



Faith, Hope and Love || Love and Your Self

Matthew 22:34-39

We have spent several weeks talking about how to love people and that includes family, friends, neighbors and even enemies. God also calls us to love ourselves, which seems to be challenging at times.

- *Why do you think Christians struggle with loving themselves?*

Read Matthew 22:34-39 out loud with your group

- *What are the three types of love mentioned in this passage?*
- *Why do you think Jesus says that we are to love our neighbor as we love our self?*

The Trinity is made up of the Father, the Son and the Holy Spirit. As a believer, we strive to understand how we have a relationship with each member of the trinity.

- *How does understanding the Trinity help you have a better understanding of loving God, others and yourself?*

Learning to love yourself doesn't mean tying the love to an extrinsic value or being self-centered or self-infatuated. It does mean that you don't hate yourself and that you need to be kind to yourself.

- *How do you find the healthy balance of loving yourself without it becoming self-centered?*
- *The truth is you were made in God's image and you are loved. What does that truth mean to you and how can it motivate you?*

Take time this week to look at what Jesus modeled in scripture on how to take care of yourself and to love yourself (resting, spending time with friends, praying, celebrating). Apply some of those truths to your life and see how it improves your ability to love yourself.