



Catholic Central Activity Guide

Episode 34: What Is Love?

Diving Deeper

- ▶ How do you define the word 'love'? What makes it easy to love some people? What makes it harder to love some others?
- ▶ St. Teresa of Calcutta invites us to do small things with great love. How can we follow Christ's example of love in our daily lives? Who are examples of people you can think of who love well?
- ▶ Is there one of the 4 loves identified that you are most drawn to? One that you find most difficult? How can you more actively integrate Agape love into the other forms of love in your life?

Go Forth

- ▶ Draw a 4-block grid on a sheet of paper and label the boxes with each kind of love: storge, philia, eros, and agape. Then think of one person that best represents that kind of love in your life in each box. Write down some ways this person shows you that kind of love. What are the ways you show that person that kind of love? If you do not have a spouse or romantic partner, in the Eros box, write the ways you would want to receive that love and the ways you would want to express that kind of love. If you feel moved to, perhaps write a letter or card to at least one person on that sheet and give it to that person.
- ▶ Little Things With Great Love: Think of one small act of love you can do each day for someone around you, whether for a coworker, a friend, a family member, a spouse, a child. Each day after you've completed your small act of great love for someone, reflect on and journal about how it felt, both for you and perhaps for the other person, if they observed what you did or expressed something to you. Notice where God might have been in that act, in you, and in the person you performed the act for. In prayer, talk to God like a friend about that act of love. Look for where God might be calling you to love next.



Resources

- ▶ [Ascension Presents: Mastering Love and Relationships](#)
- ▶ [Catholic Exchange: The Four Loves and Our Ascent to God](#)
- ▶ [Catholic Digest: What Is Your Love Language?](#)
- ▶ [Franciscan Media: Sacred Heart: A Symbol of Love and Mercy](#)
- ▶ [Busted Halo: Love, Discern, Act](#)

