, and how much he has been influenced by creative people in his immediate and wider surrounding.

Among other things, Adam has two wonderful gifts: he can truly listen (and thus learn from other people, whether this learning may take place within or outside of his own comfort zone), and he can process these ideas in his mind, until he has thought them through to their logical and practical end. While the first of these gifts guarantees a constant input to Adam's thinking, the second gift guarantees that the output he creates is trustworthy and deep.

Releasing your own creativity

This book is packed with creative ideas that are presented in order to release your own creativity. As an additional help, you as the owner of this workbook receive special privileges on the www.3colorsoflove.org web site where you will find many additional tools.

I am sure you will enjoy the journey.



Christian A. Schwarz
NCD International



Wherever you see this web link throughout the workbook, you will find additional ideas and downloads on the 3 Colors of Love web site.

Choosing an approach

Choosing your initial pathway through this workbook

One very important value within the Kingdom of God is diversity. This is why the process you are embarking on provides you with a couple of different approaches depending on the nature of the group that you will be working with. Here are the two options with a few points to help you decide your initial pathway.

Option 1: Starting with the School of Love

The School of Love takes you and your group step-by-step through all the major teachings within *The 3 Colors of Love* book. This option provides:

- a six week process with the option to continue the growth process
- daily readings of about two pages throughout the process

If you would like to begin with this option, please continue with Part 1 on the next page and you will later be given the choice to move onto the Option 2 Bible study content if you choose to continue the process.

Option 2: Starting with some Bible Studies

Starting with the Fruit of the Spirit Bible study sessions moves more immediately to the biblical background of love. This option provides:

- a nine week process with the option to continue the growth process
- a larger block of reading prior to the first study followed by just a single page reading each week for nine weeks

If you would like to begin with this option, please turn to Part 3 of this workbook on page 67 and you will later be given the option to return to earlier parts of the workbook to continue the process.

It is not a life or death decision

Growing in love is a process that continues throughout our lives. So it is very likely that at some stage (or numerous stages) you and your group will work through the principles contained within *The 3 Colors of Love* book again. The next time you will be changed people in different life circumstances with an ability to understand and reflect even more of God's love than this time.

With this in mind, don't worry about whether you have chosen the best option first time around. If you are still unsure, just read through the first few pages of each option and prayerfully consider which one is best for your group at this time in their walk with God.



*Consider sharing your vision and hopes for *The 3 Colors of Love* with your group and reading this page to them to find out their preferred approach for walking through the process.*

Part 1

The School of Love

Class is in session! Find your seat and open your head, hands and heart for a journey that will transform all the relationships of which you are a part. Your teacher will be the God who is love. The classroom? Every meeting place within your world. Your classmates? Anyone you would like to share the journey with. To fail this subject is to close your eyes to the justice, truth and grace that God shines upon you. To pass is to begin taking even small steps toward reflecting that love to those in your world. Let the love learning begin!

Choosing your classmates

Love has the power to transform every area of your life. But by the very nature of love, you cannot experience that transformation on your own. As you begin your time in the School of Love, consider who you will invite to be your classmates. Over time, as you grow in your own understanding and expression of love, you will hopefully enroll many and various people in the school. But you must start somewhere.

Below are a number of examples of classmates you may like to have sitting at the desk beside you. Read through each one and see who first comes to your mind when you think of the possibilities.

Husband and Wife

"Honey! Do you think I could love you any better?"

One of the most powerful reflections of God's love to the world around us is when married couples (or future married couples) grow in their love for one another. Perhaps you are starting out on a budding romance or have smelt each other's morning breath for years. Either way, why not ask the question above, buy yourself and your beloved a *3 Colors of Love* book, then ask them to walk with you and help you grow along the way. Having seen your teachability, they might just be willing to let you do the same. The words "I love you" will soon mean more than you could imagine.

Best friends

"Do you want to grow up together?"

Friends can often say that they grew up together. However this often means that in the long time they've spent with each other, they simply got larger and older. What if for the next season of time, you and a friend could say that you've grown up together in the most important of all areas—love! Why not invite a close friend to be your classmate?

Parents

"How do I love my children when they...?"

Whether you face parenting alongside a loving spouse or alone, discovering the fullness of God's love will take away a lot of the potential heartache of being a mum or dad and bring into your home newfound joy you never thought possible. You will soon discover just how a fuller understanding of love helps you with the day-to-day challenges of loving your kids as fully as you would like. Ask your spouse or—if you are parenting alone—another parent to sit at the School of Love desk beside you.

Leaders and apprentices

"So you'd like to be a leader?"

Do you know someone who would like to be or could make a great leader? There is no greater attribute for a leader than their ability to fully love those in their care. If you have the opportunity to walk alongside emerging leaders, then using the teaching of *The 3 Colors of Love* as a guide in their character development will allow you to make a profound

difference to the fruit of their influence. Why not work through this process with those you are mentoring or encourage the next level of leaders under your care to take their own apprentices through it. It might even develop into their specialist ministry!

Non-Christians and Christians

"We may not believe the same things, but do we agree on love?"

