

YOU. ARE. LOVED.

PRINTABLE TAKEAWAYS

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COOL OF THE DAY TAKEAWAY

Key Point:

You are supposed to be walking with God as if in the cool of the day.

Are there times when your walk with God feels like a lingering “in the cool of the day” encounter, or do you more often find you sprint through your time with God to merely check it off your list?

When you begin your time with the Lord, how would you most often describe your attitude: expectant, obligated, hopeful, hesitant, other? How can your attitude set the tone for your experience with Him?

During your quiet time, how would you most often describe your mindset: enthusiastic, focused, distracted, bored, scattered, and why do you think that is?

- a) In your time with Jesus, do you feel peace, acceptance, and purpose? How would you rate your current experience in the following areas on a scale from 1-10, with 10 being the highest?

Peace _____ Acceptance _____ Purpose _____

- b) In each area, do you feel a greater or lesser degree than this time last year?

Peace _____ Acceptance _____ Purpose _____

Key Point:

Never underestimate the tremendous sway you have over your husband, home, and family.

Does your family see you setting aside time for God? _____

How can your deepening intimacy with Jesus impact your home and family and how they see Jesus?

Key Point:

The enemy is deceiving you if you believe you are anything less than loved unconditionally and completely by God.

Do you really believe you are unconditionally and completely loved by God, not just in your head, but deep down in your heart? What leads you to this answer?

How do you think your belief about God's love for you may be impacting your walk with Him?

The cool of the day feels like rest for your soul. Does the word rest describe you? If not, how would you describe the state of your soul?

Do you sometimes wonder if there's more to the Christian walk than what you're currently experiencing? Do you see Jesus as enough for you?

"The list of lies we believe is a mile long: I am worthless, pointless, and aimless. I'm unlovable. There is no hope. I hold on to yesterday as if I might change it and fear tomorrow as if worry might affect the outcome. I'm too fat, too thin, too short, too tall. I'm not pretty enough or smart enough or capable enough. I have nothing to contribute. God could never love me." – *You. Are. Loved.*

Do any of my examples of lies resonate with you? What are some other lies the enemy has convinced you of over the years? Is there a specific lie that comes to mind most often?

How do these lies 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!

BE LOVED TAKEAWAY

Key Point:

Your state of being is loved.

Has the enemy ever convinced you that your actions in the past have lessened or removed God's love for you? Is that something you still struggle with?

Have fears over what you may or may not do in the future ever caused you to wonder if God will stop loving you? How might this fear hinder you, and what does the enemy gain when he convinces you that God may stop loving you?

Write Romans 8:38-39 in the space below. What do these verses promise to help combat the fear of losing God's love?

"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.

Key Point:

To know that you are loved shapes who you are and what you do.

In what ways can God's unconditional love reshape who you are inside and how you think?

In what ways might confidence in God's unconditional love affect how you live out your kingdom purpose?

Key Point:

Fulfilling love is only possible with Jesus.

How have you tried to fill the void only Jesus' love can satisfy? (Consider people, children, careers, wealth, success, homemaking, reputation, ministry, etc.)

What have you learned that proves human love or worldly possessions can never quite satisfy?

Key Point:

We can only love Him out of an overflow of His love for us.

Is loving God something you thought you were responsible for doing (feeling) on your own? Look up 1 John 4:19. How does this verse counter that thought?

Have you tried to love Him in your own strength? How did that work out for you?

“From that point on, the word (beloved) was everywhere: in sermons, devotions I was reading, and my daily Bible reading.” – *You. Are. Loved.*

In the quote above, notice that I had positioned myself to encounter God and His love through time with Him. This is about intentionality and making time for Him. What are some specific actions you can take to pursue the One who's pursuing you?

“So many settle for a cup when an ocean of soul-quenching love is offered.”
– *You. Are. Loved.*

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. You need His love to open the doors of your heart to Him. If you don't love Him with your all, all, all, you are not the only one who feels this way. Most people around you are likely faking it too. I faked it very well.

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 (as if 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.

WALKING COMPANION TAKEAWAY

Key Point:

You can't love or receive love from someone you don't know.

Do you feel you know Jesus on an intimate level, or do you feel you only know the Sunday Jesus, the one others tell you about? What do you think an intimate relationship with Jesus should look like?

Is God as your Father more of a faraway figure or a Dad who walks with you throughout your day? How can experiencing His daily presence change the way you live your life?

Do you believe God will actually answer life's questions? If so, can you remember a time when you asked God a specific question, and He answered you?

