

PROJECTYM LIVE

SARAH SWAFFORD



Sarah Swafford is the founder of Emotional Virtue Ministries and author of "Emotional Virtue: A Guide to Drama-Free Relationships." She speaks internationally to people of all ages on a variety of topics, including emotional virtue, dating and relationships, modesty of intentions and interior confidence.

DISCUSS AND PRAY

Sarah Swafford shares about the traps that we fall into when we consider our self worth. We may feel like we will never measure up to expectations. We may feel that we have to earn our worth and we won't be loved until we are worthy. Sometimes, we fall into the trap of using or being used by another. Our worth comes from Christ and that is enough because we are his son/daughter.

What is one thing that you are thankful to God for this week?

What one point in Sarah's talk most stood out to you and why?

Who is a person that you admire and what virtues do you see that they practice?

Parents: Share a time when a cycle of use had a negative impact on your life. How did you break that cycle?

What is one virtue (habit of doing the good) that you wish to grow in?

Parents: Tell your teen 3 qualities that you admire about them.

EMOTIONAL VIRTUE

Today's dating scene is more complicated than ever, especially with social media, texting, and the endless pressure of the world's expectations. How can men and women overcome the interior and exterior battles and discover the love they desire?

Sarah Swafford's ministry, Emotional Virtue, seeks to give young people guidance in developing healthy relationships as well as developing virtue to become the person that they are created to be.

Go to emotionalvirtue.com and find some resources that you can use to help your teen grow in virtue.

Above all, pray everyday for your teen to grow in virtue.