

LEARNING TO LOVE – DAY 2 – ACTIVITY FOR THE HEART

In Day 1 of *On Fire For Life* we were reminded of God calling us to love heart, mind, body and soul because His love for us is reflected through us. When we open our heart to him It allows us to grow, to get stronger, and offer support to one another in a kinder and gentler way.

Today take a few moments to open your heart to a wonderful time in your life and get to know yourself more intimately. Consider finding a quiet place to sit and think through these questions. You may even talk to yourself or envision someone interviewing you as you share your responses. Note what you look like, how you feel, the expressions on your face and your body language.

For some of us our childhood may have been filled with mixed emotions and trauma of some sort, but still most of us can find wonderful moments that we can recall. If you cannot find a favorite childhood memory, then simply replace this activity with a favorite memory that you can recall.

Describe your favorite childhood memory. _____

Read your favorite childhood memory out loud and note how you feel as you hear your story:

Note the way your body feels _____

Note the way you sound _____

Note your facial expressions _____

What did you like about yourself in this memory? _____
