



BIG ROCKS

Time to Uncomplicate Your Faith

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Love Yourself

INTRODUCTION

You can't love yourself unless you, first, understand God's love for you. And you can't truly love your neighbor unless you see yourself as loved and accepted by God. Loving yourself is all about finding your worth and identity in God's love.

DISCUSSION QUESTIONS

1. How would you describe our culture's obsession with self? Where is it most evident?
2. What are the costs of comparing yourself to others? What are the benefits of *not* comparing yourself to others?
3. What are the main lies you hear from the enemy? How does being a child of God enable you to love yourself?
4. Read Psalm 139:1-18. How would you describe David's relationship with God? Is that kind of relationship possible for you? Why or why not?
5. In what ways has God shown how much he values you in your life? Recall any events or conversations that come to mind.
6. What gifts and talents has God given you? How can you use those to serve God and others in love?