



# Instructions

## Station Three: Love

1. In a small group or by yourself, read John 5:1-15 and 1 John 3:16-18

Reflect on these questions:

- Is there anything that makes you uncomfortable? Where do you think this discomfort comes from?
- What does being a 'person of love' mean to you in your life?
- What one thing can you do this week to love in action, encouragement or prayer?

2. In response to the passages and the idea of being a person of love, write a prayer or draw a picture on a piece of origami paper. You could focus on yourself and your community, or others and the world.
3. Follow the instructions to make an origami heart. Add it to the mural to create the words: God is Love.