

Faith@Home

CHERRY STREET BAPTIST CHURCH

RELATIONSHIP WITH SELF REKINDLED {EVALUATION}



Best Use

A date with self reflection guide

Nutritional Value

Singleman/woman will enjoy a “progressive meal” by themselves and evaluate how their relationship with self is going and areas for growth.


Advance Preparation

Plan a date that involves three locations – one for an appetizer, one for a main course, and one to enjoy dessert with you. This could be as elaborate as three different restaurants or as simple as three different rooms in the house or three different parks or outdoor locations.

During The Date

Answer the questions linked to each location on the reverse side



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LOCATION #1: APPETIZER

Your season of singleness is an opportunity to get to know who God created you to be. It is a time for you to improve in your ability to unconditionally love you. Often during singleness one can get really good at beating oneself up and finding all of the issues you have, or comparing who you are against those around you. Your relationship with yourself is based on the way you think about you. So, let's take some time to see where you are at in your relationship with yourself.

Answer these questions below:

Describe the relationship you have with yourself. Are you kind, encouraging, compassionate, tough, critical, etc?

What thoughts do you have about you?

Describe the kind of relationship you would like to have with yourself.

What would you have to do in order to create that kind of relationship?

What thoughts would you need to think about you to do that?

How did God create you, what are you like?



LOCATION #2: MAIN COURSE

God has amazing thoughts about you. His ability to love unconditionally is the example He has set for us to love ourselves unconditionally, and to love others. We can improve our love towards ourselves by changing the way we think about ourself. Let's see why you are hard to love and practice thinking in a way to start unconditionally loving yourself intentionally.

Write the reasons you find yourself hard to love.

What does God think about those things?

What thoughts prevent you from loving who God created you to be?

What thoughts does God have about you, that you could steal and start believing about you?

What would it look like in action to unconditionally love yourself, to love you the way God does?

List a specific time when you do something that you don't like. What would it look like to unconditionally love you in that moment?

LOCATION #3: DESSERT

You are a friend to others. The way you treat them and talk to them is a great example to you of how you can treat you and talk to you. Understanding what you are believing about others will help you see what you could believe about you.

Think about a close friend, what are you believing about him/her?

Do you think this way about you?

How do you treat that close friend?

What would it look like to treat you like that?

What keeps you from showing up for yourself in the ways that you show up for your friends?

Pick 3 actions you want to start taking towards yourself and plan them into your life this week
