



# TALKING POINTS

Regina

## Ep.15: Loving Children and Adults for Who They Are Is Loving God

I invite you to imagine what loving other people as yourself would mean to God.  
Answer the following questions for yourself only or discuss these with family and friends.

Expectations are strong beliefs people have about the proper way someone should behave or how something should happen.

Do your parents, friends, family members, or your church community place expectations on you? If so, describe the expectations other people place on you.

---

---

---

---

Describe how it feels to have expectations placed on you that do not align with how you feel about yourself or others.

---

---

---

---

Do you fear letting people down because you feel you don't live up to their expectations? If so, describe what your fear(s) are and how you go against yourself to please other people.

---

---

---

---

Describe the actions you can take to remain true to yourself so you are an example of authenticity and self-love, no matter what anyone else wants you to be or do.

---

---

---

---