Perhaps you have a friend or relative who doesn't profess to be a Christian but at the same time—like most people—believes that "love" is very important (however they define it). With the common starting point that "love matters," you have the chance to grow together through a journey that will change both of your lives. Who knows, such a journey may just lead them to the one who is love.

Small group members

"If our group is the light of the world, how bright are we?"

You may be the leader of a small group or leadership team that meets together on a regular basis. Imagine if you could measure the brightness and colors of love that your group reflects to the world around you. Having tested that, think of the effect it would have on that world if together you were able to step week-by-week closer to a full reflection of God's love in ways that transform each head, hand and heart.

Church planting team

"So you want to transform your community?"

There is much excitement and energy associated with starting a new church. Dreams and visions of what could be, a clean slate to write a new chapter of history, opportunities everywhere... Without love though, it is not much more than a clanging gong or crashing cymbal. Imagine if your fledgling faith community were to become such a bright reflector of God's love that it served as an illuminating, warming, healing and attractive "city on the hill that could not be hidden" (Matthew 5:14). Should you get the School of Love up and going before all the new students arrive?

Your whole church

"What if our whole church were to love a little more?"

Having spent time in the School of Love with any of the above classmates, maybe you're motivated to see your whole church transformed into an oasis of love. If so, you might like to embark on a *3 Colors of Love* church-wide campaign. See the web link to the right for more information.

Where to begin?

Having read about possible classmates or even having been prompted with your own ideas, spend some time reflecting and asking God to give you a clear sense of who you should start this journey with. Then, turn the page, get some copies of *The 3 Colors of Love*, make a starting time, and begin turning up your light of love in a dark world!



Visit the web site for

- stories from people around the world who have joined the School of Love.
- more information about conducting a *3 Colors of Love* Campaign across your church.

Part 1:
The School
of Love

Week 0: Orientation meeting

Checklist

I have...



a copy of *The 3 Colors of Love* for each one of my classmates.



downloaded and made copies of the Week 1 reading guide for each one of my classmates (if they do not have their own copy of this workbook).



read through the Week 0 meeting outline and made adjustments to suit my classmates and the time available.



downloaded the video greeting from Christian Schwarz from the web site and have organized equipment for viewing it (if you have chosen to include it in your Week 0 meeting).



familiarized myself with the page 9-10 introduction to *The 3 Colors of Love*.



organized or delegated responsibility for any decorations, props or food required for setting the scene this week.



Visit the web site for

- copies of this week's handout.
- Christian's video greeting.
- many of the graphics used through *The 3 Colors of Love* book to help you decorate your meeting space.

Optional setting the scene ideas

- Make up School of Love posters to decorate your meeting space using *The 3 Colors of Love* artwork available on the web site.
- Get a large sheet of cardboard and decorate the edges with *3 Colors of Love* images from the web site. Each week, ask your classmates to write one phrase on the card that describes their thoughts, feelings or how they have been challenged by that week's readings.
- Ask for photos of each of your classmates and put them creatively into a handout so they can pray for each other and the class each week.

I'd like to invite you on this journey because... (_____ minutes)

Right up front it is important to harness one of the most valuable resources in the room: you! If your friends have agreed to meet with you and take the journey, it shows that you have influence in their lives. So, it's important for you to present to them—in your own way—why you love them enough to ask them to be your classmates in the School of Love. Let them know what you hope will happen in your own life and theirs as a result of the journey ahead.

Video greeting from Christian Schwarz (_____ minutes)

At this point, it may be helpful to show your classmates a short video greeting from Christian Schwarz where he shares a preview of what they will encounter in the coming weeks and why he believes what they are about to do is so important for their world.

Introducing The 3 Colors of Love book (_____ minutes)

Distribute copies of *The 3 Colors of Love* book to your classmates and invite them to turn to page 9. Depending on how comfortable they are with reading out loud, ask them to take turns in reading a section of the book's introduction to the rest of the group. Make it fun by asking them to read in their most dramatic, expressive voice.

School of Love curriculum (_____ minutes)

Talk to your group about the two parts of the journey ahead. Explain that you will be reading, meeting and doing exercises through *The 3 Colors of Love* book over the next five weeks. Then—having a much fuller understanding of God's love and each other's growth areas—you will move into a very simple process for continuing to grow in love beyond the formal study weeks.

Week 1 reading guide (_____ minutes)

Distribute copies of the Week 1 reading guide (or purchased copies of this workbook). Explain that the study guide for each week is in the same format. Day 1 starts tomorrow so that you have finished the first week of readings in time for the Week 1 meeting. Highlight the section heading, page numbers and Scripture reflection for each day as well as the School of Love memory verse. Ask them to spend a moment at the end of each reading to consider the reflection question for that day and to perhaps write their thoughts down in preparation to share at the next meeting.

Prayer ideas (_____ minutes)

- Pray for your classmates, thanking God for bringing you together and asking him to unify you as a group committed to helping each other reflect his love.
- Ask God to do a new thing in you so that by the end of Part 1, you can see a difference in one another.
- Pray that each member of the group will truly experience the love of God in practical ways during this time together.



Since most people are not used to the discipline of reading and reflecting so consistently each day, it would be helpful to send some kind of friendly reminder part way through each week indicating where you are meant to be up to in the readings.

