

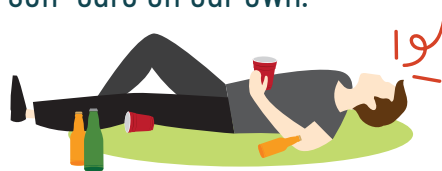
# SELF-ASSESSMENT

Over the last few weeks, we've gathered to discuss and learn together from Jesus. These studies point to the greater story of God's care for us. As someone reads it aloud, let's reflect on that story together.



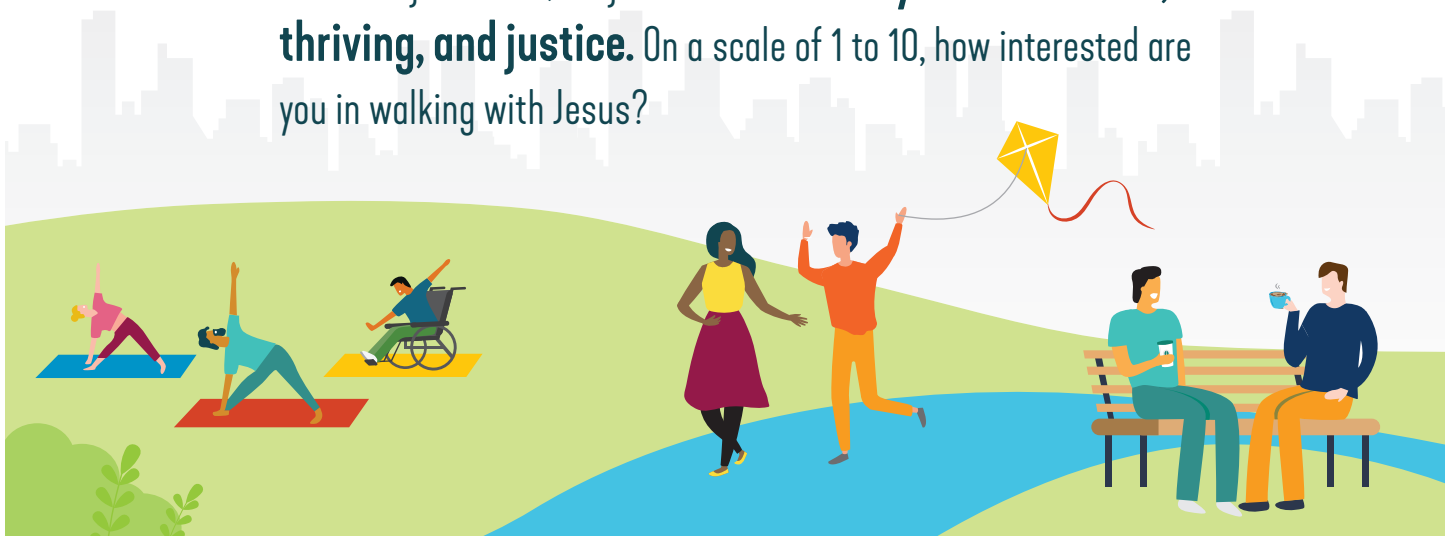
God gave us the **beautiful gifts** of bodies, souls, and relationships.

But we decided we could do great self-care on our own. We could not, and we **damaged** the gifts God gave us.



God did not give up on us. Jesus came to restore our bodies, souls, and relationships through dying and coming back to life. Jesus offers us **peace and life to the fullest**.

When we join Jesus, we join his **community of connection, thriving, and justice**. On a scale of 1 to 10, how interested are you in walking with Jesus?



On your own, tell Jesus how you feel about this story. Close your eyes, and spend some time in silence. Pay attention to any thoughts, images, sounds, or sensations. Then share as a group.