Write a verse below that reminds you that God wants you to ask Him your questions. If nothing comes to mind, here are a few to consider: Jeremiah 33:3, James 1:5, and Matthew 7:7.

Key Point:

The world we run to leaves us empty.

When we don't walk in an intimate relationship with Jesus, our only hope is to run to the world for answers, fulfillment, validation, relationship, comfort, safety, etc. What have you sought from the world that you now realize only Jesus can give?

In what ways has turning to the world to meet your needs shaped or misshaped you?

Have you known the open arms of the Father toward you, the prodigal, in a real and tangible way? If so, recount the story of your return.

Key Point:

The Gardener weeds our lives with a gentle hand.

When we try the easy route and snap off an unsightly weed at the surface, the weed will certainly grow back. The only way to fully get rid of it is to dig deep down to the root.

How do you now view God when you mess up or fail, as a loving Father who wants to help get you back on track or as a condemning Father who is disappointed in you? Have you always seen Him as you currently do?

What are some weeds you have had or currently experience in your life's garden, and how have they impacted you and others? For example, doubt, anger, anxiety, unforgiveness, pride, greed, gossip, bitterness, substance abuse, co-dependency, selfishness, fear, insecurities, adultery, pornography, etc.

Were there times when you tried to remove the weeds yourself rather than working with the Gardener? Did you find success in your own efforts?

Have you known the tenderness of the Gardener as you've worked through issues in your life? What are some examples?

It may take many years to overcome some of the costs and consequences of living a life apart from God. Even if your weeds aren't related to a prodigal season, weeds spring up in every life. The work you do alongside the Gardener will be a lifelong process. Some pulled weeds never return, while others rear their ugly heads again and again. We never have a weed-free garden.

Key Point:

God is the God of all your needs.

The Facets of God pages list ways He meets all your needs. Choose one or two of the entries and make note of them below, along with why they speak to you.

Watch for Jesus:

In the days and weeks ahead, prepare your heart for an invasion by God as you invite Him into your situation. Watch for Him. Expect to get to know Him more. His intention is an intimate relationship with you.

INTIMATE RELATIONSHIP TAKEAWAY

Key Point:

God is to each of us exactly who and what we need.

At this time, what would you say is your most critical need in each area: spiritual, emotional, and physical?

What present tasks in life feel too big or too overwhelming for you to accomplish?

Can you think of a verse that reminds you that God will meet your every need?

Think of a time when you knew God was in your midst as He sent you a much-needed verse or someone with an encouraging word at just the right time. Share below.

Would you say you are on the lookout for God in your daily life? What are some little ways and big ways God has shown up in your life recently?

Key Point:

We are invited to experience a relationship with both God the Father and Jesus the Son.

Was my description of an individual relationship with God the Father and Jesus the Son a new concept for you?

Read John 14:23 and John 17:3. How do these verses express their oneness, yet distinction?

Do you view your relationship with God the Father distinctly from Jesus the Son? If so, in what ways?

Your walk with God the Father and Jesus the Son may not look exactly like anyone else's, and it's not supposed to. You are His only you. God will be to you exactly who you need. Trust that.

Key Point:

The Father loves you as your perfect Dad.

Did you have a more positive or negative relationship with your earthly dad? Explain below.

How might a negative history with your earthly dad create mistrust or false notions of who God the Father is and misrepresent His love for you?

Conversely, how might a positive or dependent relationship with your earthly dad interfere with you running to God as your Father?

Key Point:

Jesus loves you as your faithful Companion and so much more.

It makes sense to see Jesus as your Savior, but do you see Him as your constant Companion, the One whom your heart loves?

List some of the names or roles Jesus is said to serve through Scripture. Examples might include Groom, Beloved, Friend, etc. Challenge yourself to find as many as you can.

Deep down, do you believe walking in relationship with Jesus can fulfill your innermost longings for love, even surpassing the human love that you desire? Do you now have hope that He can meet your deepest needs?

Have you been taught, based on the Lord's Prayer, that you should only pray to God the Father?

After reading through this chapter and considering the verses you looked up, do you find it as an invitation to meet with both God the Father and Jesus the Son?

Meet with Jesus:

Express below in prayer your longing to know God's ultimate, completing, fulfilling, and unconditional love.

DAY TO DAY TAKEAWAY

Key Point:

True love isn't a feeling; it's an experience.

In your earthly relationships, can you trust what you "feel" to determine your love for others or their love for you? Why or why not?

Similarly, can you trust what you feel as the basis of God's love for you?

How can experiencing disappointment, rejection, and heartbreak in the physical realm lead you to expect the same in the spiritual realm?

