



We have talked a lot about **LOVE** at TGIF this year. Here are some of the guiding scriptures we have used at past services and a couple of new ones:

*Love the Lord your God with all your heart and with all your soul and with all your mind, and with all your strength*  
Mark 12:36

*Love your neighbour as yourself*  
Matthew 22:39

*For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.* Romans 8:38-39

*So God Created man in his own image, in the image of God He created him, male and female he created them...God saw all that he had made and it was very good.*  
Genesis 1:27, 31.

*After all the people were baptized, Jesus was baptized. As he was praying, the sky opened up and the Holy Spirit, like a dove descending, came down on him. And along with the Spirit, a voice; "You are my [child], chosen and marked by my love, pride of my life")* (Luke 3:21-22 The Message)

**Think about it:**

- What do you find the most difficult thing to accept about yourself?
- Do you believe that this makes you less lovable to God?
- What good things do you see in yourself that are a reflection of God?

**Talk About It:**

- When you read the scripture that proclaims "NOTHING" can separate us from the love of God – do you live and relate to God as though this is true?
- What does it actually mean to "love yourself"?
- In what ways does self-contempt hold you back in your life?

**Reflect on It:**

- How do you think your life would change if you embraced the truth that nothing can separate you from the love of God?
- Does embracing this truth fully make it easier to accept, even love yourself?
- Do you need to ask God to free you from self-contempt so that you can live fully responding to all that he has for you?

If you haven't already watched the Rob Bell YouTube *Lump*, watch it now.  
<http://www.youtube.com/watch?v=BPIInF10VgSY>

Your value has to come from God. And God wants you to receive His love and to love yourself too." And what she was saying was true. I could feel that it was true. But it also felt wrong. I mean, it felt like it was an arrogant thing to do, to love myself, to receive love. I knew that all the kicking myself around, all the hating myself, was not coming from God, that those voices were not God whispering in my ear, but it felt like I had to listen to them; it felt like I had to believe the voices were telling the truth.

...to be in a relationship with God is to be loved purely and furiously. And a person who thinks themselves unlovable cannot be in a relationship with God because they can't accept who God is; a Being that is love. From *Blue Like Jazz* by Donald Miller

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