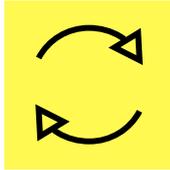


# in harmony



**"Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another."**

Stuck in a rut. Feeling blue. In a funk. Followed by a rain cloud.

There are many clever ways of saying that we aren't feeling our best. When too many things are tugging at our attention, we can feel out of sync, or out of harmony, with ourselves and with those around us. How lucky we are, then, to belong to the Armenian Church, which gives us a meaningful community through which we can re-focus our attention to God and re-tune ourselves to the song of salvation.

Read **Romans 12:9-21** and discuss the following questions:

1. Can you describe the difference between genuine love and insincere love? What role does genuine love play in you feeling harmonious with your peers?
2. What does it mean to "contribute to the needs of the saints"? What does it mean to "show hospitality to strangers"? How can we do these things, practically speaking, in our daily lives?
3. What are the similarities and differences between rejoicing with someone and mourning with someone? How can both of these things bring you into deeper community with others?
4. Is there someone in your life with whom you are not at peace? What led you to this disharmony? How does this discord affect your state of mind?
5. Why do you think we tend to focus on the evil and disharmony in the world? How can this negatively impact your personal life? What are some strategies that can help you filter out the evil and focus on the good?
6. List a few things from your daily habits that prevent you from spending time with God. How can their absence bring you back into harmony with yourself, with your Church, and with God?

In closing, reflect on the words from the sharagan we sing during the Kiss of Peace:

*"This Church has now become one soul, the kiss is given for a full bond.  
The enmity has been removed; and love is spread over us all."*