



SEASON 12 — EPISODE 5

Revolution of Tenderness

GROUP QUESTIONS

1. What does it mean to receive the tender and compassionate love of the Lord?
2. What does it mean to be tender to other people?
3. What shuts down our sensitivity?
4. How is God inviting you to receive and give His Tenderness?

LECTIO DIVINA

So he got up and came to his father. But while he was still a long way off, his father saw him and felt compassion for him, and ran and embraced him and kissed him.

(Luke 15:20)

JOURNAL QUESTIONS

1. How can I grow in tenderness towards myself?
2. How is God inviting me to show tenderness with the person I struggle with most?
3. Where are the places in my heart where I have been hurt and allowed a coldness to enter my heart?
4. Where in my life and my heart am I struggling to receive the Tenderness of God?

QUOTES TO PONDER

"I no longer need the armor, my softness is the strongest part of me."

— Brianna Wiest

"The Heart of Christ is so great it wants to welcome us all into the revolution of tenderness."

— Pope Francis

"Tenderness is not a weakness. Tenderness is the path for the strongest, most courageous men and women. It is the path of humility. The more powerful you are, the more your actions will have an impact on the people. the more responsible you are to act humbly. If you don't, your power will ruin you and you will ruin the other. Connect your power with humility and tenderness.

— Pope Francis