

Discussion Guide

September 28, 2025

A Walk In The Park: Week 4

Pastor Daniel & Jackie Groves with Ps. Brandon, Krystle, Ps. Byron, and Ps. Kris

Main Idea

Love is not one-size-fits-all. It meets people in their unique season—whether they are carrying regret, walking through grief, navigating their teenage years, or feeling overwhelmed. Jesus modeled a love that adapts, comforts, and draws near, showing us how to meet others right where they are.

Anchor Passage

"A new command I give you: Love one another. As I have loved you, so you must love one another."
(John 13:34, NIV)

"Let each of you look not only to his own interests, but also to the interests of others."
(Philippians 2:4, ESV)

1. Love in Seasons of Regret and Shame

Shame can make people feel unworthy of love. But forgiveness is not about keeping score—it's about losing count. We can't fix someone with more of ourselves, but we can point them to the God who saves. When love looks like release, it frees both the forgiver and the forgiven.

Read Genesis 33:12; Genesis 27:40

Discussion: Where have you experienced regret or shame in your own life, and how did someone's forgiveness or love help set you free? How can you extend that same kind of grace to someone else this week?

2. Love in Seasons of Grief

In grief, people don't need answers—they need presence. Jesus wept with Mary and Martha, showing that nearness is love. When we sit with the brokenhearted, we echo God's promise to be close to the crushed in spirit.

Read John 11:21, 35; Psalm 34:18; 2 Corinthians 1:3–4

Discussion: Think of a time when someone showed up for you during loss or hardship. What did their presence mean to you? How can you show that same nearness to someone grieving now?

3. Love in the Teenage Season (Ps. Byron)

For teenagers, love often looks like being heard. Jesus welcomed children, reminding them—and us—that their lives matter. Listening without judgment communicates value and belonging, countering the lie that they're a burden.

Read Mark 10:14; 1 Peter 5:7

Discussion: What practical steps can you take to listen better to the teenagers (or young people) in your life? How can you remind them that they are seen and loved by both you and God?

4. Love in Seasons of Feeling Overwhelmed (Ps. Kris)

Life's burdens can feel crushing, but Jesus invites us to rest in Him. Our love for others shouldn't be reactive, but proactive—pointing people back to God's peace before worry takes over.

Read Matthew 11:28–30; Philippians 4:6–7 (MSG)

Discussion: When you feel overwhelmed, what helps you remember God's greatness and peace? How can you be proactive this week in loving someone who feels weighed down?

1. Love requires intentionality, honesty, and perseverance. It is a daily choice to build, not a one-time vow.

Healthy marriages aren't accidental — they're built through intentional, honest, and persevering love. Choosing each day to speak truth with grace, make small acts of love, and stay committed even when it's hard creates lasting strength and intimacy.

Discussion: What is one small, intentional choice you can make this week to show love with honesty and perseverance in your marriage or closest relationship?

SUMMARY

Love changes shape depending on the season. Forgiveness releases shame, presence comforts grief, listening values teenagers, and proactive care strengthens the overwhelmed. No matter the situation, Jesus shows us that love is always near, always patient, and always powerful.

CALL TO ACTION

Release Forgiveness. Identify one area where you've been keeping score and choose to let it go this week.

Be Present in Grief. Reach out to someone walking through loss—not with solutions, but with presence.

Listen Intentionally. Give a teenager or young adult in your life the gift of being heard.

Offer Proactive Care. Don't wait until someone breaks—check in on a friend or family member before the weight gets too heavy.

GROUP LEADER RESOURCE

Season Swap

Description: Write four “life seasons” on slips of paper (regret/shame, grief, teenage struggles, overwhelmed). Place them in a bowl. Have each group member draw one and share either:

- A time they experienced that season, or
- How they could love someone walking through it.

Connection to the message: This exercise helps participants empathize with different life stages and practice applying love in context-specific ways.