Key Point:

Home is where the heart is, where Love is.

Read John 14:23. Have you ever considered that God the Father and Jesus the Son literally live with you in your home?

How could the thought or imagery of God cohabitating with you affect or alter how you live your daily life in your home? Might it change how often you talk to Him?

Did you have a dad in your home growing up? For either answer, express how having or not having a dad at home shaped how you grew up.

How can the presence of Jesus the Son in your home, your Prince of Peace, Wonderful Counselor, and Great Physician, affect to whom you go first when in need and how you walk out your daily life?

Key Point:

Relationship requires serious investment on your part.

How much time do you now devote to Bible reading and study? Would you call this quality time? Remember, even if it's only fifteen minutes, if it's focused and meaningful, that builds relationship.

What other ways do you spend time building your relationship with God besides reading and studying the Bible, such as prayer, listening to and singing praise and worship music, walking in nature, etc.?

If your time with God is limited, would you say you don't have time or don't make time for building your relationship with Him?

You can never know love from or intimacy with the One you don't make time for in your life. He's not the Sunday Jesus. Don't be the Sunday you and only focus on Him one day a week.

Key Point:

It's in the everyday walk that love is proven.

Even if you are convinced that God is present in your life, have you come to know He is present in your day? How can that change the course of a day as you look and listen for Him?

In the smallest details of life, how have you most often noticed His presence? Are you able to share a recent example of when you just knew He was with you?

Have you ever considered that Love is pursuing you? If not, then how can that understanding now alter the course of your relationship with Jesus? How might that change the way you want to pursue Him?

Key Point:

Your time alone with God must be a priority, or you will be stunted spiritually.

Read. Pray. Listen. Does one of these come easiest to you? Which, if any, is the most difficult sometimes?

As you've grown in your walk with God, is there an area in your quiet time that used to frustrate you, but now you have peace about? For example, have you believed that you must read a certain number of chapters every day or must spend a certain amount of time with Him to please Him?

Do any of the quiet-time suggestions from this chapter inspire you? Are there one or two you would like to try for the first time or perhaps try again if it's been a while? Remember, if one thing doesn't work for you, don't give up.

LOVE SONG TAKEAWAY

Key Point:

The more you encounter God's love (the music) in your daily life, the better you get at walking out your life of faith (the dance).

After spending the past weeks focusing on the importance of knowing you are loved and experiencing His love throughout your daily life, are you watching for and encountering His love in new ways? Share one or two examples below.

Next Steps: Look and listen for the music of His love. Ask God to open your eyes and ears each day to His pursuing love of you. Start a special page in your journal to keep track of these love encounters. These will be invaluable some day when life knocks you down and leaves you wondering where Love is.

Living loved is more than just "knowing" you're loved. Is the love of God beginning to trickle down from your head into your belief system?

Read Ephesians 3:17-19 and write verse 19 in the space below.

Verse 19 above states that until you go from knowledge to surpassing knowledge, something remains empty that needs to be filled. You were asked in an earlier chapter if you've ever wondered if there's more to your walk of faith than what you're currently experiencing. The answer to that question is always yes. We can be certain there is always more.

As much as you may feel rooted and grounded in love (v. 17), there are no limits to the depths (v. 18) of God's love for you. Does it excite you to know that all your life can be spent going deeper still, and that as you do, your dance of faith will reflect that?

To gain a new view of God's love for you takes time. Our world-shaped minds (and hearts) must be transformed (Romans 12:2). Remember, like holding up a diamond to the light, there are many facets of God's love for you, each uniquely shaped to love you exactly as you need to be loved.

Key Point:

The real work is on God's shoulders. Your part is to show up each day and allow Him to lead you.

Read Philippians 2:12-13. Paul addresses his readers as "_____." What two words make up this term of endearment? _____ + _____.

Paul's words are not his own but Spirit inspired, so the word choice here isn't simply referring to Paul's love for them, but more specifically God's love for you. The Word Himself also considers you (His disciple) to be His beloved, the one whom He loves (John 13:23).

Be. Loved. This is a state of being and living, not a state of doing, other than through your cooperation with the Spirit. What have you been taught "work out your salvation with fear and trembling" means, that this is referring to sanctification (becoming more like Jesus) or actual salvation (being born again, saved from sin)?

John 3:16 states that God, because of His love for you, sent Jesus to do the work "of" your salvation. Working "out" your salvation has to do with your cooperation as you are being transformed into the image of Christ (2 Corinthians 3:18).

