



# PURSUIT

*Love Is Effort*

A 10-SESSION SONG-BY-SONG BIBLE STUDY

*Inspired by a sermon from Mitch Ivey*

**Love does not drift into faithfulness. Love moves, chooses, repairs, serves, and keeps pursuing.**

# How To Use This Study

Participants listen before group. The song opens the emotional doorway; Scripture carries the authority. In group, play only the first verse and chorus as a reminder - not as the first exposure. End every session with one concrete practice before the next gathering.

## BEFORE GROUP

Leader scans the session QR, sends the homework text, and participants listen/read before arriving.

## IN GROUP

Play a short song cue, ask what stayed with them, then move into Scripture.

## DISCUSS

Use the questions to move from reaction toward honest application.

## PRACTICE

Close with one clear step. Formation grows through repeated obedience, not good intentions alone.



## LISTENING DESTINATION

Scan the QR or use the clickable URL. Every session names the exact assigned song.

[themyvyn.com/pursuit](https://themyvyn.com/pursuit)

# Pursuit: Love Is Effort

BIBLE STUDY GUIDE



*Love does not survive because  
people once felt deeply.  
Love survives because people keep  
choosing, pursuing, repenting,  
repairing, and showing up.*

## What this is

This guide turns the album Pursuit: Love Is Effort into an eleven-session study for small groups, couples, premarital conversations, young adults, older couples, and pastoral care settings. Each session begins with one song and moves into Scripture, honest discussion, and one practical step.

The study is inspired by the central sermon concepts behind the album: pursuit after commitment, leaving and cleaving, love as action, slow drift, careful words, repentance, and choosing again.

### USE WITH CARE

This is a discipleship and relationship-growth guide. It is not a replacement for licensed counseling, pastoral intervention, addiction recovery, abuse response, legal help, or crisis support. Pursuit never means enduring harm. Biblical love includes truth, boundaries, safety, repentance, accountability, and wisdom.



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# How to Use This Guide

SMALL GROUPS, COUPLES, YOUNG ADULTS, AND BEYOND

## A 60 to 75 Minute Session Rhythm

### 1. OPENING PRAYER

Ask God for humility, courage, clarity, and gentleness.

### 2. PLAY THE SONG

Listen first. Do not explain it to death before people feel it.

### 3. ASK THE FIRST QUESTION

Start with: "What line or idea hit you?" Let the room breathe.

### 4. READ SCRIPTURE

Use the Scripture Map in each session. Read from your preferred Bible translation.

### 5. DISCUSS HONESTLY

Aim for truth without blame. Nobody wins if everyone leaves defensive.

### 6. PRACTICE ONE THING

Each session ends with a small action. Small obedience beats grand intentions.

### 7. CLOSE IN PRAYER

Pray over homes, future marriages, wounded hearts, and renewed pursuit.

## Leader Tone

### KEEP IT HONEST, NOT HEAVY-HANDED

Do not weaponize the songs. Do not turn the study into a spouse-correction seminar. Ask, "Where do I need to grow?" before asking, "Where do they need to grow?" The strongest rooms will be the ones where people feel safe enough to tell the truth.

# Study at a Glance

ELEVEN SESSIONS THROUGH THE ALBUM

The album moves from the warning against comfort, through drift and tension, toward repentance, repair, renewed choice, and the final claim: love is effort.

01	Don't Get Comfortable	Love dies when pursuit stops
02	Prove It	Love must become visible
03	Stay Close	Distance usually begins quietly
04	Chase Me	Pursuit should not end at commitment
05	The Wrong Way	Repentance means turning around
06	Barely Hanging On	Erosion is real, but so is repair
07	Guard Your Words	Words build or break
08	Back to Us	Restoration requires movement
09	The Quiet Kill	Apathy is dangerous
10	Choose Me Again	Love is a repeated choice
11	Love Is Effort	Love is a verb

## Core Movement

### REMEMBER. REPENT. REDO.

The whole study can be summarized this way: remember what love was meant to be, repent where drift has become direction, and redo the works that build connection again.

# Leader Guardrails

TRUTH, SAFETY, AND WISDOM

Before you lead a group through relationship themes, put rails on the road. Pursuit is biblical. Pressure is not. Repair is holy. Pretending is not.

## DO NOT MINIMIZE HARM

If abuse, coercion, intimidation, threats, sexual harm, addiction chaos, ongoing betrayal, or danger is present, the next step is not a normal discussion question. Involve appropriate pastoral, professional, and protective help.

## DO NOT FORCE DISCLOSURE

People may be carrying grief, divorce, widowhood, betrayal, loneliness, infertility, family wounds, or fear. Invite honesty. Never corner it.

