

LIVE

Married People: Week Two

“One person can make a
difference, and everyone
should try.”

• John F. Kennedy •

Self-Awareness

- What's it like to be on the other side of me?
- Who are the 5 people that I spend the most time with?
- What has most of my attention?
- What should I flee and what should I pursue?

“But you, man of God, flee from all this {the love of money}, and pursue righteousness, godliness, faith, love, endurance and gentleness.” 1 TIMOTHY 6:11

“Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” 2 TIMOTHY 2:22

Self-Talk

- *How do you see yourself?*
- *What are you saying to yourself?*

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” EPHESIANS 4:29

Self-Care

- What should you take responsibility for and what should you release?
- What are your unique strengths and gifts?
- How are you doing with recharging in the four key areas?

On a scale of 1 (not at all) to 25 (totally), rate how well you care for yourself in each area.

___ Emotionally (experiencing feelings, grieving losses, having healthy friendships)

___ Spiritually (worshipping, bible study, prayer time, listening to God)

___ Mentally (positive thoughts, sense of value and worth, growing intellectually)

___ Physically (healthy eating, exercising, resting)

“And Jesus grew in wisdom and stature, and in favor with God and man.” LUKE 2:52

“There are three things
extremely hard: steel, a
diamond, and to know
one’s self.”

• Benjamin Franklin •