Remember, in Philippians 2:13, we are told it is _____ who is at work in you. Apart from Him, you can do nothing (John 15:5).

Key Point:

Like Paul, we are all still a work in progress and need to press on (Philippians 3:12).

Read Romans 12:3. Are you pliable? (Pliable: supple enough to bend freely or repeatedly without breaking – Webster) Can you think of yourself with sober judgment and admit where you struggle?

How can you strike a healthy balance between honesty before the Lord and harsh personal criticism?

In what areas of your faith walk do you feel you are making the most progress, and in which areas are you still a hot mess?

What assurance does Philippians 1:6 give you about your hot-mess struggles?

Key Point:

Some issues you need to deal with can't be repaired until others are addressed.

I shared in the book chapter about my skunk. I talked in the video about the feeder root, that "thing" that needs to be addressed so that God can work on other areas of your life.

Can you think of any areas where my skunk imagery might apply to your life? Do you have something "big" that needs to be addressed so that the smaller things can work themselves out?

Meet with Jesus:

Discuss your "something big" with God below.

HEART'S DESIRE TAKEAWAY

Key Point:

The more you grasp the greatness of God's love, the more it becomes clear that He is your greatest need and desire.

According to Jeremiah 17:9, why is it necessary to conduct a thorough heart check at times? In your past, what is an example that proves your heart cannot be trusted?

What or who comes first in your life? This could even be yourself.

While human hearts are accustomed to knowing human love, God created you to be completed only by His love. The supernatural process of getting to know Jesus and His love for you happens over time.

Why is it so difficult to believe that spiritual love can meet your heart's every need?

Since you can't see God or touch Him, have you questioned whether spiritual love can meet your heart's desire for love?

Key Point:

Jesus came to break sin's curse over our hearts.

Have you come to conclude that your heart may still be operating under the curse? Is your deepest desire still for human love, no matter its form: husband, children, parents, friends, etc.?

"Your desire shall be for your husband" (Genesis 3:16). As women under the curse, most place the desire for romantic love over their love for God. Has this ever described you? Is that a battle you still fight?

Eve fell and took us all down with her because she believed she was missing out on something. Are there lies the serpent whispers to you suggesting that you are missing out? If so, what does he say you are missing?

Key Point:

No matter the beauty of a healthy marriage (or relationship), it's still not enough to complete us.

How have fairy tales and rom-coms misshapen tender hearts, compelling young girls to seek romantic love? How does this follow women into relationships?

Did you grow up anticipating a happily-ever-after life? What did you imagine your life would look like?

Do you feel that without a certain person in your life, whether a spouse or close family member, you would be lost, or are you so confident in Jesus' love for you that you know He would carry you through? Share your heart check below.

Key Point:

The clamor of the world, and even good things, will always compete with Jesus to be your heart's desire.

Like Jesus did with Mary in John 20, He has been and is now calling you by name. Can you recall a time or season when you knew Jesus was calling you by name?

The enemy knows your weaknesses. How can you guard your heart against his whispers that try to draw you away from your first love, Jesus?

How can knowing that He is the next-to-you Jesus, that He is real and ever present in you, protect you from those things that compete for your heart?

Meet with Jesus:

Take this opportunity to write out your prayer that the Lord will change the desires of your heart to match His.

“Delight yourself also in the LORD, and He shall give you the desires of your heart.” (Psalm 37:4)

LOVE LETTER TAKEAWAY

Key Point:

When you experience God's active love in your life, you are naturally drawn to His Love Letter.

When you first began walking with Jesus, did you feel naturally drawn to read the Word? Do you feel the draw now?

Read John 1:1. When you read the Word, who you are encountering?

When you read Scripture, you are getting to know Jesus, *the* Word.

Read Matthew 11:28-30. He is always saying, "Come to me," not just when life is hard. Are there only certain circumstances that drive you to the Word? Give examples.

Key Point:

While the enemy's lies have misshapen our hearts and minds, we are transformed and renewed through the Word.

Read Romans 12:2. Why is it necessary for our minds to be renewed?

While the enemy has done all he can to keep you from the truth, God wants you to know who you are and Whose you are. Over time, who has the world (the enemy) convinced you that you are?

We act out of what we believe. If we are convinced that intimacy with Jesus isn't something we can attain, then we will never seek Him with our whole heart (Psalm 9:10). What heart attitudes and mindsets do you believe need to be transformed within you?

Key Point:

We, like a mail-order bride, will someday come face-to-face with our Groom.