## INCLUDE SINGLES WELL

This study is not only for married couples. Pursuit applies to discipleship, friendship, family, future readiness, and our first love for Christ.

## HONOR BOTH GENDERS

The album uses male and female perspectives, but the goal is not blame-swapping. The goal is ownership, humility, and renewed love.

## KEEP SCRIPTURE CENTRAL

Songs open the door. Scripture owns the room. Let the music stir the heart, then let the Word search it.

# Don't Get Comfortable

Love dies when pursuit stops

**BIG IDEA:** Comfort is a gift. Careless comfort is a thief.

## SONG LENS

The song warns against treating forever like it runs on fumes. Love that once pursued can quietly become love that assumes.

## SCRIPTURE MAP

Read aloud: Genesis 2:24; Revelation 2:4-5; Philippians 2:3-4.

Focus: leave and cleave; return to first works; consider another above self.

## TEACHING FOCUS

The day commitment begins is not the day pursuit ends. In marriage, dating, friendship, and discipleship, love needs intentional attention after the first fire.

## DISCUSSION

1. Where does comfort become carelessness?
2. What did you once do with joy that you now only assume?
3. How does spiritual autopilot resemble relational autopilot?
4. What is one small pursuit you can restart this week?

## PRACTICE

Choose one intentional act that says, "I still choose you." For singles, aim it toward God, family, friendship, or future readiness.

## PRAYER

Ask God to expose lazy love without crushing hope, then ask for courage to act quickly.



## LEADER HOMEWORK TEXT

Scan to open a prefilled text message for this session. Review recipients, personalize if needed, then send.

**SESSION 01: DON'T GET COMFORTABLE**

# Prove It

Love must become visible

LOVE IS EFFORT  
Inspired by a Sermon from Mitch Ivey

**BIG IDEA:** Love that never becomes action eventually becomes noise.

## SONG LENS

This song pushes past pretty words. It asks whether love can be seen, felt, trusted, and repeated.

## SCRIPTURE MAP

Read aloud: 1 John 3:18; James 2:17; John 14:15; Romans 12:9-10.

Focus: love in deed and truth; faith with works; sincere affection.

## TEACHING FOCUS

Words matter, but words without action create emotional debt. Biblical love is not a performance, but it is visible.

## DISCUSSION

1. Where do people confuse saying love with showing love?
2. What actions make love feel real to you?
3. How can proof avoid becoming performance?
4. What action would rebuild trust more than another speech?

## PRACTICE

Ask someone close: "What makes you feel loved by me?" Then do one specific thing they named within seven days.

## PRAYER

Pray for love that moves from intention to incarnation - from idea to action.



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**SESSION 02: PROVE IT**

# Stay Close

Distance usually begins quietly

LOVE IS EFFORT  
Inspired by a Sermon from Mitch Ivey

**BIG IDEA:** Drift is dangerous because it does not feel dramatic at first.

## SONG LENS

The song names the quiet spaces: the turned back, the unfinished conversation, the room shared by two people who feel miles apart.

## SCRIPTURE MAP

Read aloud: Hebrews 2:1; Song of Solomon 2:15; Colossians 3:14; Ecclesiastes 4:9-12.

Focus: pay attention; small foxes; love binds; two are better than one.

## TEACHING FOCUS

Most relational distance begins in small avoidances. The same is true spiritually. We rarely wake up cold; we become cold one unattended inch at a time.

## DISCUSSION

1. What are early signs that you are drifting?
2. Why is it hard to admit distance before crisis?
3. What small foxes spoil connection in real life?
4. Where do you need to move closer rather than wait?

## PRACTICE

Have one uninterrupted conversation this week. No phone. No multitasking. Ask one honest question and listen without fixing.

## PRAYER

Ask God to make hidden distance visible while it is still repairable.



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**SESSION 03: STAY CLOSE**

# Chase Me

Pursuit should not end at commitment

LOVE IS EFFORT  
Inspired by a Sermon from Mitch Ivey

**BIG IDEA:** Commitment is not the finish line. It is the starting line for lifelong pursuit.

## SONG LENS

A female-led plea: do not let security become neglect. If you want forever, keep moving toward me.

## SCRIPTURE MAP

Read aloud: Ephesians 5:25; Song of Solomon 8:6-7; Proverbs 5:18-19; Romans 12:10.

Focus: sacrificial love; fierce covenant; rejoicing in love; outdo one another in honor.

## TEACHING FOCUS

Vows are not permission to stop trying. They are a covenant to keep pursuing when feelings rise and fall.

