



## Week Three : Love Yourself

*I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well. Psalm 139:14*

### SECTION A:

- Easy icebreaker- i.e. How would someone know you like them? OR Tell about a personality trait you are happy you possess.

### Section B: You will not have time to address all of these questions!!!! Pick one or two.

1. Tell about a person who has pointed out good things about you. How did they do it?
2. How often do you think about how God sees you? How do you respond to the idea that God believes in you? What changes in a person when they realize God believes in them?
3. When your were growing up how did you think God saw you? How has that changed over time?
4. Henri Nouwen says "Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the 'Beloved.'" Tell about a time in your life that you turned inward and struggled with self rejection.
5. John Ortberg writes: "If there is one way that human beings consistently underestimate God's love, it is in his loving longing to forgive." God LONGS to forgive you. He yearns for it. It this is true why do you think it is so hard for us to forgive ourselves?