“Will you arrive in heaven someday and hardly know the One who laid down His life so that you could be His?” – *You. Are. Loved.*

Do you know what Jesus sounds like and what it feels like to be with Him? Is His presence real to you? If so, what does it “feel” like?

What emotions or desires does the imagery of Jesus as your faraway Groom evoke? Does it stir your heart and inspire you to grow in intimacy with Him?

Have you ever gotten to really know someone better through written words, for example, old-school letters, cards, or texts? If so, what was special about those communications?

Key Point:

Read. Study. Apply. Divine encounters will begin to happen as you watch with breathless anticipation.

Do you have a Wow! moment when a Bible passage unmistakably spoke directly to you?

What verse(s) have grabbed your attention over the years and are now special to you?

Key Point:

Journaling and prayer are our responses to Jesus, our love letter back to Him.

Has maintaining a journal felt like just another checklist item to you? If yes, how can the idea of it being your love letter back to Him change your perception of what it can be?

In what ways can recording your praises and His goodness help you grow in your current walk of faith?

Through your journal or even notes written in your Bible, how might God use your Wow! moments now to Wow! you later on down the road?

“His Word to you and yours back to Him are like singing a duet, a beautiful new love song every morning.” – *You. Are. Loved.*

Meet with Jesus:

Write a love letter of praise to Jesus in the space below.

IN EXPECTATION TAKEAWAY

Key Point:

Expect to encounter Jesus, the Word made flesh, in your time with Him. He longs to speak to you.

Do you “hear” the sound of His voice? If so, did you hear early in your walk, or did that take time to develop? If not, how can your commitment of faith and believing God will show up set the stage for your heart to be receptive?

When you read something in Scripture that you don’t understand, do you immediately look at study notes or commentaries? How can this lead you to “expect” to hear from man instead of God, the Author?

Read Psalm 32:8 and John 14:25-26. Who promises to be your Teacher?

Key Point:

As you read your Bible more, you will grow in understanding, and your faith will grow deeper.

Do you challenge yourself to go deeper with God in your reading or simply skim the surface? Do you allow the Spirit to interrupt your flow of reading so that you can hear what He is trying to teach you?

Has there been a specific verse that God has used to address a misstep on your part, when you *knew* the Word was pointing at you or your actions? Share your experience.

Can you recall a time when you stepped out in faith only to encounter what seemed like failure? Did you later discover how God used this to grow you or your faith?

Key Point:

Inner healing will take place through the Word.

Write Psalm 107:20 below. Do you believe this verse and approach the Word with hope for healing? List an example of a verse or passage that has helped in your healing.

Has the enemy convinced you that your lingering wounds are now part of who you are? Have your wounds become your identity, or do you possibly cling to a victim mentality?

Read all of Isaiah 61. Write out the verses that most speak to your healing in the past and even your current need for healing. Dig deep here! You can claim these promises for your life.

Key Point:

God will speak clearly and precisely, and questions will be answered.

An earthly dad's tone may differ depending on his child's unique needs at the time. What are some different ways your Father may need to address or respond to you as His child?

God is in every detail of your life, even those things you may consider minor. Has He given you clear direction in a matter or an emphatic no to a particular behavior or attitude in your life? Share below.

Key Point:

Your mind will be transformed as you hide His Word in your heart.

What stories or people in the Bible has God most used to transform your mind or your life? Tell why.

What is the difference between drawing the essence of a verse into your mind and absorbing it into your understanding versus simply memorizing the words?

What situations have you experienced when a memorized verse came to mind to direct you or give you unexpected insight?

OUT OF CONTROL TAKEAWAY

Key Point:

There is never a moment when God is not in control or is surprised by what is happening.

When tragedy strikes, how can you combat that initial feeling that tells you God is not in control?

What is a verse(s) you can have in your arsenal to remind you that He can be trusted? A few to consider are: Genesis 50:20, Psalm 27:13-14, Psalm 29:10-11, Psalm 103:19, and Proverbs 3:5-6.

In this season, does anything have you on a roller coaster of up-and-down emotions? Note below.

Do you fight for control in an out-of-control world? Give an example of how you are now trying or have previously tried to control outcomes.

Key Point:

Sometimes God, as Lord of your life, answers your pleas with no or not now.

Do you have an ongoing prayer before the Lord about an out-of-control circumstance in your life? How long have you been crying out to Him?

How can your history with God deepen your trust in Him as Lord over your life and its storms?

When praying for others, why is it so easy to lose sight of the fact that God knows them, loves them, and wants their best even more than you do?

Key Point:

When circumstances are out of your control, trust Jesus as Lord over your storm. Be still. Be real. Believe.