Before or after the meeting: For those who find reading a challenge

It may be that some of your classmates have difficulties with reading. If so, you may wish to take them aside and privately show them an abbreviated reading option. *The 3 Colors of Love* has been written in a way that allows you to read each main section up to the first sub-heading and thereby gain an overview of each topic.

For example, in the section entitled *God is love* on page 18 in the book, you would read up to the sub-heading *God's characteristics and God's nature*. This allows the person to participate in the daily readings far more easily and still feel comfortable to join in the weekly meeting discussions to some level. Reading this way may also give them more confidence and motivate them to read further having had their interest stirred in the initial paragraph.

Part 1:
The School
of Love

Week 1: Why study love and who wrote the book on it?

In Week 1, you will begin getting to know the Principal of the School of Love—God—in a whole new way. This will include an introduction to the three dimensions of his love: justice, truth, and grace.

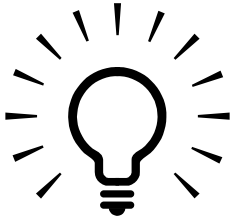
Each day, read the listed pages from *The 3 Colors of Love*, study the Scripture verse, think about the reflection question and note down your thoughts and feelings ready to share at your weekly class meeting.

Day 1

The hunger for love (pages 11-13)

Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. —John 4:13-14

When in your life have you felt most loved? When in your life have you felt least loved?



If you are having difficulties fitting in the daily readings around the rest of your activities, think seriously about when the best time would be for you and what you might be able to remove from your daily routine to give you the necessary time. Diligently try different options until you find something that works.

Day 2

The love deficiencies in our churches (pages 14-15)

A new command I give you: Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another. —John 13:34-35

When have you seen a lack of love shown by a church?

Day 3

Misconceptions of love (pages 16-17)

But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect. —Matthew 5:44-48

What misconceptions about love do you see in the world around you?

Day 4

God is love (pages 18-19)

Whoever does not love does not know God, because God is love. —1 John 4:8

What are the five most important descriptive words or phrases that come to your mind when you think about God? What might that say about your image of God's love?

Day 5

Three dimensions of God's love (pages 20-22)

For the word of the Lord is right and true; he is true in all he does. The Lord loves justice; the earth is full of his unfailing grace. —Psalm 33:4-5

Your grace, O Lord, reaches to the heavens, your truth to the skies. Your justice is like the mighty mountains; like the great deep. —Psalm 36:5-6

I do not hide your justice in my heart; I speak of your faithfulness and salvation. I do not conceal your grace and your truth from the great assembly. —Psalm 40:10

Is your grace declared in the grave, your truth in destruction? Are your wonders known in the place of darkness, or your just deeds in the land of oblivion? —Psalm 88:11-12

The Lord has made his salvation known and revealed his justice to the nations. He has remembered his grace and his truth to the house of Israel. —Psalm 98:2-3

I know, O Lord, that your laws are just, and in truth you have afflicted me. May your unfailing grace be my comfort. —Psalm 119:75-76

Which of the three values—compassion, trustworthiness, or acceptance—would others most see in you? If unsure, ask some close friends.

Day 6

God is light (pages 23-25)

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." —John 8:12

Who from your childhood most strongly reflected the fullness of God's light to you? What did that look like in practical terms?

Day 7

What is darkness? (pages 26-27)

But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! —Matthew 6:23

Think of a very dark moment in your life when you felt unable to show love or it was being withheld from you. Which of the three outer darkness terms in the diagram—deception, mercilessness, or injustice—was shadowing you most at that time?



School of Love memory verse

Teacher, which is the greatest commandment in the Law?

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment.

And the second is like it: 'Love your neighbor as yourself.'

Matthew 22:36-39



Visit the web site for the chance to meet and hear stories from other School of Love classmates around the world.

Part 1:
The School
of Love

Week 1: Meeting plan

Pre-meeting checklist

I have...



completed this week's readings and reflections myself.



read through this week's meeting outline and made adjustments to suit my classmates and the time available.



downloaded and made copies of the Week 2 reading guide for each one of my classmates (if they do not have their own copy of this workbook).



organized or delegated responsibility for any decorations, props or food required for setting the scene this week.

Optional setting the scene ideas

- Have some songs speaking about God's love playing as your classmates arrive. If your group is comfortable worshipping together, lead into a love-related worship song to start the meeting.
- Cut out newspaper reports depicting a lack of love in the world during last week and display them around your meeting place.
- During a prayer time in your meeting, provide each person with a mirror and then turn off the lights and light a large candle in the middle of the room. Ask everyone to use their mirror to reflect that light to different parts of the room as they pray with their eyes open.



Visit the web site for
copies of this week's
handout.

Loving God and one another (_____ minutes)

Encourage your classmates that by the end of the School of Love, you would like it if the whole group has memorized the memory verse shown on the weekly reading guide. Invite those who have already learnt it to recite it together.

Then ask them each to briefly share something to either honor God's love for them or honor the love shown by another member of the group. Give them about 30 seconds each.

