

YOU DECIDE.



**A MONTH OF  
UNSELFISH  
LOVE**  
**THE JOURNAL**



GRACEBASEDFILMS



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YOU DECIDE.

# A CASE FOR LOVE

## HOW TO USE THIS GUIDE & JOURNAL

**A** Case for Love asks what unselfish love looks like in today's world, at a time when division, estrangement, and hatred seem to be as strong as ever.

The 13 stories in the movie invite us on a personal journey, reflecting on ways in which we may experience sacrificial love, and then embody it for others in our lives, communities, and the world.

This workbook is meant to be a guide, prompting each of us to consider various aspects of unselfish love shown in the movie. Then combine this with the "Month of Unselfish Love" challenge, taking 30 days to journal your experiences of unselfish love, and how they can impact your life for the future.

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## FROM DIRECTOR BRIAN IDE

**A**s your month of reflection begins, I want to share a bit of my journey with you; and to offer a further challenge on which to consider.

Recently, I had grown more and more troubled by the increasing divisive state of our culture, and found myself contemplating, “what can I do to help?”

While that led to many considerations, at the end of the day, all I really knew how to do well is make movies. Combining this glaring need with my skills, I went about the task of making this documentary—to give voice to my own thoughts as well as many others around the country.

Bishop Michael Curry, the Presiding Bishop of the Episcopal Church, inspired the film’s focus as he offered a solution to what ails us: “Love.” Specifically, “Unselfish Love.”

As Bishop Curry wrote in his latest book,

“When love is the way, the earth will be a sanctuary. When love is the way, we will lay our swords and shields down by the river-side to study war no more. When love is the way, there’s plenty of room for all of God’s children. When love is the way, we actually treat each other, well, like we are actually family.”

Could the answer to society’s problems really be that simple and actually within the grasp of each of us?

This film presents what I observed and encountered while criss-crossing back and forth across the U.S., in search of the answer. Viewers must decide for themselves, and if their answer is “yes,” they will hopefully be inspired to live—intentionally—more selflessly and become part of the solution, making their own case for love.



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**For each day of the next month, commit an intentional act of unselfish love.**

Record each act in this journal.

Describe the act.

Describe how it impacted the recipient.

Describe how it impacted you.

At the end of the month, if this practice speaks to you, consider continuing it.

Describe the practice to someone else and gift them a journal so that they can begin this practice as well.

**BE A VOICE FOR LOVE**

“Dr. King was right: we must discover love—the redemptive power of love. And when we do that, we will make of this old world, a new world.”

*The Most Rev. Michael B. Curry, Presiding Bishop and Primate of the Episcopal Church, from his sermon at the Royal Wedding*



**EMAIL US AT** [info@gracebasedfilms.org](mailto:info@gracebasedfilms.org).

**SCAN THE CODE** to join in supporting the ministry of Grace-Based Films!

**Grace-Based Films is a 501(c)3 nonprofit.**

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## GUIDE & JOURNAL

# THE JOURNAL

Each day, describe your act of unselfish love in detail. Think about how it impacted the recipient, and how it impacted you.

## A MONTH OF UNSELFISH LOVE DAY 1

**FOOD FOR THOUGHT:** *Where did you see sacrifice today?*

**A MONTH OF UNSELFISH LOVE  
DAY 2**

**FOOD FOR THOUGHT:** *What is an unexpected blessing that came your way?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 3**



**FOOD FOR THOUGHT:** *Did fear get in the way today?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 4**

**FOOD FOR THOUGHT:** *Who inspired you today?*

**A MONTH OF UNSELFISH LOVE  
DAY 5**



**FOOD FOR THOUGHT:** *How can you give back today?*

**A MONTH OF UNSELFISH LOVE  
DAY 6**

**FOOD FOR THOUGHT:** *How does fear keep us from blessing others?*

# A MONTH OF UNSELFISH LOVE DAY 7



**FOOD FOR THOUGHT:** *How can we use love to overcome loss?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 8**

**FOOD FOR THOUGHT:** *When have you felt excluded?*

# A MONTH OF UNSELFISH LOVE DAY 9

**FOOD FOR THOUGHT:** *How can you reach out to someone who is feeling excluded?*

**A MONTH OF UNSELFISH LOVE  
DAY 10**

**FOOD FOR THOUGHT:** *Can you recognize your own prejudices?*

# A MONTH OF UNSELFISH LOVE DAY 11



**FOOD FOR THOUGHT:** *How can you overcome your own prejudices?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 12**

**FOOD FOR THOUGHT:** *What bridge did you build today?*

**A MONTH OF UNSELFISH LOVE  
DAY 13**



**FOOD FOR THOUGHT:** *What surprised you today?*

**A MONTH OF UNSELFISH LOVE  
DAY 14**

**FOOD FOR THOUGHT:** *What does sacrificial love mean to you?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 15**



**FOOD FOR THOUGHT:** *Where do you find hope?*

**A MONTH OF UNSELFISH LOVE  
DAY 16**

**FOOD FOR THOUGHT:** *What is something that unites us all?*

**A MONTH OF UNSELFISH LOVE  
DAY 17**

**FOOD FOR THOUGHT:** *How can you overcome inherited challenges?*

**A MONTH OF UNSELFISH LOVE  
DAY 18**

**FOOD FOR THOUGHT:** *What habits do you need to break?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 19**



**FOOD FOR THOUGHT:** *What is one habit you would like to create?*

**A MONTH OF UNSELFISH LOVE  
DAY 20**

**FOOD FOR THOUGHT:** *Who is the "other" in your life?*

**A MONTH OF UNSELFISH LOVE  
DAY 21**



**FOOD FOR THOUGHT:** *What does faith mean to you?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 22**

**FOOD FOR THOUGHT:** *Where do you find community?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 23**



**FOOD FOR THOUGHT:** *What is something people assume about you and are wrong?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 24**

**FOOD FOR THOUGHT:** *What do you hope for the next generation?*

**A MONTH OF UNSELFISH LOVE  
DAY 25**



**FOOD FOR THOUGHT:** *Is there a small act you've done that led to an bigger act?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 26**

**FOOD FOR THOUGHT:** *How can I be a better listener?*

**A MONTH OF UNSELFISH LOVE  
DAY 27**



**FOOD FOR THOUGHT:** *Is there a call that you didn't answer and you wish you had?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 28**

**FOOD FOR THOUGHT:** *How do you respond to hate?*

**A MONTH OF UNSELFISH LOVE**  
**DAY 29**

**FOOD FOR THOUGHT:** *Who is best at making you feel less alone?*

**A MONTH OF UNSELFISH LOVE  
DAY 30**

**FOOD FOR THOUGHT:** *What moment in life would you repeat; but differently?*

BISHOP  
MICHAEL CURRY



PETE BUTTIGIEG



SENATOR  
JOHN DANFORTH



YOU DECIDE.

# A CASE FOR LOVE

IN THEATERS

JANUARY

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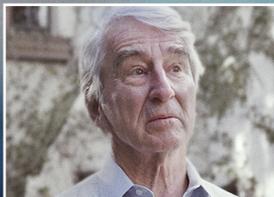
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