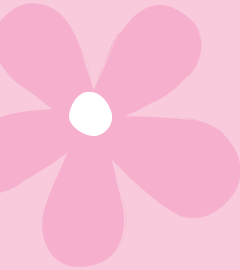
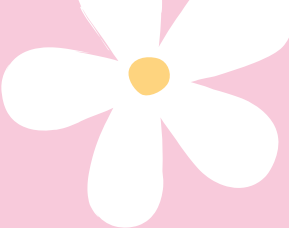
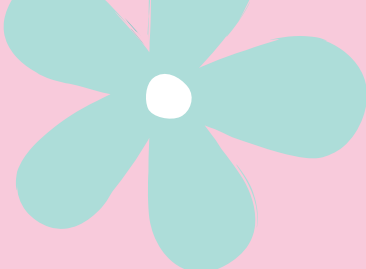




# Reflections journal

— Chapter Eleven —

WRITTEN BY LINSEY DRISKILL

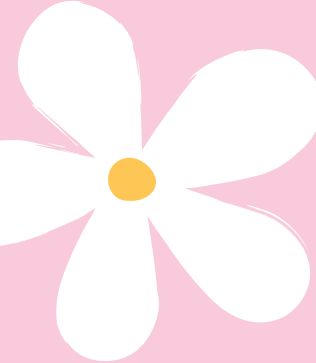
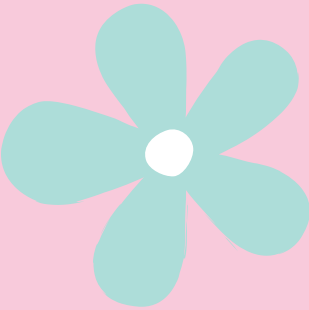
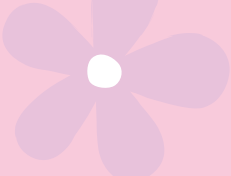


Heart



treasure

**Lord, Thank You  
that I am Seen.**





# Reflections journal

-Chapter Eleven-

# Week one day 1

**AS GIRLS, WE HAVE SO MANY EMOTIONS AND GOD SEES EVERY ONE OF THEM**—when we're sad, joyful, mad, happy, jealous, surprised. One of the cool things about God is that He created us to have all these emotions. Just like a picture painted with different colors, God has painted us with the ability to feel different emotions at different times.

*“There is a time for everything, and a season for every activity under the heavens.”*

**ECCLESIASTES 3:1**

Heart



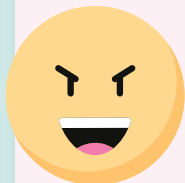
treasure

**Lord, Thank You that I am Seen.**

Thank You that You see all my emotions,  
and that You love me in all of them.

*In Jesus' name, amen.*

**Create emojis that reflect feelings you have had at different times in your life.** The feeling could be mad, happy, surprised, joyful, or any other emotion. Draw a face on each circle and then write the feeling on the line next to the emoji and describe a time you felt that way. *(The first two have been started for you.)*

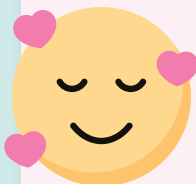


**MAD:**

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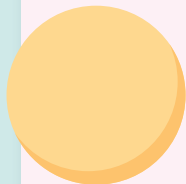


**JOYFUL:**

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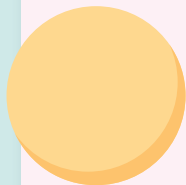
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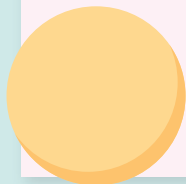
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## Week one *day 2*

**HAVE YOU EVER FELT LEFT OUT?** Everyone has experienced being left out at some time, and it is not fun. On the last page, you described a lot of your emotions. God knows every one of them, including how you feel when you've been left out. When you don't feel seen by others, God sees you and is with you.

*"And surely I am with you always, to the very end of the age."*

**MATTHEW 28:20**

Heart  treasure

**Lord, Thank You that I am Seen.**

Even when I feel unseen by others or left out, I am grateful that You are always with me.

*In Jesus' name, amen.*

When is a time you were left out and how did it feel?

.....

When you feel left out, how does it help knowing that Jesus is always with you and sees you?

.....

For the following situations, write Jesus' words from Matthew 28:20 in the blanks to remind you that He is always with you. The first one has been done for you.

Jesus, I am the only one sharing about You with my friends.

"Surely, I am with you always." —Jesus

I felt left out at school.

"\_\_\_\_\_, \_\_\_\_\_." —Jesus

I feel like I don't fit in.