## DISCUSSION

1. Why do people often pursue harder before commitment than after?
2. What does healthy pursuit look like after years together?
3. How can pursuit stay free from control or neediness?
4. What pursuit would feel meaningful, not theatrical?

## PRACTICE

Plan pursuit. Put it on the calendar: a walk, a note, a prayer, a date, a check-in, or one act of service that costs attention.

## PRAYER

Pray for renewed delight without manipulation, and pursuit without pressure.



## LEADER HOMEWORK TEXT

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**SESSION 04: CHASE ME**

# The Wrong Way

Repentance means turning around

**BIG IDEA:** You cannot keep driving the wrong direction and call it faithfulness.

## SONG LENS

The song is the moment pride gets pulled over. Comfort, blame, distance, and numbness are exposed as wrong turns.

## SCRIPTURE MAP

Read aloud: Proverbs 14:12; Acts 3:19; Psalm 139:23-24; Luke 15:17-20.

Focus: ways that seem right; repentance and refreshing; searched hearts; returning home.

## TEACHING FOCUS

Repentance is not only feeling bad. It is recognizing direction, admitting truth, and turning the wheel.

## DISCUSSION

1. What wrong directions do people defend in relationships?
2. Why is pride easier to see in others than ourselves?
3. What is the difference between regret and repentance?
4. Where do you need to turn around before damage grows?

## PRACTICE

Privately finish: "I need to turn around from..." Then name one concrete action within 24 hours.

## PRAYER

Ask God for clean conviction - sharp enough to turn you, kind enough to keep hope alive.



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**SESSION 05: THE WRONG WAY**

# Barely Hanging On

Erosion is real, but so is repair

**BIG IDEA:** If there is still tension, there may still be something worth fighting for.

## SONG LENS

Female lead with male support: this song hears the thread stretching before it snaps. It is fragile, but not finished.

## SCRIPTURE MAP

Read aloud: Galatians 6:9; Isaiah 42:3; Matthew 12:20; Ecclesiastes 4:12.

Focus: do not grow weary; bruised reeds; smoldering wicks; threefold cord.

## TEACHING FOCUS

A bruised reed is not useless. A smoldering wick is not dead. God often works with what looks weak but is not gone.

## DISCUSSION

1. How can something look intact but be emotionally fragile?
2. What does "barely hanging on" feel like spiritually?
3. When is repair the next step, and when is outside help needed?
4. What thread is still holding?

## PRACTICE

Identify one thread still holding: gratitude, history, covenant, prayer, friendship, shared purpose, honesty. Strengthen it this week.

## PRAYER

Pray for protection over what is fragile and courage to seek help where needed.



## LEADER HOMEWORK TEXT

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**SESSION 06: BARELY HANGING ON**

# Guard Your Words

Words build or break

**BIG IDEA:** You cannot wound with your mouth all week and expect intimacy on command.

## SONG LENS

This song puts a microphone on the atmosphere of a home. Words may leave the mouth quickly, but they live in the room longer.

## SCRIPTURE MAP

Read aloud: Proverbs 18:21; James 3:5-10; Ephesians 4:29; Proverbs 15:1.

Focus: life and death in the tongue; fire; building up; gentle answers.

## TEACHING FOCUS

Words do not vanish after they are spoken. They land somewhere. In homes, words create safety or survival mode.

## DISCUSSION

1. What kinds of words create distance?
2. What kinds of words create safety?
3. Why do people excuse harmful speech when tired or stressed?
4. What sentence do you need to stop saying?

## PRACTICE

Fast from cutting language for one week. Replace criticism with one specific affirmation daily.

## PRAYER

Ask God to put a guard at your mouth and kindness in your timing.



## LEADER HOMEWORK TEXT

Scan to open a prefilled text message for this session. Review recipients, personalize if needed, then send.

**SESSION 07: GUARD YOUR WORDS**

# Back to Us

Restoration requires movement

Pursuit  
LOVE IS EFFORT  
Inspired by a Sermon from Mitch Ivey

**BIG IDEA:** You do not drift back into closeness. You walk back.

## SONG LENS

This song is not nostalgia. It is movement: not back to denial, but back to honest connection.

## SCRIPTURE MAP

Read aloud: Joel 2:12-13; Zechariah 1:3; 2 Corinthians 5:18; Romans 12:18.

Focus: return with heart; God turns toward return; ministry of reconciliation; live peaceably where possible.

## TEACHING FOCUS

Reconciliation is not pretending nothing happened. It is turning toward each other with truth, humility, and movement.

## DISCUSSION

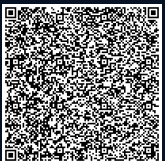
1. What does "back to us" mean without returning to unhealthy patterns?
2. What must be rebuilt before trust can return?
3. What is one peaceable step you can take?
4. How does God invite return without ignoring truth?

