



# The Last Commandment



## SHARE

**your highs and lows**

Break into pairs.  
Listen carefully and record your partner's thoughts in the space provided. Then return to small group and share your friend's highs and lows.

MY HIGH THIS WEEK

MY LOW THIS WEEK

MY FRIEND'S HIGH THIS WEEK

MY FRIEND'S LOW THIS WEEK



## READ

**and highlight the theme verse in your Bible**

"This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends."

John 15:12-13



## TALK

**about how the Bible reading might relate to your highs and lows**

Choose from the options below to enrich your Talk Time. Invite group members to take turns leading one or more of the following:

## IMAGES

1. Choose either the cover photo, cartoon or painting by Dr. He Qi (back page).
2. Where are you in this work of art?
3. How might the art and the theme verse relate to each other?
4. How might the art relate to your highs and lows?

## ROLE PLAY

Assign roles and take turns acting out the following:

1. A friend who volunteers at church tells you privately she is tired of people who take advantage of her kindness and never thank her in return. She feels burned out and wants to quit. What advice do you give?
2. You are on a mission project with a huge group of students. Today your group is assigned the task of cleaning the toilets. Your friends rebel, throw down their mops and say they aren't going to do such a gross task. What do you say?

## QUESTIONS TO PONDER

1. Who is the kindest person you know? What motivates their kindness?
2. What are five tasks around your house that you hate to do? Who usually gets stuck doing them? This week, would you dare divide them up or do them together as a family? Why would you? Why should you?
3. What are three ways you could be servants of Christ in your:  
School                  Community                  Church

## QUOTATIONS

Choose a quotation (right column) and share your thoughts and questions about it.

*The difficulty is not so great to die for a friend as to find a friend worth dying for.*

**Homer (not Simpson)**

*Many people mistake our work for our vocation. Our vocation is the love of Jesus.*

**Mother Teresa**

*A Christian is a perfectly free lord of all, subject to none. A Christian is perfectly dutiful servant of all, subject to all.*

**Martin Luther**

*If God were proud God would hardly have us... but God is not proud. God stoops to conquer.*

**C.S. Lewis**

*The important thing is this: To be able at any moment to sacrifice what we are for what we could become.*

**Charles DuBois**



Write a definition...

**FOOT WASHING**

**FRIENDS**

**HOLY WEEK**

**LOVE**

**MAUNDY THURSDAY**



The Good Samaritan by Dr. He Qi ([www.heqigallery.com](http://www.heqigallery.com))



**PRAY**  
for one another's  
highs and lows

Gather in a circle. Praise and thank God for your highs. Ask the Holy Spirit to be with you in your lows. Pray for your friend's highs and lows and for your world. Close in Jesus' name.

**Prayers for Highs**

**Prayers for Lows**



**BLESS**  
one another

Trace the sign of the cross on one another's foreheads or palms.

**REMEMBER  
1 THING**

The last command Jesus gave to his disciples was "love one another as I have loved you." This wasn't a suggestion. It wasn't mere advice.



**FAITH**  
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