

# Love Is The Way

Session 3 – Adult Sunday School – April 26, 2026

*How do I find the energy to keep loving when the world seems to be going the other way?*

Read Chapter 3 – Making Do and Making New

1. Pgs 50 and 51 – “My elders, and so many folk like them, lived hard lives, much harder than I’ve had to - and yet they discerned, divined, or discovered some secret to life and real joy amid unthinkable sorrow, hardship, and heartache. ... These were the folk who lived by the motto “Never let anyone drag you so low as to hate them.” These were folk who figured out how to harness the energy of love when everything about life seems to be draining that energy away.” Looking back on your family’s history, have there been difficult times? How has God and love helped out in those times?
2. Pgs 51 to 56 – Curry describes his Grandmother’s and other’s experiences in taking limited food resources and making nourishing and tasty meals from them. How does this food experience mirror other experiences of “making do” and “making new” in other aspects of life?
3. Pgs 58 to 68 – Recipe for making do and making new. Three ingredients – tradition, imagination and God.

Tradition: “When we look for guidance on how to live a life grounded in and guided by love, we don’t need to start from scratch when there is wisdom from people of faith who have struggled and yet made do ... people who have walked with God.” Have the rituals of faith ever helped you through difficult or uncertain times?

Imagination: Story of Moses and the liberation of the Israeli slaves in Egypt. The freedom movement began the moment Moses talked to God and began to imagine the possibility of a world without slavery. That’s when freedom movements begin. Making do and making new reach fruition when someone dares to imagine another possibility greater than what appears to be the reality. How does that apply to our world today?

God: “When God is factored into the equation of life, the outcome changes. ... When God – that loving benevolence behind creation, whose judgment supersedes all else – is factored into the reality of life and living, something changes for the good. ... The given reality is altered by another possibility. ... Prayer matters when God is brought into the equation of life, something changes. Another possibility emerges.” How can we use love and our belief in God to create new possibilities to resolve current challenges?

4. Pg 68 – How do Paul’s words from a Roman prison – “I can do all things through Him who strengthens me” – encourage us to see and act on new possibilities?