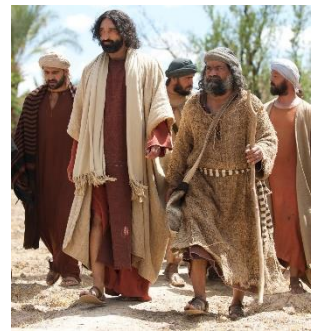


# Follow ME- Week

*"Come follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him. (Matthew 4.19-20)*



## NETS



I feel angry about how people behave and lose it quite a lot

I cant love people who have hurt me (or others close to me) and If I am honest I think they don't deserve to be loved

I find it hard to forgive others who have hurt me or those close to me

Subconsciously I think - If I am not going to get anything back then I am not going to put anything into the relationship

I am a good person because I do good to those who do good

I am scared that if I keep loving them they will keep hurting me

I find it hard to forgive myself and so keep myself away from people

I find some people really annoying and just don't enjoy spending time with them

I avoid some people because its just easier that way

I only want to spend time with people that build me up and who I enjoy because life is stressful enough

This person is so very different to me. I just don't know how to make friends with them or to love them and so I don't bother

Other

## FOLLOW



To start to see love as an action as well as an emotion

To work against my default seeting of tit for tat

To love the unloveable

To remember that God loves unloveable me

To take the first step to love others

To forgive someone who has hurt me or someone close to me

Other

## FISH



Question	Action
Who comes to mind when you think about loving a difficult person	
What first steps can you take to start mending a struggling relationship	
Think of a specific situation where you can allow Gods love for you to change your attitude to someone else	