

## Be My What?

By Lee Yates



For some reason, our culture has a holiday that focuses on love and romance right in the middle of the Winter. Rather than complain, take some time to explore your feelings on relationships and what you expect from your Valentine experiences.

**For**  
Young Adult

**Season**  
Winter (prior to Valentine's Day)

### Needed

Interview and Reflection Questions worksheet

### Prepare in Advance

- Set up dates for at least two interviews.
  - One or more with someone who's romantic relationship you admire.
  - One or more with someone who struggles in relationships.
- Print out 2 copies of *Interview and Reflection Questions* for each interview.
- Give your conversation partner a copy of the worksheet.

### Activity Plan

1. Begin with a short prayer. Here are some words if you need them.

*Lord of Love, help us to look into our own hearts and understand love more fully.*

2. Use the *Interview and Reflection Questions* worksheet to guide your conversation. Be sure to take notes as you go. You will want to look back on them later.
3. Thank your conversation partner for their time and honesty.
4. Close in prayer. Here are some words if you need them:

*Lord of Love, we give thanks for your love that challenges us and supports us. Help us to open ourselves up to love more fully. Help us to open ourselves up to receive love more fully. Amen.*

5. Repeat with other conversation partners.
6. Look back over all of your interview notes and reflection notes. Try to answer the following:
  - What am I looking for in a relationship (or my current relationship)?
  - What are the expectations of those with whom I am in relationship?
  - What is the purpose of Valentine's Day in our culture?
  - How do I want to spend my Valentine's Day?
7. Plan a healthy Valentine's Day on your own terms based on your own expectations.

## Interview and Reflection Questions

### **Opening Statement** (share this before you begin):

The following questions focus is on romantic relationships. I will begin with some questions for you. Then together we can discuss some reflection questions.

### **Interview Questions** (*you ask these but do not answer them*) :

- \* What do you think makes a healthy romantic relationship?
- \* What impact did your childhood family have on your relationship/s?
- \* What couples have served as a model for your relationship/s?
- \* How do you deal with conflict in current relationships?
- \* What role does your faith play in your romantic life?

### **Reflection Questions** (answer these questions together):

- \* What do you think is the point of Valentine's Day?
- \* How do you feel about the growth in on-line dating?
- \* How can Churches make an impact in new or young relationships?
- \* What is the biggest mistake you have made in a relationship?
- \* What factors in our culture make forming relationships a challenge?
- \* What factors in your life make sustaining relationships a challenge?

