



SPIRITUAL CLEANSE

Week 2 (week of March 8, 2020)

“You are in a Relationship with Yourself. Make it a Healthy One”

Group or Individual Study guide

OPENING TO GOD [2 Minutes]

Greet everyone, and begin with 1 minute of silence to allow the group to open themselves to the Holy Spirit.

HOOK: Engaging the Topic [15 Minutes]

**Feel free to “pass” if you would rather not answer a question.*

**Please be respectful of time and give everyone a chance to share.*

1. Are you in a healthy relationship with yourself?
2. What are you doing for Lent to help you get closer to God
- 3.
4. In the past week, what is one thing you have done for yourself to be in relationship with yourself?

BOOK: Engaging the Word [20 Minutes]

Read Psalm 121 (CEB- Common English Bible)

1. What is the Psalmist asking? Is it a rhetorical question?
2. How do you personally find help in God?

Read John 3:1-17

1. What is Nicodemus trying to understand about the kingdom of God?
2. Are the instructions that Christ gives Nicodemus enough to turn others' hearts in relationship with God? For you?

LOOK: The Golden Rule [15 Minutes]

*“The relationship with yourself sets the tone for every other relationship you have.” —
Jane Travis*

Matthew 7:12 teaches us The Golden Rule: Do unto others as you would have them do unto you. How does following a deeper understanding of having a relationship with respect and love for yourself change the way you are in a relationship with God? with others?

- People are deeply motivated by the potential transformation of how they see themselves.
- The opinions of others can be nice, but it's hardly objective.
- You are in a relationship with yourself, and your opinion of yourself can help transform you.
- You'll respect yourself a lot more if you do respectful things. This one was heavy, but it's powerful stuff.
- If you really want to change who you are on the deepest level, start listening to that voice inside you and start earning its respect by doing respectful things. You'd be surprised at how fair and balanced you actually are when you change your decisions so that your “self” can start to respect your “self.”

“TOOK” [10 Minutes]

What intentional steps will you start this week in order to do self-care and building your own relationship with yourself and God?



1. Have you experienced any of these shifts in your life?
2. When was a transformational moment when you recognized that your relationship with yourself changed your relationship between God and others

Go In Peace [5 Minutes]

Invite someone to close in prayer, thanking God and praying for gratitude to become a habit before Easter.