

# Week 8

## Activation 1

What came up in your heart last week as you thought about asking someone to coffee?

What came up in your heart as you went on the coffee date?

Was there any lies about yourself that came up last week?

Were there any lies about men or the man that you were going to ask to coffee that came up last week?

How did asking a man out to coffee last week help you to understand what a man might go through when he asks you to coffee/on a date?

Ask two men in your life for feedback on how they experience you (ask the person you went to coffee with for extra points)

## Activation 2

Who are you accountable to in your life?

How regularly do you check in with them?

Do they have permission to speak into your life?

**Ask God:**

**Is there anyone you would like to highlight that you would like me to give permission to keep me accountable?**

**Is there anyone that you would like me to pursue for mentorship?**

**Why is accountability important in my life?**

### Activation 3

**What have been some of the red flags you have noticed in past relationships?**

**Are there any red flags that you have ignored in the past?**

**How did that work out for you?**

**Ask God:**

**What are the red flags that you want me to look out for in dating?**

**What should I do when I notice a red flag?**

### Activation 4

**What are some green flags that you can think of that you want to look out for when dating someone?**

Ask Jesus:

What do you think of these green flags?  
Is there any that you would like to add?

### Activation 5

How do you feel about the 3 date rule?  
What positives/negatives can you see?

Ask God:

Jesus, how many dates would be good for me to go on  
before I form a conclusion about them and a possible future  
relationship?

### Activation 6

Do you tend to look for signs or clues etc. that someone  
likes you?  
What signs/clues do you usually pick up on?

Ask God:

How can I stay present until an intention is clearly  
communicated?  
When is a good time for me to ask him for clarity?