

SESSION ONE

IN THE COOL OF THE DAY

Part One of the *You. Are. Loved.* book has less written work than Part Two, so for these first few chapters, I will provide supplemental questions.

ASSIGNMENT:

Get a journal. It can be something as simple as a spiral notebook like I use or a pretty hardbound book. Begin to make notes and observations as you walk out this journey. If you are using the online version of the book, you can answer the questions in your journal as we move into the latter chapters with longer Takeaway pages.

**I use my journal for direct and focused prayer too, not just things I'm thinking. I actually talk/write to God as I pray in written form. For someone like me who's so easily distracted, this helps keep me in the moment.

Get index cards: I'm doing this too. I used to use index cards all the time but have gotten out of the practice. I have a box filled with cards from years past. Verses that spoke to my season stayed with my Bible and quiet time books. I can't tell you the growth I've experienced and how the Word has settled into my heart through repetition while scanning my cards in the mornings.

Choose a quiet-time location: If you don't currently meet with the Lord each day, it's time to begin. You're just spinning your wheels if you leave this part out. Find a place where you can have time alone for prayer and reading. No matter the time of day, schedule it in and stick to it.

CHAPTER: COOL OF THE DAY

KEY POINTS:

- You are supposed to be walking with God as if in the cool of the day.
- The enemy is deceiving you if you believe you are anything less than loved unconditionally and completely by God.
- Doubting God's love hinders your life. Not just your spiritual live, but your entire life.

LOOK WITHIN:

What are some of the lies the enemy has convinced you of over the years?

What lies do you still struggle with believing? How does this hinder you in your daily life?

Write out Genesis 3:13 here:

Remember, he's still lying and we're still eating. Spit it out!

Are there times when your walk with God feels like “in the cool of the day”? If not, what do you think hinders that experience He wants to share with you?

CHAPTER: BE LOVED

KEY POINTS:

- Whether you feel it or not, You. Are. Loved. Feelings Lie.
- To know that you are loved shapes who you are and what you do.
- We can only love Him out of an overflow of His love for us.

LOOK WITHIN:

Page 13 says: “Love is the key to every locked door in your soul.” What are some of your locked doors? Think of hurts, disappointments, doubts, unmet needs, etc.

Write out Matthew 22:37 in the space below:

Time to answer the BIG question honestly and openly. Do you love God with your all: all your heart, all your soul, and all your mind?



Remember, no guilt here. This is simply a quick heart check to diagnose the real ailment: You need His love to open the doors of your heart to Him.

Rather than additional questions, I'm sending you on a mission, one of the most critical missions of your life. I want you to sit with the Lord and talk to Him about your answer above. (Like He doesn't know the answer already.) If you find your love lacking or even waning from what you once felt for Him, tell Him. Be open with Him. Ask Him to pour out His love for you in torrents until you're so saturated that you can only love Him in return. He's waiting for you, calling for you to walk with Him in His love as if in the cool of the day.

Beloved, Jesus wants you to know and experience your own love story with Him.

PRACTICE THE DANCE:

How can you apply one or two Key Points of each chapter to your day-to-day life and to your day today?

End with prayer time in your journal. What do you hope for as you begin this new journey? What changes do you want to see in your current walk of faith?