

SELF-INTERROGATION

Here are your personal self -interrogation questions for **Be Good to YOU** lesson #7.

As always, be truthful with yourself in order to know yourself and to move along this journey of self-discovery.

1. Do I celebrate myself in a healthy way—do I acknowledge my successes and feel proud of what I accomplish. If I don't, why don't I do that?
2. Do I find myself seeking other people's approval for what I do, how I dress, where I work, what I believe? If I do, why is that necessary?
3. Do other peoples' opinions count more to me than my own?
4. Do I associate with people who celebrate me or merely tolerate me?
5. Do I acknowledge my own special days?
6. If I have surrounded myself with people who don't acknowledge my special days do I take the initiative to plan my own special events?
7. Do I acknowledge other people's special days?
8. Do I easily forgive myself when I make a mistake? If no, why not?
9. Based on my answers above, do I really like myself? Do I treat other people , my children—if applicable—or my best friend or my significant other better than I treat myself? Why?
10. Am I unkind to myself? What do I hear myself saying about me?
11. Do I say unkind things about myself and do I allow others to say unkind things to me and about me? Why?
12. Do I believe that I deserve the Goodness of God even if He says I do?
13. Read this passage of Scriptures and think about it in relationship to God's love for you and your love of yourself:

And he [Jesus] said, 'A certain man had two sons:

And the younger of them said to his father, Father, give me the portion of goods that falls to me.

And he divided unto them his living.

And not many days after the younger son gathered all together, and took his journey into a far

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country, and there wasted his substance with riotous living.

And when he had spent all, there arose a mighty famine in that land; and he began to be in want.

And he went and joined himself to a citizen of that country; and he sent him into his fields to feed swine.

And he would fain have filled his belly with the husks that the swine did eat: and no man gave unto him.

And when he came to himself, he said, 'How many hired servants of my father's have bread enough and to spare, and I perish with hunger!'

I will arise and go to my father, and will say unto him, Father, I have sinned against heaven, and before thee,

And am no more worthy to be called thy son: make me as one of thy hired servants.

And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.

And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet:

And bring hither the fatted calf, and kill it; and let us eat, and be merry:

For this son was dead, and is alive again; he was lost, and is found. And they began to be merry.'(Luke 15:11-24 KJV)

What do these Scriptures say to you about God's love for you?