Be Still until you know how He would have you proceed.

When you don't know what to do in a situation, why is it vital to be still until you know deep down how to proceed? What are the dangers of moving forward when you don't have clarity from the Lord?

When have you sensed you should be still but acted anyway? Do you have an example of when you took the reins from the Lord Jesus and drove yourself over a cliff? What was the outcome?

Be Real in your prayer life.

God knows your heart and what you're feeling, so pretense is pointless. How open and real are you in prayer? Do you utter words of faith, yet harbor doubt in your heart?

It's easy to give sound advice and scriptures to others. When faced with your own life's storms, do you ever stop and ask what your advice to another in a similar situation would be?

Have you faced trials that you ultimately learned were perfectly suited for you, that you were *the* called (Romans 8:28) one for His purpose in that situation? Give an example.

Believe that God has a plan, even when it isn't evident.

It only makes sense that an easy road for others creates ease for us. Heart Check: Review your current prayer list. Do any of the answers you seek have your own ease as their basis?

What if your prayers as a parent or a friend were focused on the other person's ultimate best and not their ease? How can you pray for people in your life differently?

Read Job 13:15. God can only live through you once you're slain. An alive _____ will always fight for control.
your name here

UNDER CONTROL TAKEAWAY

Key Point:

Tame the tongue. Speak when you should and don't when you shouldn't.

To offer wisdom to others, it must be attained through walking closely with Jesus and reading His Word. Being intellectual isn't wisdom. Having street smarts isn't wisdom. Wisdom is having God's mind on a matter.

How can you know when to speak or when not to speak?

Good advice isn't necessarily godly advice. Read James 3:17. How can you obtain these traits of wisdom from above so that you are able to share true and godly wisdom?

Do you have issues with taming your tongue? If yes, when is it most difficult for you?

Do you consider yourself non-confrontational, or are you easily able to speak up? Can you think of a time recently when you had to speak a hard truth to someone you care about?

Key Point:

Be helpful. Love is action.

Do you have a heart to help others, or, if you're honest, do you find it hard to get outside of yourself and notice others' needs? If you find you're often self-absorbed, write your prayer below asking God to help you be more willing to engage in the lives of others.

With global needs so overwhelming, how and where to act can be paralyzing. Start in your today. Who and what has God brought in your path, and how can you help? (Matthew 25:40)

Is there a specific love-in-action that you know God has called you to?

Key Point:

Love them. Love can be inaction.

Are you often guilted into helping others? Read Proverbs 3:27. Not every need is yours to meet. Ask yourself: Is God truly inviting me in, or will my help interfere with the work He is doing in their life?

Share a time when tough love was needed, even though you knew the consequences would be hard, both on them and you.

What about a time when you helped, only to discover you made the situation worse? It could be something as seemingly insignificant as bailing out a child who didn't complete their homework or as big as giving money to the one who needed to feel the sting of burning through their own.

Is there a current situation in your life where you want to help but are powerless to do so?

Key Point:

Go home. Live life knowing God is in control.

How do you “go home,” meaning that you go about your daily life while knowing the ones you love are in turmoil or pain? How can fixing your eyes on Jesus rather than the situation help you?

Any activity that stands in the way of God’s progress in your life or another’s is a lie, no matter how right it feels at the time. Don’t play God. How can creating boundaries, like not stepping in when you want to or think you should, protect you as well as them?

IN SAFETY TAKEAWAY

Key Point:

To underestimate the enemy is to invite his attack.

The enemy is real, and his intention isn't simply to hinder; his objective is to destroy us as believers. He aims to undermine your trust in God and your belief in who you are to Him. Since he can't steal your salvation, he settles on damaging your walk, crushing your spirit, and causing you to doubt.

Read 1 Peter 5:8-9. What are some ways Peter tells you to guard yourself from inevitable attacks?

Recall a time when underestimating the enemy led you to a wilderness season. Share its outcome.

Key Point:

Safety in Numbers: Don't venture away from the body.

What are some reasons Christians might pull away from the body of believers? Have you experienced this?

How can being isolated from other believers expose you to an attack from the roaring lion?

Why does having the few, those believers who walk more closely with you, matter?

Who are your few?

Key Point:

Safety in the Present: Live in today. Thrive in today. Make an impact today.

Do you see the present as a gift to be opened and appreciated? List some of today's blessings below.

How can you practically make the most of each day you're given?

Key Point:

Safety in God's Word: Internalizing God's Word is your safety net and ammunition.

