

# Life Group Study Notes

**Date:** 08<sup>th</sup> March 2026

**Sermon:** Love Yourself

**Speaker:** Wil Harvie

**Scriptures:** Mark 12:29-31. Psalm 139:14. 2 Tim 3: 1-5. Luke 10:25-37.  
1 Corinthians 13:4-7



Here are some questions based on the scriptures Wil used.

Another option could be to ask a few in the group to give their personal testimony of their journey with Jesus as Wil did on Sunday.

## Scripture Questions:

1. Mark 12:29-31. Jesus was asked for *one* commandment but gave *two*. Why are these two commandments inseparable?
2. Jesus says to love your neighbour "as yourself". If you struggle to love yourself, how does the truth of Psalm 139:14, that you are "fearfully and wonderfully made" change your self-perception?
3. 2 Tim 3: 1-5. Paul warns against being "lovers of self" in the last days. What is the difference between this sinful, narcissistic self-love and the healthy self-regard Jesus assumes in Mark 12?
4. Luke 10:25-37. What does this parable teach us about who our neighbour is?
5. Who are the "neighbours" God has placed in your life right now (family, church, workplace, community) that you should love, as you love yourself?
6. 1 Cor 13:4-7. What qualities of Love stand out for you? How do these characteristics of Love, guide the way we should treat others? How can love guide our behaviour in difficult relationships? What role does the Holy Spirit play in helping believers live out this kind of love?

## Personal Questions:

- God's love for you is pure and has no evil intentions, not self-serving but open and giving. How can you love yourself with the same love God has for you?
- How can you replace "negative self-talk" with the truth of God's Word this week?
- What practical act of love could you show your neighbour this week?

## Prayer:

Thank You for loving us first and showing us what true love looks like through Jesus. Help us to love ourselves first and then love our neighbours with kindness, compassion, and humility. Open our eyes to the needs around us and give us willing hearts to serve others. May our love reflect Your love to the world. In Jesus' name, Amen.