Discussion time (_____ minutes)

1. Take a quick vote on which one or two of the daily readings was most interesting for the majority of the group. Turn to those topics and take turns re-reading them out loud. Then ask the group the reflection questions from the reading guide that relates to those topics.
2. Ask one of the other questions from the Week 1 reading guide that you feel would help start some good discussion in your group. Be prepared with some of your own observations to help start the sharing.
3. Ask each person if there was any other topic or idea that they found particularly interesting. Ask them why it was helpful for them.

Part 1:
The School
of Love

Fruit of the Spirit Test frequently asked questions

What do I do if a person doesn't agree with their test results?

Often the idea that everyone in the world has a most developed fruit (maximum factor) and a least developed fruit (minimum factor) is overlooked. For some, a pass/fail mindset is more prominent in their mind. Some will think more lowly than they ought to and feel that they (almost) don't exhibit any of the Fruit of the Spirit, while others (even if they don't say it) convey that they are doing just fine in all of them. Reinforcing the fact that everyone has a lowest and highest fruit can be helpful.

Another angle is to give the person the benefit of the doubt and ask them what *they* believe their lowest and highest fruit are if they disagree with the test results. Again this can reveal that they haven't really settled on the fact that everyone has a highest and lowest fruit as often they will struggle to suggest a result much different at all from the results.

If the lowest fruits are very close, or my color areas are very close, what should I work on?

If your two lowest areas are within a couple of points of each other (which may be the case in the question above) it is not worth arguing over exactly which area is *the* lowest in reality. On a different day, the person may have ticked a slightly different box which may have reversed the order of these close areas.

When faced with the decision of which area to work on, ask the person to reflect on the readings about those areas and to go with the one that they feel is more of a challenge to them or ask a friend to suggest one.

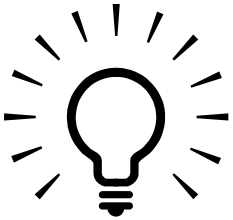
What if I or others disagree with someone else's results?

On occasions, the test results can be somewhat surprising. In some instances this means there is a great opportunity to get to know each other better in terms of what each person finds easy or struggles with.

Alternatively, there are times that a person's results do not seem to reveal what you "know" to be the truth about them. The test itself is not magical. While the questions do not mention each fruit and are worded in a simple way about everyday occurrences, you can make the results be whatever you like.

In some cases a person's self-perception is extremely underdeveloped and therefore their results will appear different to everyone else's (possibly accurate) perception. This could lead to either overestimated results, results that are far lower than reality, or results that are slightly skewed one way or another.

In very extreme instances (for whatever reason) a person could lie when answering the survey and this would of course change the results. Though it doesn't make much sense to do so when everyone will emerge with a minimum fruit anyway.



When asked questions about the Fruit of the Spirit Test or any other aspect of the School of Love, don't forget to invite other classmates to comment or suggest an answer. There may be some very helpful wisdom in your classroom.

No matter *how* questionable results may have come about, the Love Cycle process in Part 2 of this workbook will gradually get to the core of the issue. It will do so either through the repeated process of asking quite probing questions that will ultimately unravel why a person would feel the need to lie on the survey, or through the growth in self-perception that is at the heart of one of the cycle stages.

So if the person in question does not immediately respond to the humble suggestion that the results are “unusual,” *do not* force the issue trying to rectify it immediately. Instead, commit to continue walking with the person over the longer term cycle process where repeated Test stages will clarify their sight. If you can’t, find someone who will.

Where does “personality” come into the results?

When discussion takes place around *Fruit of the Spirit Test* results, it is not uncommon for there to be a feeling that perhaps the results are just revealing a person’s God-given personality. Of course, looking at the negative effects that a person’s lowest fruit has on their relationships should cast reasonable doubt on how “God-given” all of that personality actually is.

In Romans 12:2, the apostle Paul speaks of a transformation (literally *metamorphosis*) of a person’s mind and actions that could only be linked with a fundamental change in the person’s “personality.” The more important question in our context is how much of your current personality are you prepared to change in order to love the way you were intended to.

What does the scale on page 68 mean statistically?

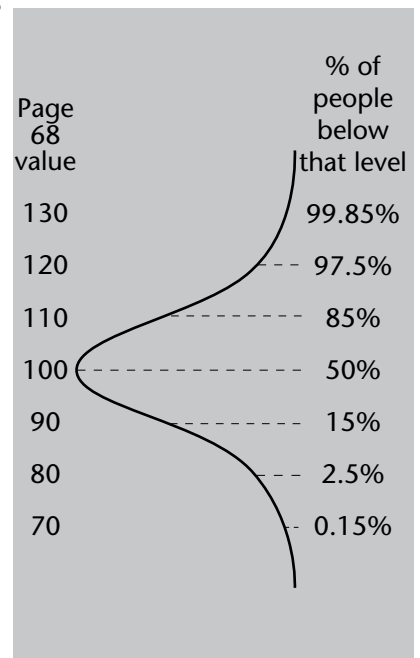
On page 68 of *The 3 Colors of Love* is a table that helps you to increase the objectivity of your survey responses. By looking along each fruit line and then selecting the number in the black row at the top, you are rating yourself against the responses of the other people in the database.

The database scale runs from 70 to 130. 100 represents the average result for each fruit (see diagram to the right). Any result of 110 or more places a person in the highest 15% of respondents while a result of 90 or below places a person in the lowest 15% of respondents.

