

FOUNDATIONS

Section Two

Loving Others: Caring Behavior

LESSON 5: Affirmation Part 2 And Appreciation

Key Points:

- Believing the lies brings discouragement and despair, embracing the truths brings healing and life.
- Our feelings follow our beliefs and behaviors.
- Remembering the positive qualities we had as children helps us begin to embrace our childlike qualities.

Hints for the material:

- This week you'll distribute the "My True Identity" cards. Encourage your group to read them often and bring the cards with them in the weeks to come.
- Read aloud each of the lies with the corresponding truths (page 21). When sharing their individual lists, have everyone share each lie and the truth that refutes it.
- Listing the "Positive Childhood Qualities" is designed to help us get in touch with some of our basic interests, personal God-given qualities and things that bring us joy. If some of your group members have a hard time remembering their childhood, which is not uncommon, have them ask someone who knew them as children to help them complete their list.

Extra Insight:

- We encourage you to frequently review the material you've already covered. Lesson 3 completes the section "Loving God." Be sure to have your group members review and summarize their lists: "Created in God's Image," "Who God Says I Am," "Accepting My Gifts," "Lies and Truths" and "Positive Childhood Qualities."

Homework:

- Encourage group members to share their lists of "20 Positive Qualities" with family members during the coming week.