"\_\_\_\_\_, \_\_\_\_\_." —Jesus

I am nervous about doing this new thing on my own.

"\_\_\_\_\_, \_\_\_\_\_." —Jesus

Write about a difficult situation in your life and then write Matthew 28:20 below it.

.....

.....

"\_\_\_\_\_, \_\_\_\_\_." —Jesus



## Week one day 3

**AN AMAZING TRUTH WE CAN STAND ON IS THAT GOD SEES US AND IS WITH US**, and when we cry out to Him, He hears us. God calls those who believe in Him *righteous*. Those who believe that Jesus gave His life for them are forgiven and righteous in Him. Not because any good we do, but because of what Jesus did for us on the cross. He died for our sins and covered them with His love, and then rose on the third day. So, we are fully forgiven and righteous in Him.

*“The eyes of the Lord are on the righteous,  
and His ears are attentive to their cry.”*

**PSALM 34:15**

Heart  treasure

**Lord, Thank You that I am Seen.**

Thank you for hearing me when I pray to  
You and for Your forgiveness when we  
believe in You.

*In Jesus' name, amen.*

This verse says that the Lord's eyes are on the righteous—what do you think righteous means?

Fill in the blank:

The \_\_\_\_\_ of the Lord are on the righteous.

His \_\_\_\_\_ are attentive to their cry.

The five senses are: sight, hearing, touch, smell, taste. What two senses does God use in this verse?

\_\_\_\_\_ and \_\_\_\_\_

So, if God hears and sees us, it makes sense to take time to pray to Him. Write a prayer sharing how you're feeling to God. Whether it's about being sad, or mad, or happy, or confused—whatever feelings you have, know that He is with you and hears you.



## Week one day 4

**THIS WEEK, WE HAVE LEARNED THAT GOD SEES**

**US, HEARS US, AND IS WITH US.** When I am uncomfortable in a situation, this truth makes me feel loved and more confident, and it can do the same for you. We have God on our side, so we can relax in His arms.

*“Be still, and know that I am God.”*

**PSALM 46:10**

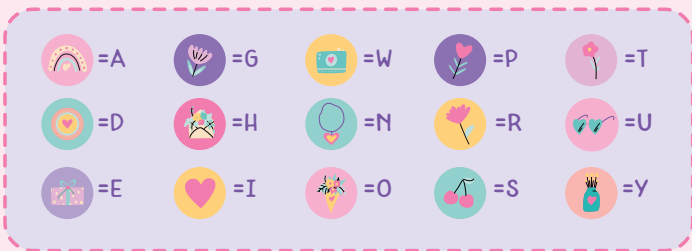
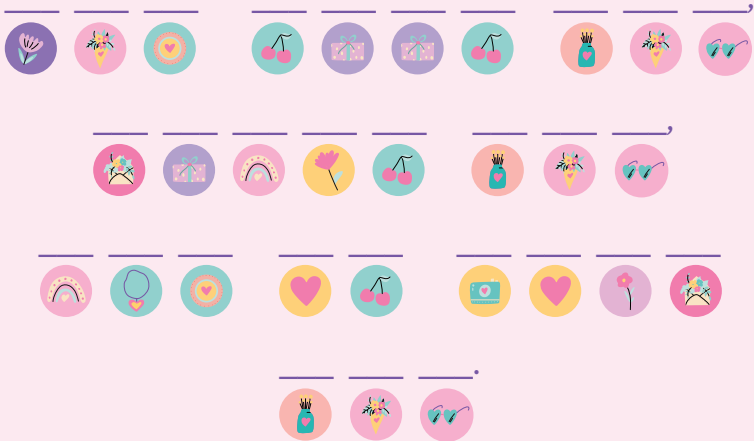
Heart  treasure

**Lord, Thank You that I am Seen.**

When I am in a hard situation, help me to be still and know that You are God, that You see me, and that You love me.

*In Jesus' name, amen.*

DECODE THE PUZZLE to remember a really important truth.



## Week one day 5

**SINCE GOD SEES YOU, HEARS YOU, AND IS WITH YOU,** you can share anything with Him. Even though you might not feel like He sees or hears you, you can have faith that He does. Just as we can't see air but we know it's there, we can also trust that God hears us and sees us. The Lord's love is good and so big for you.

*"Answer me, Lord, out of the goodness of Your love."*

**PSALM 69:16**

Heart  treasure

**Lord, Thank You that I am Seen.**

Help me to always trust and have faith in You. Thank You for answering me out of the goodness of Your love.