Understanding this scale can be both extremely encouraging and very sobering with respect to the reflection of God’s love in a person’s life. Though once you have understood objectively the level from which you are starting, your attention should move to comparing each of *your* personal fruit results with your own results as a whole. For it doesn’t matter whether your lowest fruit is starting at 70 or 107, progress in love is always more important than your current level.



Visit the web site for more frequently asked questions or to ask your own questions.



Calculating your group profile

1. Enter your classmate's names below.
2. From their data collection sheets, enter the 'Page 68 Values' and Justice, Truth, and Grace values for each person in the respective column.
3. Add up the values along each row and divide the total for each row by the number of people in the sample then write the total in the Average box.
4. Repeat step 3 for each row.
5. On the *3 Colors of Love Classroom Results* template (page 31), write down each fruit in order from highest to lowest and enter the value for each from the Average boxes below.
6. Transfer the Justice, Truth, and Grace Average values below onto the template and draw a circle that best fits the points.

Classmates									
								Average	Aspect of Love
									Patience
									Joy
									Peace
									Faithfulness
									Goodness
									Kindness
									Self-control
									Gentleness
									Justice
									Truth
									Grace



Visit the web site for color copies of these two pages

3 Colors of Love Classroom Results

Classroom Name: _____

Date: _____

(Based on John 13:35) By our...

Value

(Highest Fruit) 1. _____

shown to others, people will know
that we are Jesus' disciples.

2. _____

3. _____

4. _____

5. _____

However, they will have more difficulty
seeing Jesus' reflection in us by our...

6. _____

7. _____

(Lowest Fruit) 8. _____



Part 1:
The School
of Love

Week 6: Leaving school on your Three-Color Love Cycle

In this last formal week of the School of Love, you will begin using the Three-Color Love Cycle. It is a process that will continue guiding your growth in love for the rest of your life. Rather than finding yourself coming to the end of yet another program, the cycle will help carry you forward based on all you have learnt over the last five weeks. It also provides you with a very simple pathway on which to guide others toward more fully reflecting God's love in their lives.

Until now, *The 3 Colors of Love* process has been reasonably prescriptive with specific readings, questions and exercises. From this point on though, it is very important that you make the transition to applying the principles you have learnt to the unique circumstances of your everyday life. It is this step that can be the most challenging, but at the same time, by far the most rewarding in bringing the fullness of God's love to your world.



Make sure you give yourself plenty of time this week to prepare your contribution to your class celebration.

Day 1

Breathing love in, and breathing it out

Read pages 46-47 of *How to Implement the 3 Colors of Love*.

He who is full loathes honey, but to the hungry even what is bitter tastes sweet. —Proverbs 27:7

When it comes to the fullness of love, in which area do you think you are most underdeveloped—breathing in, or breathing out? Why?

Day 2

Taking the time to grow in love

Read pages 48-49 of *How to Implement the 3 Colors of Love*.

Perseverance must finish its work so that you may be mature and complete, not lacking anything. —James 1:4

Who do you know that tends to live their life in the past? ...in the present? ...in the future?

Day 3

The six stages of the Love Cycle

Read pages 50-53 of *How to Implement the 3 Colors of Love*.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. —Romans 12:2

Which stage of the Love Cycle are you likely to struggle with? Which stage is likely to be your strength?

Day 4

Your Love Cycle partnership

Read pages 54-55 of *How to Implement the 3 Colors of Love*.

Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. —Ecclesiastes 4:12

What clear benefits would come from you partnering with at least one other person as you seek to grow in love?

Day 5

A Love (more) Letter

Read pages 56-57 of *How to Implement the 3 Colors of Love*.

Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one. —Matthew 5:37

Are you prepared to commit to even a short season of cyclical growth to see what might happen? If so, complete the *Love (more) Letter* exercise. If you are not, be serious in thinking about why you feel this way.

Day 6

Push-start cycle plan ideas

Read pages 58-62 of *How to Implement the 3 Colors of Love*.

Read through the push-start cycle plan ideas for your lowest fruit and select one that you will try over the next two days until your Week 6 meeting. Feel free to modify the plans and don't worry about getting the perfect plan in place. Just begin to cycle something that you believe will help you to grow. If instead you have thought of your own unique plan related to your lowest fruit, then by all means start applying that.

What is your initial plan for growing in love from this point forward?

Day 7

Prepare to celebrate

On this the last day of the formal part of the School of Love, finalize your contribution to your class celebration.

Rejoice in the Lord always. I will say it again: Rejoice! —Philippians 4:4

What will be your celebration offering to your classmates and to God?



School of Love memory verse

Teacher, which is the greatest commandment in the Law?

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment.

And the second is like it: 'Love your neighbor as yourself.'

Matthew 22:36-39



Visit the web site for the chance to meet and hear stories from other School of Love classmates around the world.

Part 2

The Three-Color Love Cycle

Growing in love is clearly not a weekend hobby. Nor is it a project that you undertake for a few weeks and at the end say, "Finished! What's next?" The journey to fully reflecting God's love is a continuous process that began before you can remember and will continue until the end of this life—if you are deliberate about it.