## PRACTICE

Have one repair conversation. Start: "I want us to be closer than we have been. Here is one place I know I can do better..."

## PRAYER

Pray for humble movement, honest repair, and renewed connection.



## LEADER HOMEWORK TEXT

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**SESSION 08: BACK TO US**

# The Quiet Kill

Apathy is dangerous

**BIG IDEA:** Apathy rarely feels like hatred. It feels like not caring enough to fight.

## SONG LENS

This song names the silent thief: neglect, passivity, emotional laziness, and spiritual sleep.

## SCRIPTURE MAP

Read aloud: Revelation 3:15-16; Proverbs 24:30-34; Hebrews 12:15; Matthew 24:12.

Focus: lukewarmness; neglected fields; roots of bitterness; love growing cold.

## TEACHING FOCUS

The quiet kill is not always sin with a spotlight. Sometimes it is the unattended field, the unspoken apology, the avoided prayer.

## DISCUSSION

1. Why is apathy harder to confront than conflict?
2. Where do you see quiet-kill patterns in faith or relationships?
3. What awakens love again?
4. What have you stopped caring about that needs prayer?

## PRACTICE

Name one neglected area and take one small action within 24 hours. Do not romanticize it. Do it.

## PRAYER

Ask God to wake up sleepy love before it hardens into indifference.



## LEADER HOMEWORK TEXT

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**SESSION 09: THE QUIET KILL**

# Choose Me Again

Love is a repeated choice

**BIG IDEA:** Covenant love is not one choice remembered. It is a choice repeated in real time.

## SONG LENS

The duet turns from accusation to decision. Not perfect. Not painless. But chosen again.

## SCRIPTURE MAP

Read aloud: Joshua 24:15; Ruth 1:16-17; Colossians 3:12-14; 1 Corinthians 13:4-7.

Focus: choose this day; covenant loyalty; compassion and forgiveness; love endures.

## TEACHING FOCUS

Choosing again does not mean ignoring pain. It means deciding whether love, truth, humility, and repair are still worth practicing today.

## DISCUSSION

1. What does it mean to choose someone again without pretending everything is fine?
2. What choices make covenant visible?
3. How does God keep choosing His people?
4. What choice would be faithful today?

## PRACTICE

Write one specific "I choose..." statement. Example: "I choose to listen before defending myself."

## PRAYER

Pray for love that chooses wisely, not blindly; faithfully, not fearfully.



## LEADER HOMEWORK TEXT

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**SESSION 10: CHOOSE ME AGAIN**

# Love Is Effort

Love is a verb

**BIG IDEA:** Effort is not the enemy of love. Effort is often the evidence of love.

## SONG LENS

The closing song gathers the whole album into one claim: love is not merely felt. Love is practiced.

## SCRIPTURE MAP

Read aloud: 1 Corinthians 13:4-8; John 13:34-35; 1 John 4:19; Proverbs 14:23.

Focus: patient love; Christlike love; loved first; labor brings profit.

## TEACHING FOCUS

Culture often says real love should be effortless. Scripture shows love as patient, kind, enduring, forgiving, serving, and sacrificial.

## DISCUSSION

1. Why do people think effort means something is wrong?
2. Where has culture lied about love?
3. How does Christ show love as effort?
4. What practice would make your love more visible?

## PRACTICE

Build a "Love Is Effort" rule of life. Choose three weekly practices: prayer, affirmation, a walk, a check-in, quick confession, forgiveness, service, or phone-free time.

## PRAYER

Thank God for love that acted first. Ask Him to make your love patient, visible, brave, and durable.



## LEADER HOMEWORK TEXT

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**SESSION 11: LOVE IS EFFORT**

# The Pursuit Covenant

## FINAL GROUP EXERCISE

Use this privately at the end of the study. Couples can share what is appropriate. Singles can adapt each line toward God, friendships, family, and future readiness.

I will pursue love by... \_\_\_\_\_

I will guard against drift by... \_\_\_\_\_

I will repent quicker when... \_\_\_\_\_

I will guard my words by... \_\_\_\_\_

I will choose again by... \_\_\_\_\_

I will pursue God first by... \_\_\_\_\_

### CLOSING PRAYER

Father, teach us to love with truth and action. Awaken what has gone quiet, heal what has been wounded, expose what has been hidden, and give us courage to choose the first works of love again. Amen.



*Love is not a noun.  
It is a verb.*

## Pursuit: Love Is Effort

Inspired by a sermon from Mitch Ivey. Built for small groups, couples, young adults, older adults, and anyone willing to ask what love looks like when it becomes action.



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