



# Summer of Single

This summer is all about you!

# Week 6

## Loving Yourself

In your own time, take a moment to read the following scripture selection and then highlight what stands out to you.

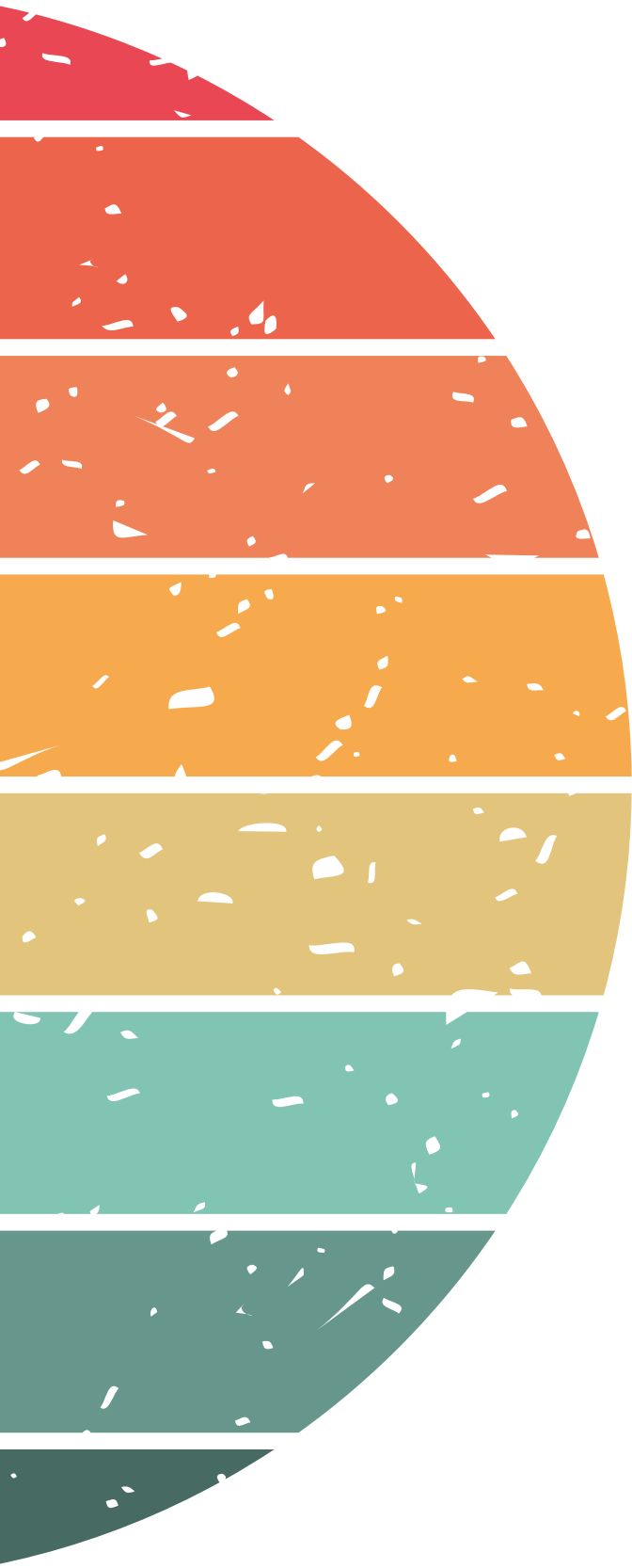
Consider: What new things have you learned about yourself in the last year?

How are you taking care of yourself physically, mentally, emotionally, and spiritually?

How has knowing yourself and being true to yourself helped you make better decisions in dating and relationships?

Have you always believed you deserve God's best? How do your decisions reflect that?





This week, we're discussing our relationship with yourself. Thank God for giving us the bodies and minds that we have. We are to be good stewards of not just the external but the internal as well.



For those who desire to marry, your singleness can be an intentional time to partner with God to do the internal/external work needed before you marry. For instance, God's word tells us to guard our hearts and renew our minds. We have to understand just how much knowing ourselves can show us how much we need God to help us in our singleness and when we interact with others in relationships.

Jesus says in Matthew 22:37-39 (AMP)

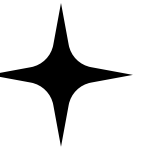
<sup>37</sup> And Jesus replied to him, "'YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.'

<sup>38</sup> This is the first and greatest commandment. <sup>39</sup> The second is like it, 'YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF [that is, unselfishly seek the best or higher good for others].'

We owe it to ourselves to be good stewards and students of ourselves. To love ourselves is to see, care for, and respect ourselves the way God does. It's a worthy process! Here are more questions to go over in your own time this week...



Have you ever been in denial about an aspect of who you are (i.e. physical attribute, personality trait, quirk, etc? What happened when you finally accepted or embraced that aspect?.)



On a scale of 1-10, how self-aware do you believe you are (think about triggers, strengths, weaknesses, level of self-esteem, worth, and confidence)? What are your strongest soft skills? What is one soft skill that you need to work on?

Do you have a hard time forgiving yourself? If so, what's one thing you can do differently to give yourself more grace?

What makes you happy? Do you believe your spouse is responsible for your happiness?

What have you learned about yourself in your singleness that will be an asset in marriage?