Read Matthew 4:1-11. How can knowing and internalizing Scripture help you during your weakest moments? What are your own "it is written" statements that help you when in crisis?

Opposition is an opposing force, while oppression holds you down and renders you ineffective. Think of a time when you've experienced both. What have you learned that will arm you for future attacks?

Key Point:

Safety in God's Plan: God's timing and plan can be trusted.

How have you hindered the work of God in your life by your own impatience?

Have you ever had to back up and go down a different path after running ahead of God's plan?

Key Point:

Safety in God's Presence: Be vigilant in maintaining your nearness to Jesus.

Have you ever built walls between yourself and Jesus because of your mistakes or your misunderstanding His ways? Give examples.

When seasons come and you feel at all displaced from the presence of God, the remedy is as easy as leaning into the next-to-you Jesus. He hasn't moved.

Are you prone to such guilt and shame over your failures that you feel the need to keep rehashing and confessing them? Or do you simply accept God's forgiveness and choose to walk with Him again?

Develop your own safety principles by noting what can get you off track. Narrow in on activities, attitudes, or actions.

TODAY'S LIGHT TAKEAWAY

“Yesterday has lost its grip, and tomorrow has no cause for concern for the one who’s dancing with Jesus today.” – *You. Are. Loved.*

Key Point:

Today: Focus on what now rather than what’s next.

Are you a today dweller, or are you known to time hop in unhealthy ways? If you tend to time hop, how does that affect your present reality?

What is your now? What does the Lord have in your life and on your plate that you know He is calling you to focus on? Consider family, career, and ministry responsibilities.

Read Psalm 23:1-3 aloud, saying “today” at the end of each complete phrase. In your days to come, what can you do differently to keep your mind fixed on the promise of today? How might the practice of asking “What now, Lord?” help you to better walk with your Shepherd of today?

Key Point:

Yesterday: A look back can remind, help, and teach.

When you look at your past, are you more prone to dwell on your glory days and proud accomplishments or on hardships and past failures? What are the pros and cons of each?

Pros:

Cons:

Yesterday can be an invaluable teacher. List a few vital lessons that yesterday has taught you.

Problems arise when our visit to the past becomes a staycation. How can you maintain a healthy balance when looking back to learn from the past?

Key Point:

Tomorrow: Focusing on tomorrow can disable, disillusion, and disappoint.

Fear over tomorrow can disable. Are there any future fears that cause you crippling anxiety? What truth does Jesus share in Matthew 6:34?

In our chaotic last-days world, disillusionment is a tactic of the enemy, one intended to keep us still and silent. How can the simplicity of answering your call and fulfilling the works God has for you (Ephesians 2:10) be your way of pushing back against the rising darkness?

Disappointment can wreak havoc on your faith. When things don't turn out as you envision, consider that you may have forecast a future that God never planned. How can 1 Corinthians 2:9 encourage you?

We must make tentative plans. How can you safely glance at the future to make wise decisions today?

You. Are. Worth. It.

I mentioned how God considers you worth His time and effort as evidenced by His faithful love for you and relentless pursuit of you. How does it impact you to know He has been chasing after you all along?

The worth of an item is determined by the price someone is willing to pay. Do you realize just how valuable you must be to God that He would pay with His Son's life to make you His? Write your prayer of gratitude below.

RATTLING THE GATES TAKEAWAY

Key Point:

You are intended to rattle the gates, not for the gates to rattle you.

Are you a threat to the dark world? Would you say you live your life rattling the gates? If you do, in what ways? Examples may be praying for others, encouraging others, speaking truth, answering your call, etc.

Are you easily rattled? If so, in what areas of your life are you most often affected: areas of service, your marriage, children, career? Give examples.

Are there ways you allow or enable the enemy's continued attacks due to your actions or inactions? How so?

We often give the enemy power over us without realizing it. Read Ephesians 6:10-18. How can putting on this armor daily defend you from future assaults?

Key Point:

You are destined to be a soldier, made for battle, not a babe in the faith.

Read 1 Samuel 17. Because David knew who he was and was confident in the Lord, he stood as a soldier and was able to take on a giant when the babes dressed as soldiers were cowering in the corner.

Babes crumble and cry. Soldiers fight back. Do you consider yourself a soldier, a babe, or somewhere in between? Explain your answer.

During a season of attack, even soldiers can be knocked down and out. The longer you walk with the Lord, are you able to stand more quickly, or do you stay relegated to the sidelines?

Perspective matters. How can you view the enemy's attacks in a positive light? How can they indicate you are indeed on the battlefield, right where you belong?

