

Week 4

Activation 1

List all the fears that you can identify that are coming up for you around dating

Where have each of these fears come from? What is the root?

Ask God:

Lord, what do you say about each of these fears?

What is the truth for each one?

Activation 2

Who do you need to forgive?

Speak out forgiveness over that person(s) for everything that you can think of that hurt you

How are you cultivating forgiveness in your single life?

Do you give others grace easily when they make mistakes?

Activation 3

Has performance or manipulation played any part in your past dating experiences?

If so, how has this affected your dating life or relationships?

Ask God:

Who do you desire me to be in dating? How do you want me to show up in dating?

Lord, what does it look like for me to not try to control the situation but trust you?

Activation 4

Fill out the needs chart in the week 4 homework section

What are the key needs that were not met in your childhood?

How do these show up in your life today?

What are some other needs that you have that are not mentioned in the chart?

Ask the Lord:

How can I meet these needs in a healthy way while I am single?

Activation 5

List all choices you have ever made in your adult life that have led you to where you are today.