

R**RESPOND**

Identify a person whom you have been failing to appreciate. Write down your plan to reach out to that person this week.

Name of the Person: _____

My Appreciation Plan: _____

E**EXALT****THROUGH SONG**

There's a Dark and Troubled Side of Life

There's a dark and troubled side of life;

There's a bright and sunny side too;

Th' we meet with the darkness and strife,

The sunny side we also may view

Refrain:

Keep on the sunny side, Always on the sunny side,

Keep on the sunny side of life.

It will help us everyday, It will brighten all the way,

If we keep on the sunny side of life.

Tho' the storm in its fury breaks today;

Crushing hopes that we cherished so dear;

Storm and cloud will in me pass away,

The sun again will shine bright and clear.

THROUGH PRAYER

Pray for the grace to be more appreciative of the people around you and of life in general. Pray also for the resolutions of your group members

**EMBRACE**

FELLOWSHIP | 07

AFFIRMATION**Session Objective:**

To create a habit of affirming all people, specially, those who are close to us.

C**CONNECT**

Share a good trait people commonly notice and like about you.

A**AFFIRM****THE WORD**

1. Read Songs of Solomon 4:1-7, and write some of the things that the king is appreciating in his beloved.

"How beautiful you are, my darling,

How beautiful you are!

Your eyes are like doves behind your veil;

Your hair is like a flock of goats that have

descended from Mount Gilead

"Your teeth are like a flock of newly shorn ewes

which have come up from their washing,

All of which bear twins,

And not one among them has lost her young.

"Your lips are like a scarlet thread,

And your mouth is lovely.

Your temples are like a slice of a pomegranate

behind your veil.

*Your two breasts are like two fawns,
Twins of a gazelle which feed among the lilies.
You are altogether beautiful, my darling,
And there is no blemish in you."*

Eyes, Hair, Teeth, Lips, Mouth, Temples, Neck, Breast

2. What are the blessings of appreciation?

a. It communicates value and affirmation

When you appreciate a person it means he/she matters to you. That you value him/her. Nothing else is more reaffirming to a person than to realize that he matters.

b. It brings out the best from the person

It gives confidence to people making them perform better than what they often times thought is their best.

c. Creating the habit of appreciation transforms the appreciator himself

It gives confidence to people making them perform better than what they often times thought is their best.

*"When you look for the best in others, you discover the best in yourself."
- Martin Walsh*

THE LIFE

Ask each members to write his/her full name at the top of the box in the end of this discussion guide. Pass the paper around and let each member write one thing that they appreciate about. It may be a character trait or a particular act.

When everyone is done writing, return the paper to the owner. Ask them to share what they like the most about the things written about them.

Name: _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.