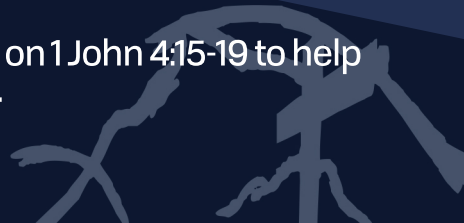


# I AM LOVED

I will focus on and celebrate that I am God's beloved child. That He loved me when I was unlovely, unworthy, and undeserving, that I might begin to see myself through His eyes. That I am a child of God; deeply loved, completely forgiven, fully pleasing and totally accepted by God, chosen by Him to reflect His love and grace.

I will memorize and meditate on 1 John 4:15-19 to help me stay focused on this goal.



# 1 JOHN 4:15-19

<sup>15</sup>If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. <sup>16</sup>And so we know and rely on the love God has for us. God is love.

Whoever lives in love lives in God, and God in them.

<sup>17</sup>This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.

<sup>18</sup>There is no fear in love.

But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. <sup>19</sup>We love because he first loved us.