



# THE LOVE CUBE (L3)

(Love God More/**Self-Love**/Look to Love Others)

———— **PART 2** ————

## THE LOVE CUBE PART 2 SELF LOVE

### ACTIVITY:

Start the life group by instructing each family member to give all other family members bearhugs. These are not just hugs; these are hugs where you wrap your arms around the person, squeezing them as closely and tightly as you can. They should be able to feel how much you love them by the way that you squeeze them.

After everyone has bear hugged everyone else in the family, instruct everyone to stand up and hug themselves, trying to squeeze a hug around themselves just like they were bear hugging the other family members.

### Questions to Think About (and Share):

1. What was the difference when you were bear-hugging yourself compared to when you were bear-hugging your family?
2. What was the difference when you were bear-hugging yourself compared to when your family was bear-hugging you?

*Depending on the responses from everyone, you can pause to make the brief point that receiving hugs from everyone is like receiving love from God; you will never be able to love yourself more than God loves you.*

*However, while God loves you more than you love yourself, it is very important for you to love yourself!*

3. What are three things you love about yourself? What are three things about yourself you don't love that much? (This can be...)



### Notes:

- Parents, it may be a good idea for you to go first so you can set the tone and authenticity of the answers. Keep in mind, the more authentic you are about the things that you don't love so much about yourself, the more authentic other family members may be inclined to be about the things they don't love about themselves. This is important information to know.
- If you discover a family member who finds it easy to list the three things they love about themselves, but find it difficult to identify three things they don't love so much about themselves, this could indicate the person not only loves themselves, they may love themselves a little too much.
- If you discover a family member who finds it difficult to list three things they love about themselves but find it easy to identify three things they don't love so much about themselves, this could indicate that the person really needs to love themselves more!



## SCRIPTURE:

Let's go back and look at a passage we read the last time we were together.

Let's look at **Matthew 22:36-40 CEV**

36 "Teacher, which command in the law is the most important?"

37 Jesus answered, "'Love the Lord your God with all your heart, all your soul, and all your mind.' [d] 38 This is the first and most important command. 39 And the second command is like the first: 'Love your neighbor as you love yourself.' [e] 40 All the law and the writings of the prophets depend on these two commands."

**Matthew 22:35 - 40 CEV**

At your discretion, you can take time to do a quick recap about how God wants us to love Him with everything we have and how this should challenge us each day to love God more. This doesn't have to take long; it can be as simple as what you just read. After the recap, you can go into the following questions...

## QUESTIONS ABOUT WHAT WE READ:

1. In this passage, Jesus is addressing us loving three ways. **What are the three?**
2. It is important to love God, it is important to love our neighbor and it is also important to love ourselves! We don't see the example of how to love other people when we don't truly love ourselves. What does loving yourself look like to you?
3. On a scale of 1 to 10, "1" being, "I hate myself" and "10" being, "I really, really, really love myself," what number would you give yourself?

**Note:** If the answer is not a 10, follow up and ask what keeps your number from being a 10? What keeps you from loving yourself like a 10?

4. Why do you think it's important to love yourself?

*After everyone gives their answer, you may feel the need to let each person know they deserve to be loved, and it's important to love themselves because they are awesome! Tell them, "There will never be another you!!!"*

*It wouldn't hurt if you took them over to*  
**Psalms 139:13-14 CEV**

*"You are the one who put me together inside my mother's body, and I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this I have no doubt."*

**Psalms 139:13-14 CEV**

5. What do you think the difference is between loving yourself and being selfish?

**You may want to give them the following answer:**

Selfishness can be when you love yourself more than you love God and/or when you love yourself so much, you barely think about loving others.

## PRAYER:

### (HAVE FAMILY REPEAT PRAYER)

God, thank you for creating me; the parts I love about me and even the parts I'm not so crazy about. I know all of this works together to make me... Me! I will never love me like you love me, but I do love myself because I know that I am precious in your eyes. In Jesus' name, amen.

