

# Week 3

## Activation 1

Write down how you see your value right now

What kind of man do you believe that I am worthy of?

Write your list for who YOU want to be in a relationship i.e. traits, qualities and character

Ask God:

How valuable am I?

Who am I called to be?

What areas do I need to grow in?

What is the past pain and hurt that is keeping me stuck and from walking into the type of relationship that I am longing for?

## Activation 2

Where have I partnered with a lack mindset?

How has fear impacted my lack mentality?

Write down all the godly men you know or have ever encountered

Practice gratitude: thank God for each example of a godly man in your life

Write down all the different ways you have met new men in your life i.e at church, through friends, online etc.

### Activation 3:

Do you have any bitterness, anger or resentment towards God in the area of relationships/dating?

Write down every thought and feeling associated with it.

Now give them to God and ask Him what He wants you to do about them.

### Ask God:

God, where is my hope level at? Why is that?

Lord, what has robbed me of my hope for a husband, marriage, kids?

Lord, how can I stay in hope?

Lord, in what areas am I struggling to trust you when it comes to my future husband and family?

Lord, what would you like to tell me about what you are doing right now for my future marriage and family?

Lord, how can I come back to trusting you in this area?

What does trust look like?

What is a prophetic symbol I can use and look at to remind me of your goodness in this area of my life?

Make a list of every time God has come through for you/blessed you. Write down your history with God's faithfulness

Take some time and sit in the emotions you will feel when you have a husband and children. Allow yourself to visualize it and feel the fullness of the emotions.

#### Activation 4

Ask God:

Lord, what is impacting/forming my vision for relationships/marriage/family?

Where do you want my vision to come from?

#### Activation 5

Ask 3 men that you trust, to be honest and tell you why they think you are single