

# Middle School

Youth

## Reflection Questions

1. When you're walking by a mirror and you flex, what do you like or don't like?
2. Whatever you like or don't like isn't where your value or identity or your self-worth comes from. So where does your value, identity, self-worth come from? (You know the answer is supposed to be God, but is that really true for you? Why or why not?)
3. What's it like to know now what Christian girls really want in a Christian guy? (personal relationship with God, purity, confidence, and vulnerability).
4. What are some things from question 1 that you need to let go of? And what are some things from question 3 that you need to pick up?

