

# Family Ministry Life Group Curriculum

FEBRUARY 2026 - LOVING Week 1

Appropriately for February, each week that your Life Group meets, we want you to join our whole church as we dive into what it means to be loving! For each session, you'll use a video from Bob Goff based on his book, "Everybody Always." There will also be a review of some questions based on Scripture and Goff's book. You don't need a book to lead the discussion, but they're available through TSF if you want one!

The link to the YouTube Video will be sent to you via email. You can also Google Search "Bob Goff Everybody Always Session 1" to get the video. Time stamps are indicated during each week's curriculum as needed.

Please follow this discussion guide so your group can get the most out of the session each time you meet!

YouTube Video

Everybody Always Session 1

Bob Goff

## **WEEK 1- Everybody Always**

1- Think of some people in your life who are easy to love. Go around the room briefly sharing who is easy to love and why you find it easy to love them. Have the group think about each person that is shared and try to think if there are any common characteristics between those the group finds easy to love.

2- In the book, Goff recounts a trip to San Francisco when his van is broken into and all of the belongings of everyone in his traveling group was stolen. Laptops, cell phones, cash, wallet, luggage- all gone. Thinking back on it, he says, "It's hard to believe Jesus loves the van thieves and all the difficult people we've met just the same as you and me.... While we're still trying to get our arms around that idea, God doesn't want us to just study Him like He's an academic project. He wants us to become love."

Now spend some time thinking about who is hard to love. Go around the room and, without sharing names!!, talk about why it's hard to love some people. As you share, see if there are any commonalities in those stories or reasons.

## **WATCH THE VIDEO NOW from 1.55 to the end (about 15 minutes)**

3- Goff says that loving our neighbor is so important that it is woven into our faith DNA; so important that Jesus says its the starting place, the foundation of our faith. Why do you think this kind of love is such a big deal to Jesus (and Moses and God, since Jesus confirms what was inspired to Moses in Deuteronomy!)?

4- Read Luke 10:25-29. What seems most important to you in this text? Why does the lawyer ask these questions (HINT- his motivation is given to us in the text!)

How might you refuse to love God first and love people to justify yourself? OR you justify the fact that you're not loving like this?

5- Who is your neighbor? What are their names- share them now with the group. What are some ways you might be able to love them?

6- What stood out to you from Goff's story about his neighbor Carol, and what should each of us start applying in our own lives from it?

7- What is the "walkie talkie principle"; how can we take that idea and apply it with our neighbors? Goff says, "We were meant to find our joy, and part of our joy is helping other people find theirs." Spend a moment thinking and praying, then share some ways people think they might be able to help a neighbor find some joy.

8- What lesson did Carol's life end up teaching Bob? How can you start applying that to your neighbors soon?

9- Who has God already put in proximity to you? How can you be present with them and love them? Might your Life Group work together to love your neighbor? Make a list, make a plan and make yourself a good, loving neighbor!

## **Family Ministry Life Group Curriculum**

### FEBRUARY 2026 - Loving Week 2

Appropriately for February, each week that your Life Group meets, we want you to join our whole church as we dive into what it means to be loving! This session, there will be a review of some questions based on Scripture and Goff's book. You don't need a book to lead the discussion, but they're available through TSF if you want one!

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"Everybody Always" book  
Bob Goff

#### **WEEK 2**

1- Read Ephesians 5:1-2. Discuss the details of these verses. Talk about God's example of love, what it means that we are dearly loved children, what it means to walk in the way of love. What Jesus did when he loved us, and how our love might reflect being a sacrifice and fragrant offering to God. Stuff like that!

2- Go back and read Ephesians 4:25-5:2. 5:1 has a "therefore" in it, which means Paul is appealing to the things he previously wrote. "In light of the things I just wrote to you, follow God's example." What do those verses have to say about what our love for others is to look like?

3- In the situations we read about in Ephesians, what would make it hard to love the other person in each of them?

4- Think of some people or situations where it is difficult to love someone; or when it's hard to love a difficult person! What are some acts of love you could show that person as a fragrant offering, sacrifice and act of worship to God?

5- Who is your neighbor? Think about some of the people Paul is probably writing about in Ephesians- difficult people and difficult circumstances. Think about how Jesus explains who our neighbor is in Luke 10 in the Good Samaritan story. Certainly our neighbor is the person we do life in close proximity to; but isn't there a deeper understanding of who our neighbor is that Paul and Jesus want us to grasp? Who is your neighbor?

6- If God is our example of love, if we are to love others like the Samaritan man in Luke 10, if we are to love people the way Jesus did for us on the cross- we can't be passive, we can't be reluctant, we can't be timid. Goff says it like this; "If you want to become love, stop just agreeing with Jesus (about loving others). Go call someone right now. Lift them up in ways they can't lift themselves. Send them a text message and say you're sorry. I know they don't deserve it. You didn't either. Don't put a toe in the water with your love; grab your knees and do a cannonball.... Don't just love the people who are easy to love; go love the difficult ones."

Who and how can you love someone like this? How can your Life Group come around you to help you love like this? Pray for one another now as you seek to do cannonballs of love for everybody always!