Part 2:
The Three-Color
Love Cycle

Breathing love in, and breathing it out

In a perfect world, loving and being loved should be as natural as breathing in and breathing out. Breathing is both an activity that our bodies do automatically—even while we are asleep—but at the same time can be deliberately stopped by us. Like love, it should happen all by itself, but our will has the capacity to upset its natural rhythm which can lead to breathing difficulties or even more dire consequences.

Breathing difficulties

Unfortunately when it comes to growing in love, we each start the process with breathing difficulties that often cause us to fall far below our potential. Try this simple exercise.

*Breathe out completely... now push a little more air out...
and then a little more... now hold it for 10 seconds...
Breathe normally again.*

In a perfect world,
loving and being
loved should be as
natural as breathing
in and breathing out.

This exercise in extreme *exhaling* is a metaphor for those who seek to grow in love purely through their own effort. They will expend whatever love they have and work until they are completely spent—motivated by a desire to be a more loving person. But such an approach is literally suffocating. For a short time, it makes a difference and



perhaps others will even notice it. But ultimately you are forced to give up; exhausted; feeling like a failure; wanting to love more; but depleted.

Now try another exercise.

*Take a deep breath in... breathe in a little more...
and then a little more... now hold it for 10 seconds...
Breathe normally again.*

This extreme *inhaling* is a metaphor for those who understand the absolute importance of taking in the love of God and the love of others. After all, you can only give what you have received. However, the discomfort of holding two very full lungs of air is equally suffocating but in the opposite way to extreme exhaling. The air you have taken in contains the oxygen you need, but if you fail to exhale you will soon become delusional as the breath of life becomes stale within you.

A more natural cycle

Of course, the approach of both types of people above is wrong, and yet at the same time, right. We *must* draw in great draughts of love directly from God and from God through others. But we *must also* exhale that love with all our might until it fills every last corner of our world. Only in deliberately trying to breathe out the fullness of God's love, can you discover what you do not have to give. And only in taking the time to breathe in, can you hope to fill up on that which you lack. Like all of God's creation, love exists in an eternal natural cycle of giving and receiving where finding the natural rhythmical balance leads to life.

More than a metaphor

Love is as essential to experiencing *real* life as breathing is for keeping you alive over the next five minutes. In fact, the metaphor of breathing as a way of understanding both the way to grow in love and why so many relationships in the world are choking is an almost perfect one.

From the businessman who exhales excessively into his work and then, gasping for breath, inhales pornography or excessive alcohol to give a quick fix to his collapsing lungs. To the tired mother who breathes out every last breath of love over her family and then secretly inhales comfort food to fill the empty void.

On the other side you have the teenager who breathes in all that his or her parents have to offer without any intention or expectation of returning the love. Or you have the consumerist Christian who jumps from church to church breathing in all that is on offer, while never looking for opportunities to serve or be stretched in their faith.

Add to these, thousands of different relational scenarios where love is not inhaled and exhaled naturally and you start to get a very clear picture of our world. Though the question for now is, will *you* take the time to learn to breathe properly for your own sake and the sake of those you love?



*Visit the web site
for more discussion
about the breathing
metaphor.*

Part 3

Fruit of the Spirit Bible Studies

If God is love, then the Bible must be a love story. Among stories of broken humanity pieced back together through the Cross, we find seeds of true love. If planted and nurtured to maturity, the seeds bring forth a harvest of fruitfulness for the Kingdom many times greater than what we might expect or imagine. Motivated by his grace and the intent to reflect the love of Christ more fully, let us explore the depths of God's love as revealed in his Word.

Part 3:
Fruit of the Spirit
Bible Studies

Where are you up to in this workbook?

Option 1. We would like to continue the School of Love process with some Fruit of the Spirit Bible Studies

Have you come to the end of the six week School of Love process and would like to keep the momentum for growth going in your group? If so, the *Fruit of the Spirit Bible Studies* would be a great way to do it.

Since you have already covered the major content of *The 3 Colors of Love*, you can simply move to Bible Study 1 for your next group meeting. To best maintain the momentum for growth in your group, your Bible study sessions could consist of two parts:

1. Start your session with a short *Three-Color Love Cycle Meeting* (revisit pages 63-66 for details). Even if group members are meeting with each other outside of your main group meeting to work through the Love Cycle, this time during group meetings will be helpful for sharpening each other's skills in using the cycle process.

Prior to your meeting, invite just one group member to be the focus of that segment. That person might have as their lowest fruit the particular Fruit of the Spirit you are studying that week, though that is not critical. Ask the rest of the group to play the part of the cycle partner asking the relevant questions and leading the individual toward a revised cycle plan and further growth. Remember, you are still not trying to solve all of the person's growth challenges but just helping them to move to the next level.

Each week you can move to a different group member for this exercise. Allow about 15-20 minutes for this segment.

2. After your cycle meeting, move onto the Fruit of the Spirit Bible study for that week. The first study can be found on page 72 of this workbook. Go there now to familiarize yourself with the study format and make any adjustments you feel are necessary for your group.

