

# Known and Loved

## 7 DAYS TO REMIND YOU OF GOD'S LOVE FOR YOU

### DAY 1 You Are Seen by God

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**REFLECTION:** In Genesis Hagar felt alone and forgotten, yet God met her in the wilderness and revealed Himself as El Roi: the God who sees. The same God sees you today... in your joy, your stress, and your quiet moments. You are never invisible to Him.

**PRAYER:** God, thank You for seeing me, even when I feel unseen. Help me rest in Your love today.

**QUESTION:** Where in your life do you feel unseen? Invite God into that space.

**TRUTH TO REMEMBER:**  
God sees me, even here.

### DAY 2 You Are Chosen and Wanted

"In love He predestined us for adoption..." - Ephesians 1:4-5

**REFLECTION:** God didn't rescue you reluctantly. He chose you intentionally. Before you ever performed or proved yourself, He called you His own. You are not an afterthought; you are deeply wanted.

**PRAYER:** Father, thank You for choosing me because of Your love, not my perfection.

**QUESTION:** Write down the words "chosen" and "wanted." What would it look like to live today as someone who fully believes that's true?

**TRUTH TO REMEMBER:**  
God didn't settle for me, He chose me.



### DAY 3 You Are Fully Known

"You have searched me, Lord, and you know me." - Psalm 139:1

**REFLECTION:** God knows every part of you - past, present, and hidden - and He stays. Being fully known by God is not unsafe; it is freeing. You don't have to hide or pretend with Him.

**PRAYER:** Lord, thank You for knowing me completely and loving me fully.

**QUESTION:** What part of your heart are you tempted to keep hidden from God? Write a short prayer inviting Him into that space.

**TRUTH TO REMEMBER:**  
God fully knows me, and fully loves me.

## DAY 4 You Are Delighted In

"The Lord your God is with you...  
He will take great delight in you...  
He will rejoice over you with singing."  
- Zephaniah 3:17

**REFLECTION:** God doesn't just love you, He delights in you. His love is not conditional or distant. He rejoices over you with joy and tenderness.

**PRAYER:** God, help me believe that You truly delight in me.

**QUESTION:** How would your view of yourself change if you believed God enjoys you? Write a short prayer asking Him to help you receive that truth.

**TRUTH TO REMEMBER**  
God delights in me.

## DAY 5 You Are Not Alone

"Nothing can separate us from the love of God..." - Romans 8:38-39

**REFLECTION:** Loneliness may whisper lies, but God's love never leaves. No failure, fear, or circumstance can separate you from His presence. You are held, always.

**PRAYER:** Lord, thank You for staying with me in every season.

**QUESTION:** When do you feel most alone? Invite God into that space with a prayer of trust.

**TRUTH TO REMEMBER**

Nothing can separate me from God's love.



## DAY 6 You Are Worth Dying For

"While we were still sinners, Christ died for us." - Romans 5:8

**REFLECTION:** The cross declares your worth. Jesus gave His life not because you earned it, but because you are priceless to Him. His love is proven, permanent, and personal.

**PRAYER:** Jesus, thank You for loving me enough to die for me.

**QUESTION:** In what ways can you thank God for His sacrifice and what it means for your worth today? Suggestion: Try writing out a prayer of thanksgiving.

**TRUTH TO REMEMBER**  
I am worth dying for.

## DAY 7 You Are Empowered To Love

"We love because He first loved us." - 1 John 4:19

**REFLECTION:** God's love fills us so it can flow through us. Because He loved you first, you are empowered to love others with grace, courage, and compassion.

**PRAYER:** Lord, help me reflect Your love to others today.

**QUESTION:** How can you show God's love to someone today? Pray for boldness and a loving heart.

**TRUTH TO REMEMBER**

You are fully known and you are fully loved by God.