

BOB GOFF SESSION NOTES



Bob Goff is a speaker, New York Times best-selling author of *Love Does*, Honorary Consul to the Republic of Uganda, and an attorney who founded Love Does, a nonprofit human rights organisation operating in Uganda, India, Nepal, Iraq and Somalia. Bob's greatest ambitions in life are to love others, do stuff, help people pursue their big dreams by challenging and inspiring that love is for everyone, always.

"Let us not love with words and speech, but with actions and truth."

PERSONAL REFLECTION

Bob challenges us to live a life worthy of the calling we have received. He shares three things we can do to grow as leaders and make our lives count.

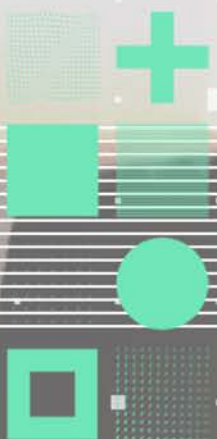
LOVE GOD, LOVE PEOPLE - DO STUFF!

LOVE GOD:

1. Spending time with someone is a great way to get to know them. Write down one way you could spend more time with God that would help you to get to know him.

LOVE PEOPLE:

2. Think about a person in your life who you could choose to be more loving towards. Write down one thing you could do on a regular basis to show them that you care.





DO STUFF:

3. As leaders, we don't just need to do more stuff, but rather work on doing the right stuff! What is the right stuff in your life that you want to spend more time, energy and focus on?

GROUP DISCUSSION

Joyce Meyer once said, "Harbouring unforgiveness is like drinking poison and hoping your enemy will die."

As a group, discuss this quote and what it means to you. Do you think it's an accurate statement?

NEXT STEPS

One of the greatest acts of love is showing forgiveness to someone whether they deserve it or not. Is there a person in your life that you need to forgive, so you can live your life to the full?

Discuss this possibility with a trusted adult and figure out your next steps.