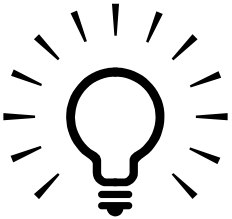
Option 2. We would like to start the love journey with some Fruit of the Spirit Bible Studies

First of all, welcome to *The 3 Colors of Love* process! You are about to embark on a series of Bible studies that will be both thought-provoking and practical. Before you begin, here are some details to help you understand the process and what you will need to do to prepare yourself and your group for the weeks ahead.

Study components

Each study consists of the following parts...

- *Homework feedback*—a brief sharing time of experiences from the homework exercises.
- *Reading the overview together*—a short shared re-reading of part of *The 3 Colors of Love* book to focus everybody's attention.



If continuing on from the School of Love, consider inviting one of your more enthusiastic students to co-lead the Bible study sessions as a way of giving them further confidence and experience in leading the love process in the future.

- *Understanding the theme/term*—a couple of discussion questions about the theme and its importance in Christian community.
- *Seeing this color/tasting this fruit in your life*—some discussion questions personalizing the theme for each group member.
- *Key Bible passage*—a passage and discussion question relating to the main theme of the study.
- *Growing a more colorful/fruitful character*—further passages and discussion questions to move each group member closer to a practical understanding of the need for action and growth.
- *Partnering with God*—homework to help each group member start putting into practice the subject of the study.
- *Prayer*—a simple prayer that you can use, change or add to as part of thanking and petitioning God for more love in your world.

You are free (and encouraged!) to change the order of meeting components, add or leave out certain questions, and generally customize your meetings to best suit your unique group and the time available.

Preparing your group for the Introductory Study and beyond

The main preparation for your Introductory Study is for all group members to read the first 61 pages and complete *The Fruit of the Spirit Test* in *The 3 Colors of Love* book. You will also need to supply them with various downloadable handouts along the way. Your special privileges on the 3 Colors of Love web site (see instructions to the right) allow you to download and produce as many copies of the handouts as you need.

Over the page you will find a checklist of tasks you will need to complete before each study. Come back to that checklist each week just to make sure you've done all you need to do to prepare.

Now, enjoy the journey into the heart of God's love!

For those who find reading a challenge

It may be that some of your group members have difficulties with reading. If so, you may wish to take them aside and privately show them an abbreviated reading option. *The 3 Colors of Love* has been written in a way that allows you to read each main section up to the first sub-heading and thereby gain an overview of each topic.

For example, in the section entitled *God is love* on page 18 in the book, you would read up to the sub-heading *God's characteristics and God's nature*. This allows the person to participate in reading far more easily and still feel comfortable to join in the group discussions to some level. Reading this way may also give them more confidence and motivate them to read further having had their interest stirred in the initial paragraph.



Visit the web site for

- details of your nearest 3 Colors of Love book supplier.

- your special access privileges as the owner of this workbook.

Visit the 'book extras' page when you are logged in to the web site and enter the code below to freely upgrade your account and access all of the 3 Colors of Love downloads.

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Part 3:
Fruit of the Spirit
Bible Studies

Study checklists

Prior to the Introductory Study

I have...



supplied each of my group members with a copy of *The 3 Colors of Love* book.



downloaded, made copies and supplied each of my group members with *The 3 Colors of Love Study Preparation Guide*.



discussed with and informed each member of my group by when we must all have completed the first 61 pages of *The 3 Colors of Love* and completed *The Fruit of the Spirit Test* (ie. The date we will do the Introductory Study).



downloaded the video greeting from Christian Schwarz from the web site and have organized equipment for viewing it (if you would like to include it in your Introductory Study).



read the first 61 pages of *The 3 Colors of Love* and completed *The Fruit of the Spirit Test* myself.



Visit the web site

- to download Christian Schwarz's video greeting.
- to download the Homework Handout for each study.
- to ask a question.
- for many of the graphics used through *The 3 Colors of Love* in case you feel like being creative in decorating your meeting place.

Prior to every study including the Introductory Study

I have...



followed up anyone who wasn't able to make it to the last meeting to ensure that they are alright and to see if they need help with anything. And, if appropriate, have encouraged them to keep on track with the study and homework.



read through the upcoming study and made adjustments to suit my group and the time available.



downloaded and made copies of the relevant Homework Handout to distribute during the upcoming study.



reminded my group to bring along their Bible and *The 3 Colors of Love* to each session.

Introductory Study: The 3 Colors of Love

Part 3:
Fruit of the Spirit
Bible Studies

Showing Christian Schwarz's video greeting (optional)

Reading the overview together (_____ minutes)

Take a few minutes to re-read pages 28-29 of *The 3 Colors of Love*. If appropriate, invite various people to read a paragraph or more at a time.

Understanding The 3 Colors of Love (_____ minutes)

- What is the most significant new thought or insight you have about love from reading the first 62 pages of *The 3 Colors of Love*?
- In what practical ways have you seen the lack of one of the colors of love negatively impact Christian community?

Seeing this color in your life (_____ minutes)

- What is your strongest color of love according to *The Fruit of the Spirit Test*? In what practical ways does it help you reflect Jesus to others?
- What is your weakest color of love? What do you admire about or what attracts you to people who are strong in your weakest color?

Key Bible passages (_____ minutes)

Invite someone to read John 8:12 and another to read Matthew 5:14.