*In Jesus' name, amen.*

In Psalm 69:16, David is desperate to hear from God.  
He asks the Lord,

**“Answer me, Lord, out of the**  
\_\_\_\_\_ **of your** \_\_\_\_\_.

Write a letter to the Lord sharing what’s on your heart and  
asking Him to answer you out of the goodness of His love.



## Week two day 1

**IN GENESIS 16, A WOMAN NAMED HAGAR WAS TREATED POORLY AND WAS VERY SAD.** One day when she was by a well of water, an angel appeared to her and encouraged her. The angel told her that she would give birth to a son and to name him Ishmael, which in Hebrew means: "God will hear." Hagar was changed that day because she knew the Lord saw and heard her.

*"You are the God who sees me."*

**GENESIS 16:13**

Heart  treasure

**Lord, Thank You that I am Seen.**

When I am sad, I am thankful that  
You see me.

*In Jesus' name, amen.*

What beautiful truth did Hagar share about God in Genesis 16:13?

He doesn't just see Hagar and other people around you—He sees you too! What do you think about that?



## Week two day 2

**AFTER NOT BEING TREATED WELL, HAGAR SHED HER TEARS BY A SPRING, OR WELL.** Have you had one of those times where you felt hurt and cried many tears too? Know that God sees you in those moments. The well was later called *Beer Lahai Roi*, which means “well of the Living One who sees me.”

*“Jesus replied, ‘Anyone who drinks this water will soon become thirsty again. But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life.’”*

**JOHN 4:13-14**

Heart  treasure

**Lord, Thank You that I am Seen.**

Please refresh my soul with Your love  
that always satisfies.

*In Jesus' name, amen.*

Is there a time you felt like Hagar and were treated poorly?  
What happened?



The well where Hagar shed her tears was  
later called *Beer Lahai Roi* which means well of the

\_\_\_\_\_ who \_\_\_\_\_.

What does John 4:13-14 tell us happens when we seek Jesus to fill  
our hearts and satisfy us?

Jesus also says that the water He gives us becomes a  
fresh, bubbling spring, giving us

\_\_\_\_\_.

In the buckets, write ways you try to satisfy your heart,  
then next to each bucket write ways that God satisfies  
your heart. *The first one has been done for you.*



**CONFIDENT BECAUSE I AM ACCEPTED BY GOD.**



## Week two day 3

### **SOMETIMES WE CAN FEEL JEALOUS OR ENVIOUS,**

wishing we could be more like our friend, or wishing we were best friends with a certain person. It is normal to have feelings of jealousy, but don't stay there. Ask God to replace that feeling with gratefulness and His love. He sees you right where you are and will help you.

*"I have loved you with an everlasting love;  
I have drawn you with unfailing kindness."*

**JEREMIAH 31:3**

Heart  treasure

**Lord, Thank You that I am Seen.**

When I have jealous feelings, remind me  
that I am seen and loved by You.

*In Jesus' name, amen.*



God pursues you and loves you with all His heart.  
This verse says that He has loved you with an

\_\_\_\_\_.

Everlasting means forever. WOW. So, His love for You is forever.  
When you feel down, how can this lift you up?

.....

According to the verse, He has also drawn you with

\_\_\_\_\_.

His kindness to you is never-ending. His love for you is never-ending. While things might hurt our hearts here on earth, He is always there for us. Look up Isaiah 46:4 in your Bible (NIV) and fill in the blanks.

God says that He will do several things in this verse—what are they?

I am He who will \_\_\_\_\_ you.

I have \_\_\_\_\_ you and I will \_\_\_\_\_ you;

I will \_\_\_\_\_ you and I will \_\_\_\_\_ you.

**THERE ARE SO MANY WONDERFUL WAYS GOD PROMISES  
TO HELP YOU. LET HIM FILL UP THOSE EMPTY  
PARTS OF YOURSELF. HE WILL!**



## Week two day 4

**BECAUSE GOD SEES US, WE DON'T NEED TO BE JEALOUS OR ENVIOUS** when someone has something we don't have. We can celebrate them and be happy for them.

*"A heart at peace gives life to the body,  
but envy rots the bones."*

**PROVERBS 14:30**

Heart  treasure

**Lord, Thank You that I am Seen.**

Help me to have a heart at peace and  
to not be envious or jealous.

*In Jesus' name, amen.*

Proverbs 14:30 tells us there are two different kinds of attitudes we can have. What are they?

1. A heart \_\_\_\_\_ and

2. \_\_\_\_\_ (or being jealous)

When we have envy and are jealous, what does this verse say happens?

Envy \_\_\_\_\_.

