

LOVE JESUS SOLO TIME GUIDE 1

Intro:

Use this paper as a guide to help you spend time with Jesus at some point this week. Before you start, find a place that's quiet and free of distractions. You'll want to bring a Bible, a journal or scratch paper, and a pen.

Read:

Ephesians 1:4-5

Truth:

You are completely known, and completely loved by Jesus. Spend a minute reflecting on the fact that before God created everything else in the entire universe, He saw you, knew who you would be, and decided that **you** were going to be the focus of His love.

Think/write:

Spend some time thinking through the following questions. Sometimes it helps to write down your thoughts or answers, so consider writing your answers on this page or in a journal – somewhere where you can look back to see what you wrote later.

1. What do you think it means to be the focus of God's love?
2. How is the way that Jesus feels about you sometimes different than the way that you feel about yourself?
3. Why do you think it's important to remember and think daily about how much Jesus loves you?

Activity:

Use a piece of scratch paper to make a list of words that you think Jesus would use to describe you. Which words do you believe about yourself? Which words do you have a hard time believing about yourself?

Pray:

Spend some time talking with Jesus. Thank Him for the way that He loves you, and ask Him to continue to show you all the ways that you belong to Him.