



**loved**  
JOURNAL





# loved

JOURNAL

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*Loved Journal*

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# Introduction

## *THIS IS YOUR BOOK.*

Not just “yours” in the sense that you own it; yours because the content is completely up to you.

Flip through it and you’ll find pages waiting to be filled with whatever inspires you. Write, draw, paste, or tuck something inside—it’s completely up to you. No one else will have a book just like yours. It will be unique . . . just as you are.

We’ve called this journal *Loved* because the word describes you perfectly. You are loved. No matter how you feel on any given day—God loves you, all day, *every* day. As 1 John 3:1 says, “See how very much our Father loves us, for he calls us his children, and that is what we are!” There’s quite a bit written about God’s love for you in his book, the Bible. You might think of this journal as a place to write your thoughts and prayers back to him.

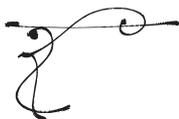
If you’re a seasoned journal writer, we hope you feel comfortable among these pages and are eager to begin filling in all those deliciously blank lines. If you’re new to journaling, you may be wondering how to get started. Relax: There’s no right or

wrong way to go about it. We've included a number of quotes and Scriptures throughout to help spark reflection and personal insights. In addition, you'll find some questions on the next page that may get your creativity flowing. It might help to remember that, unless you choose to share, whatever you put on these pages is a private "conversation" between you and God.

No matter how you choose to use your journal, our hope is that it will remind you—or encourage you to discover for the very first time—what God's grace and love mean for you.

You are seen. You are known. You are free. You are *loved*.

# Thought Starters



*When did you first realize God loved you?*

*How have you experienced his love for you this week, this month, this year?*

*How does the fact that you are loved by God affect the way you relate to other people?*

*Have you ever felt insignificant? Invisible? You're not! God sees you. Does that thought make you smile or make you nervous? Why is that?*

*When you think about how much God sees (everything!), does it affect your actions? Your attitude?*

*What does it mean to be truly known by another?*

*God knows you inside and out. He created you specifically to be you. How does that make you feel?*

*What does it mean to experience freedom in your relationship with Christ?*

*What does the Bible say about freedom? What do you think that looks like for you?*

*Are there places and spaces in your life where you want to enjoy greater freedom than you feel now? What's holding you back?*

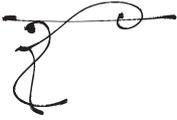
*If you were going to write a letter to God, what would it say? How do you think he would respond to you?*





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*God's truth is true no matter what is  
going on in the world around us.*

SHEILA WALSH



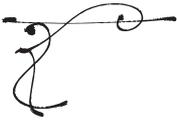
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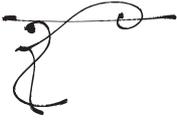
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*Start where you are and see where God  
takes you. Remember: wherever God has you  
today, he will be faithful to use you.*

MARY GRAHAM





*What you think is based on reasoning.  
What you believe is based on truth.*

MARILYN MEBERG



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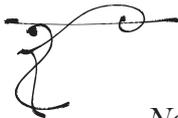
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*You saw me before I was born. Every day of my  
life was recorded in your book. Every moment  
was laid out before a single day had passed.*

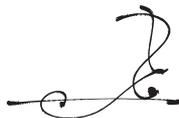
PSALM 139:16





*Now all glory to God, who is able, through his  
mighty power at work within us, to accomplish  
infinitely more than we might ask or think.*

EPHESIANS 3:20



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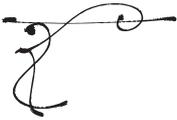
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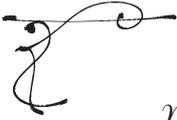
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*How would you love if you weren't afraid?*

LISA BEVERE





*You can rest assured that nothing that is for  
you will slip past you. Show up, do good  
work, trust God for the increase.*

ANITA RENFROE



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