



TALK IT OVER

RELATIONSHIP PLAYBOOK

ECHO.CHURCH

MY RELATIONSHIP WITH MYSELF



ICE BREAKER

- Have you ever seen a miracle? Tell us about it.
- What have you been doing in the area of self-care lately? Share one thing that you have been doing to fill your tank.



READ

Matthew 22:36-40 (NIV)

“Teacher, which is the greatest commandment in the Law?” Jesus replied: “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”



QUESTIONS TO CONSIDER

1. What do you think “love your neighbor as yourself” means?
2. Where are you on the ego spectrum? Pick a number between 1 (an underinflated view of yourself) and 10 (an overinflated view of yourself)? (post number in the chat perhaps)
3. What do you see personally when you look in the mirror of God’s word?
4. How does knowing you are created by God influence how you see yourself?
5. How does knowing God loves you unconditionally change the way you feel about yourself?



READ

James 1:22-25 (NLT)

'But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.'



QUESTIONS TO CONSIDER

1. Practically speaking, how can you look carefully into (the mirror of) the perfect law (v. 25)? How will that "set you free"?
2. What would it look like for you personally to see yourself as God sees you?
3. How does understanding that you're a sinner in need of God's forgiveness result in your freedom?
4. How would you rate yourself in the area of self-talk? What positive or negative statements do you make to yourself as you go through the day? Share one thing that you'd like to 1) start, and 2) stop telling yourself.



PRAYER

Share prayer requests and pray

Thank you God that I am worth so much in your eyes. Help me to see myself the way you do, and to love myself the way you want me to. Show me from your Word each day who I am and how to live your way. I know you want to set me free to love myself and others. Help me to talk to and take care of myself with compassionate love. In Jesus name, Amen.