- If Jesus is the light of the world, in what specific practical ways do we become an increasingly bright light to the world in day-to-day life?

Growing a more colorful character (_____ minutes)

Invite someone to read James 5:4-6.

- In the modern world, what does it mean for Christians to be at risk of allowing, or doing nothing about, the condemnation or murder of innocent people?

Invite someone to read 2 John 1:4-11.

- What are some of the ways that you evaluate truth?
- How do you respond to deception?
- How do you respond to truth?

Invite someone to read 1 Corinthians 15:9-10.

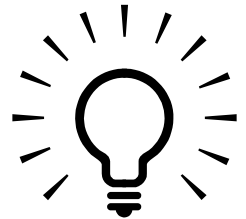
- What practical effect does God's grace have in your day-to-day life?

Partnering with God (_____ minutes)

Distribute the Introductory Study Homework Handout to the group.

Prayer (_____ minutes)

Lord, thank you for the light of your love that shines upon us. Please help us to remove all that would mask your reflection in our lives so that our presence in your world would light the way to you. Amen



Keep discussions brief and flowing during each study, emphasizing to the group that you will not find all the answers in one night but simply need to take a step forward in love.

Study 1: Patience—Enduring love

Homework feedback (_____ minutes)

Invite your group members to share about their homework experience.

Reading the overview together (_____ minutes)

Take a few minutes to re-read page 71 of *The 3 Colors of Love* up to the “Key Bible passage”. If appropriate, invite various people to read.

Understanding the term (_____ minutes)

- What new thoughts or insights about patience do you have from reading this short explanation?
- Why is patience an essential component of Christian community?

Tasting this fruit in your life (_____ minutes)

- If patience is one of your *highest* four fruit according to the test, in what practical ways does it help you reflect Jesus to others?
- If it is one of your *lowest* four fruit, what do you admire about or what attracts you to people you know who have high patience?

Key Bible passage (_____ minutes)

Invite someone to read the Key Bible passage on page 71.

- What does “waiting” and “standing firm” have to do with *actively* exercising patience as *The 3 Colors of Love* suggests?

Growing a more fruitful character (_____ minutes)

Invite someone to read Galatians 5:19-21.

- What part do you believe patience plays in counteracting any of the “acts of the sinful nature” listed in this passage?

Invite someone to read Matthew 18:15-20.

- How are the determined and merciful aspects of patience spoken about in *The 3 Colors of Love* shown in this passage (page 71)?

Invite someone to read Matthew 18:21-35.

- If godly patience is about withholding anger for a prolonged time, at what point is it appropriate to move to expressing anger?

Partnering with God (_____ minutes)

Distribute the patience Homework Handout to the group.

Prayer (_____ minutes)

Lord, thank you for the enduring gift of your patience shown to us. We pray that each day, we will mercifully provide the space that others need to grow in your likeness. And we ask as we walk alongside them that they will be encouraged by our determination to see your best emerge in their lives. Amen.



Visit the web site

- to download the Homework Handout for each Fruit of the Spirit study
- to ask a question.
- for more discussion about the Fruit of the Spirit

What now?

So what now in the name of love?

Option 1: You have just completed the workbook with a group

First of all, congratulations! Only time (and your continued inhaling and exhaling of love) will show the full impact this part of your love journey will have had on your own life and the lives of those with whom you've been sharing it. Hopefully, if you've been diligent with the opportunities and tools available, you will have some sense of Jesus saying to you, "Well done good and faithful servant!"

Remember though that straight after that statement in the parable of the talents the master says, "You have been faithful with a few things. Now I will put you in charge of many." So as a leader of others, what could be your next steps? Here are some suggestions...

- Take a short season of rest where you can inhale the love of God while praying for and perceiving his next steps for you in ministry.
- During the School of Love, you may have gained a sense that helping people grow in love in a group environment could become a primary ministry for you. Pray about the idea and speak to some trusted friends to see if God might be calling you to such a ministry working with many and various different groups in your world.
- Encourage one of your more enthusiastic students to seriously consider taking another group of people through the School of Love. Help them think about it with the help of pages 8-9 of this workbook and ask them what assistance you could personally provide them along the way if they were to step up to such a challenge.
- Having worked through the School of Love, you may be interested to explore one of the other NCD Discipleship books. See the love web site for details of other tools in the 3 Color World.
- Based on your experience of the School of Love, you might be motivated to take a lead role in promoting and facilitating a School of Love Campaign across your whole church. Again, see the love web site for details.

Option 2: You began with the Fruit of the Spirit Bible Studies

Well done! You have just laid some fantastic biblical foundations for ongoing growth in love. So what could be next for you and your group?

It would be very helpful for your group to discover the Three-Color Love Cycle process. This process will help them to continue to grow on the basis of their individual Fruit of the Spirit tendencies. The content relating to the cycle process is contained in this workbook. However, for convenience, it is available for download and distribution to your group from your 'book extras' page on the web site (The web site version is reformatted to seamlessly connect with the end of your Fruit of the Spirit Bible Studies). Simply download the material and keep on growing!



Visit the web site for the chance to share your experiences of the School of Love with other current or future leaders around the world. Your experiences could be of great encouragement to someone just starting out on the journey.