

**Agape**

LOVE NETWORK

# 10 DAYS

## OF SELF-LOVE CHALLENGE



TIPS AND INSPIRATION  
TO LOVING YOURSELF

OMAR LIES, D.MIN  
CERTIFIED LIFE COACH



## ABOUT

While there are so many challenges out there, here's one, I believe, will definitely save lives!

No matter what your relationship status says on social media, the most important relationship is the one you have with yourself.

How you feel about who you are as a person, it is a key component of your physical and mental health. How you love yourself impacts every aspect of your life, and therefore, learning to love yourself is the most important tool that you must learn to accept.

Luke 21:36 tells us that we should always watch and pray. "Be always on the watch and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man." (NIV) Prayer is having conversations with God, our Father.

# Agape



## LOVE NETWORK

Here's the challenge:

- Take time to pray each day anytime of the day for 10 days about your mental health and closer walk with God. There is no specific order.

2) (Share a prayer) each day that you pray in the group, family or friends

3) Find an accountability partner to pray with

4) Send the challenge to your friends or members.

Day 1 Make a list of all the things that make you happy.

Day 2 Treat yourself out for dinner or cook your favorite dish.

Day 3 Take yourself on a nice walk and talk to God.

Day 4 Know what your love language is and whatever your love language is do something for yourself.

Day 5 Journal: Write something down concerning your past hurts and what you would like to accomplish also what you love about yourself.

Day 6 Journal: Write down your qualities, strengths and passions.

Day 7 Make a promise to yourself to do away with anything negative in your life that is holding you back from achieving.

Day 8 Turn off the TV and all electronic items and read a passage of scripture from the Bible for one hour.

Day 9 Accept Yourself: If you're struggling to love yourself, are you are also struggling with acceptance from others about who you are and where you're at in life.

Day 10 Write a love letter to yourself  
What is your biggest problem that you are facing. Many of us have a lack of love about ourselves. write down a Bible verse that will uplift you.

Ending:

Practice self-care take a rest from any work and relax and be thankful for what God has done for you in your life.

Here are some Bible verses about self-love from the Old and New Testaments of the Holy Bible, King James Version, sorted from the most relevant to the least relevant.

Proverbs 4:23 KJV - Keep thy heart with all diligence; for out of it [are] the issues of life.

Galatians 2:20 KJV - I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

1 John 4:16 KJV - And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

John 15:12 KJV - This is my commandment, That ye love one another, as I have loved you.

Mark 12:31 KJV - And the second [is] like, [namely] this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

Romans 5:8 KJV - But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

Psalm 139:14 KJV

I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

1 John 3:1 KJV

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

Ephesians 2:10 KJV

For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Mathew 22:37-39 KJV

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself.

### Psalm 28:7 KJV

The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

### Mark 12:31 KJV

And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

### Romans 5:6-8 KJV

For when we were yet without strength, in due time Christ died for the ungodly. For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die. But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

### Psalm 139:17-18 KJV

How precious also are thy thoughts unto me, O God! how great is the sum of them! If I should count them, they are more in number than the sand: when I awake, I am still with thee.

### Galatians 2:20 KJV

I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.