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What God and others appreciate in you



The goal is to become more aware of some good things about yourself and write them down. Things you did well. Times you were helpful to others. Times you did something even when it was hard. Things you do that people really appreciate. The knowledge and skills you have and apply. Times when you followed the Bible's teachings. Times when you've let God use you. Times when you made a good contribution to a group activity.

It may take a while to recognise your strengths. Perhaps you've lost the habit of seeing yourself as God does. Remind yourself you are loved.

What do you recognise in yourself? (fruit of the spirit, knowledge, skills, attitudes, faith)

What do other Christians appreciate about you?

What does God say about how He sees you?

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