1 Samuel 13:14 explains why David was able to go on the offensive against Goliath. How can being a woman after God's own heart make you an offensive and not simply a defensive soldier?

How would you describe an offensive vs. defensive Christian?

Offensive:

Defensive:

Key Point:

God's love enables you to stand with boldness.

Read Gideon's story in Judges 6. Do you feel like "just a normal girl" with little to offer? Explain below.

Both David and Gideon had to get beyond how others saw them and how they saw themselves in order to live in the truth of how God saw them. Do you struggle with seeing the you God sees you to be?

Is there someone in your life you see as “real,” someone you know who is bold and has genuinely been transformed by God’s love? What do they exhibit that you want for your own life?

The Battle is His

Read 2 Chronicles 20:1-22. In verse 21, what words did the people sing?

Because they knew by experience that God loved them, they were willing to join Him in the battle, even when they knew they were about to face a multitude. In verse 22, we see that their singing and praising prompted God’s actions on their behalf.

How does knowing God’s love enable you to live out your call and take steps of faith onto the battlefield?

This chapter has often mentioned your call. What if you don't know your call? What if you feel the things you are most gifted to do just don't seem to be "enough" to serve the kingdom? Check out the Live Loved section on the youarelovedbook.com site to read “Live the Call.”

YOU. ARE. LOVED. STUDY RECAP

When you finish a book, it's easy at the end to lose sight of the beginning. This is a great time for reflection. Use the prompts below as a reminder of your love journey.

Scan back through the earlier chapters of your book. Did you underline or highlight specific sections that have made a lasting impact?

If you look back through your previous assignments, were there questions or points where God gave you greater insight?

Have you noticed a change in your walk with Jesus? Do you see a difference in the now-you versus the then-you who began this study?

What hopes do you have for future-you as you continue to plumb the depths of the fullness of the love of God (Ephesians 3:19)?

If you would like to continue with a few more Live Loved chapters, check out the Keep Living the Love Song section to follow. If others have come to mind and you would like to invite them along with you on this journey, read more in the Share His Love pages.

SHARE HIS LOVE

Throughout this journey, have friends or family come to mind who you know would benefit from this study and the impact of knowing God's deep and transformational love? Who has come to mind?

What might it look like if you took on the role of a soldier, stepped out onto the battlefield, and invited those friends to take this love journey with you? God may be prompting you to step out in faith and trust that He can use you to help lead others closer to Him.

You don't need any special training to host a study group at your home, at church, through Zoom, or even at a coffee shop. Since questions are provided at the end of each chapter, it will be easy to read separately and then get together for group discussion. All you need to do is facilitate the conversation and enjoy time with other believers.

All study materials are free and can be found on the youarelovedbook.com website (Book Study – Videos and Assignments), including a free YAL book PDF and the book trailer, which is a heart-stirring tool to use as an invitation.

Though training isn't necessary, sometimes guidance is helpful. If you would like to host a study group and this is your first time, here are a few suggestions:

Before the first meeting:

- Send the link for the free PDF book or online chapters prior to the first session.
- If you plan to ask your group to have particular chapters read in advance of your first meeting, be clear about your expectations, such as what material they should read and that they should highlight meaningful points and be prepared for discussion.
- Read through the material yourself and highlight what you would like to cover. Be prepared with your discussion points. Remember, if it was a concept that resonated with you, it likely will with others too.

At the first meeting:

- Allow time at the beginning for members to get acquainted if you are inviting a broad range of people who do not know each other.
- Consider starting with an ice-breaker question and go around the group asking each person to tell her name, something about herself, and her answer to the ice-breaker question.
- Open the discussion time with prayer.
- Outline your expectations, such as they should read the material, participate in the group discussion when possible, and allow other members a chance to speak.

In general:

- As you move through the material, allow plenty of time for discussion. If you have notes, make sure to include the page number so that you can direct others to the section you're referring to.
- Allow extra time at the end of the meeting for smaller group conversations, if possible. Groups of two or three are often where we find our "few," those with whom we do life and hold one another up and accountable.

CONNECT WITH LISA

Lisa is an author and speaker, a woman filled with words and a heart to share Jesus with others. Her passion is to lead women into an intimate relationship with Jesus, a desire that drives her fiction and nonfiction work.

Her journey to her current life of faith was one filled with bumps and bruises, allowing her genuine empathy toward broken believers and the lost. With her willingness to share even her most embarrassing life moments, Lisa's stories inspire, teach, and make us laugh and cry along with her.

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I would love to hear from you.

– Lisa