



Session 7: Loving Ourselves Like Jesus Does

Focus Prayer

Before you begin your reflection time, offer this prayer or the words of your own heart.

God, give me ears to hear, eyes to see, and a heart to know your love through my time here today. Amen.

Core Theme

Love self – Jesus began his ministry hearing God proclaim him as “beloved.” Imagine if we saw and understood ourselves as beloved and honored our own and others’ belovedness?

Scripture: Luke 3:21-22

Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

In a journal, or with a partner, explore the following:

- In the passage from Luke 3:21-22, what did you notice about what Jesus says and does? What did you notice about what God says and does? Why do you imagine these stood out to you?
- Jesus began his ministry hearing God proclaim him as “beloved.” How do you imagine that proclamation affected him?
- Have you ever been able to see and understand yourself as beloved by God?
- What would it look like to accept your belovedness and honor your own and others’ belovedness? What would it feel like?
- What is one way you can embrace your identity as beloved by God this week? Is there an action or phrase that would help?

Closing Prayer

Close your reflection time with prayer, either with these words or your own.

Thank you for calling me your beloved child. May I learn to love me as you love me. Amen.

Additional Engagement Opportunities

- Between now and Session 8, continue to practice Learn and Pray from the Way of Love with prayer and scripture reading.
- Learn more about the spiritual practice of Rest. How is practicing Rest a way to love

yourself? How does turning to God help you to turn toward yourself in love?

- If you want to prep for the next session, check out page 1 of this handout on crafting a rule of life.