

OPEN UP

Identify three persons whom you have the tendency to take for granted, and discover three things that you should have appreciated them for. Write these below.

WORK OUT

Write on the spaces below several things that you are thanking God for in your life right now.

APPRECIATION

Community Series

GET STARTED

Write what do you sincerely appreciate or like about yourself, and share it to the group.

REFLECT

1. Read Songs of Solomon 4:1-5, and write down the eight things that Solomon is specifically appreciated in his beloved?

How beautiful you are, my darling!

Oh, how beautiful!

Your eyes behind your veil are doves.

Your hair is like a flock of goats

descending from the hills of Gilead.

*² Your teeth are like a flock of sheep just shorn,
coming up from the washing.*

Each has its twin;

not one of them is alone.

*³ Your lips are like a scarlet ribbon;
your mouth is lovely.*

*Your temples behind your veil
are like the halves of a pomegranate.*

*⁴ Your neck is like the tower of David,
built with courses of stone^[a];
on it hang a thousand shields,
all of them shields of warriors.*

*⁵ Your breasts are like two fawns,
like twin fawns of a gazelle
that browse among the lilies.*

A COLLABORATION OF:



simply missions*

PAC MOUNTAINEERS
UP DILIMAN- AMICUS ALUMNI

COMMUNITY SERIES

2. **How does appreciation impact human relationships? Discuss this within your group and write some of your personal insights below.**

3. **What are the other blessings of appreciation?**

a. **It communicates value and affirmation.**

When you appreciate a person or something he did or say, what you are really saying is that they have a positive impact in your life that you are value them. And nothing can bring significance more to a person’s life than to be told that they have helped someone along the way, that they have casted a positive influence on someone, and that they made this world a brighter place.

b. **It brings out the best from the person.**

Appreciation points what is good and even best in people, encouraging them to continue and even improve it. It gives confidence and inspires people making them perform at their best.

c. **Appreciation transforms the appreciator himself**

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” --Philippians 4:8

What the mind appreciates, the mind stays upon. And what the mind stays upon, the life is molded after. So what you commonly appreciate in others, you will eventually see in yourself.

Appreciation, if it becomes a habit ceases just to a mere sporadic action. It becomes a mental posture, an attitude towards life that sees, appreciates, and experiences the beautiful in this world, the best in other people and in oneself as well.

d. **It produces delight**

Appreciation makes everyone happy—the one appreciating, the appreciated and even those who are witnessing it. It creates a positive atmosphere for everyone. It warms everybody heart and encourages everyone to look at the delightful things in life.

the Life

Each member writes his/her full name at the top of the last page of this discussion guide. Pass the paper around and let each member write one thing that they appreciate about the person. 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 most about the things written about them.

