

# Love Journal



Cindy Mezas & Esther Samboe



# Love Journal

of a true and deep love

## Colophon

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# Introduction

Love. It's a word that's easy to say, but often hard to grasp in its fullness. The Bible tells us that "God is love" (1 John 4:8), and every act of love originates from Him. From creation to redemption, the story of God is the story of His love for us. Jesus Himself said, "Greater love has no one than this: to lay down one's life for one's friends" (John 15:13). God's love is sacrificial, pure, and boundless. Through this journal, we will journey into understanding His love, how to share it, and how to let it shape our lives.

Over the next 21 days, you'll reflect on Scriptures about love, take on daily assignments to express or receive love, and receive encouragement to grow in your relationship with God and others. By the end of this journey, may you feel more rooted in His love, more open to loving others, and more confident in sharing His love with the world.

# How to use this Journal:

Make it a time special to you because you are investing in yourself; this can be any time. Consistency is key, whether it's in the morning to start your day, during a quiet lunch break, or in the evening before bed, at a time convenient to you.

Ask the Holy Spirit to guide and help you, open your heart, and let God reveal His love in a fresh way.

This Journal contains a reading, meditation, and a writing section.

The bible verse of the day is to read and meditate upon. The assignment includes a practical assignment to help you live out the message of love. These activities range from simple reflections to tangible acts.

The 'Speak' section is to be spoken aloud; if there are dotted lines, you can place your name on it. In the prayer section, you also need to speak out because faith comes by hearing and hearing the word of God. The encouragement plus quotes are to think about and reflect upon.

There are journaling pages where you can write down your thoughts and reflect on how the day's theme applies to your life. Journaling helps solidify what you're learning and creates a record of your journey to look back on.

Not every day will look the same, and that's okay. If you miss a day, don't be discouraged—just pick up where you left off. The goal is growth, not perfection. Allow God's love to shape you day by day.





This journal belongs to:



## Day 1: The Greatest Gift of Love

### *Verse to Read: John 3:16*

“This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed; by believing in him, anyone can have a whole and lasting life. God didn’t go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again. Anyone who trusts in him is acquitted; anyone who refuses to trust him has long since been under the death sentence without knowing it. And why? Because of that person’s failure to believe in the one-of-a-kind Son of God when introduced to him.”MSG  
“For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life.” AMP  
“God loved the people of this world so much that he gave his only Son so that everyone who has faith in him will have eternal life and never really die.”CON

### *Meditation:*

God’s love for me is so great that He gave His only Son for my salvation.

### *Assignment:*

Write down what it means to you today that God gave His Son for you. Reflect on this gift throughout the day.

### *Encouragement:*

God’s love is personal and sacrificial. You are worth everything to Him.

**SPEAK**

**I..... AM LOVED**

**PRAYER:**

**PAPA, GOD, HELP ME UNDERSTAND THAT I AM LOVED BY  
YOU IN THE NAME OF JESUS. THANK YOU!**

**QUOTE:**

**THOUGH I SPEAK WITH THE TONGUES OF MEN AND OF  
ANGELS, BUT HAVE NOT LOVE, I HAVE BECOME SOUNDING  
BRASS OR A CLANGING CYMBAL.**

# LOVE JOURNAL

DAY:

MONTH:

YEAR:

TODAY I'M GRATEFUL FOR

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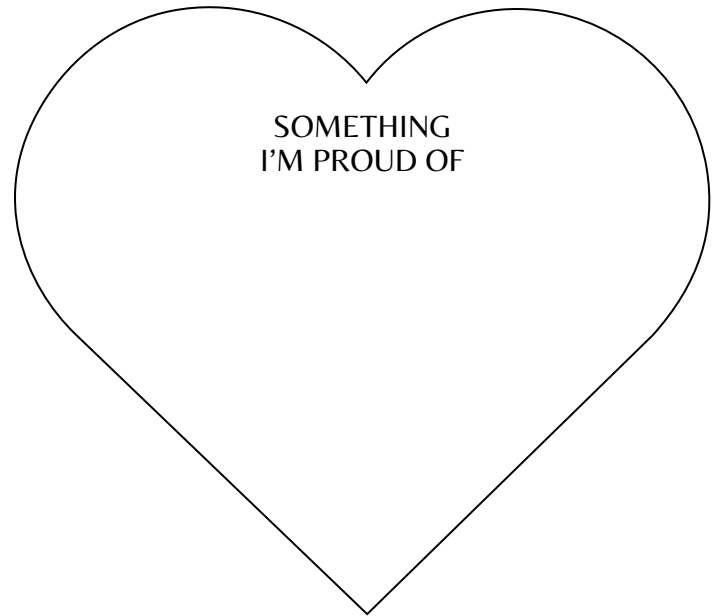
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WORDS THAT INSPIRED ME TODAY

TOMORROW I LOOK FORWARD TO



TODAY'S SCRIPTURE

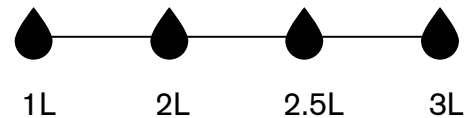
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WATER INTAKE



HOW HAVE I FELT LOVE THIS DAY?