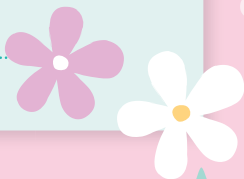
**Eek!** Rots means that something deteriorates or becomes worse over time. So, what do you think it means that envy rots the bones?

When is a time you felt envious or jealous of someone?

Did the jealousy and envy make you feel better or worse?

This verse says a heart at \_\_\_\_\_ gives life to the body.

When we are at peace and content with God, that gives life to our bodies. What do you think that means?



## Week two day 5

**LET'S LET GO OF JEALOUSY!** When you let go of something, it helps to replace it with something. What can we replace jealousy with since we know we are seen and loved by God? Let's look at Proverbs 23:17 to find out:

*"Do not let your heart envy sinners,  
but always be zealous for the fear of the Lord."*

**PROVERBS 23:17**

Heart  treasure

**Lord, Thank You that I am Seen.**  
Help me to always be zealous for You,  
Lord, knowing that You see me.

*In Jesus' name, amen.*

Being zealous for the Lord means you have energy and passion for pursuing the Lord.

**This verse says to always be zealous for the \_\_\_\_\_ of the Lord.**

**Fear of the Lord means having respect and reverence for God.**

What do you think it means to be zealous for the fear of the Lord?

What are some ways you can show God respect and be in awe of who He is?

In the heart below, on the left side that's darker, write sins that can produce darkness and emptiness. On the right side, write things that produce light. A few examples have been done for you.

**GREED  
ENVY  
STEALING**

**SEEKING JESUS  
RESPECTING THE LORD  
LOVING OTHERS**

# Week three *day* 1

**HAVE YOU EVER WORKED REALLY HARD AT SOMETHING OR HELPED SOMEONE** but they didn't seem to notice? That does not feel good. It feels good to be seen and appreciated. But that doesn't always happen. When that doesn't happen, we can remember that God sees and recognizes us. We do not need worldly applause because we are seen by the Lord. In the Sermon on the Mount, Jesus shared many different truths. One day, He hiked to a mountainside, sat down, and taught the crowds. He said:

*"Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven."*

**MATTHEW 6:1-4**

Heart  treasure

**Lord, Thank You that I am Seen.**

Help me to love others so I can honor You instead of just trying to be noticed by others.  
*In Jesus' name, amen.*



It's easy to want to be seen by others when we do right or kind things. But that is not a good motivation. When we do things out of our love for God, we will care less about being noticed or being seen.

Why do you think Jesus said to be careful not to practice your righteousness (or doing right things) in front of others?

What can help us love God and others with a pure heart and not just to be seen and noticed?



COLOR IN THE HEARTS BELOW THAT ARE EXAMPLES OF DOING THINGS NOT TO BE SEEN, BUT OUT OF LOVE.

MAKING SURE  
SOMEONE HEARS THE  
KIND THING I DID.

AFTER I DO SOME-  
THING LOVING, BEING  
FRUSTRATED IF THEY  
DON'T NOTICE.

DOING SOMETHING  
LOVING WITHOUT  
NEEDING PEOPLE  
TO WATCH.

WAITING TO DO  
SOMETHING KIND UNTIL  
SOMEONE IS  
WATCHING ME.

WHEN I START CARING A LOT  
ABOUT SOMEONE NOTICING  
WHAT I DID, PRAY AND  
ASK GOD TO HELP ME  
TO JUST WANT TO  
PLEASE HIM.

DOING SOMETHING  
KIND WITHOUT  
NEEDING SOMEONE TO  
HEAR ABOUT IT.

## Week three day 2

**JESUS CONTINUED TEACHING THE CROWDS ON THE MOUNTAINSIDE.** He talked about people who did things just to be seen by others and to impress them instead of God. Jesus said:

*“So when you give to the needy,  
do not announce it with trumpets,  
as the hypocrites do in the synagogues and  
on the streets, to be honored by others.  
Truly I tell you, they have received their  
reward in full. But when you give to the  
needy, do not let your left hand know what  
your right hand is doing, so that your giving  
may be in secret. Then your Father, who sees  
what is done in secret, will reward you.”*

**MATTHEW 6:2-4**

Heart



treasure

**Lord, Thank You that I am Seen.**

I pray that You are my motivation to love  
others and not being seen by people.

*In Jesus' name, amen.*

In this Scripture, what do you think Jesus means when He says to not let your left hand know what your right one is doing when you give to the needy?

**MATCH UP THE PHRASES BASED ON THE SCRIPTURE.  
WRITE THE LETTER IN THE CORRESPONDING BLANK TO HELP  
YOU DECODE THE PUZZLE BELOW.**

1. \_\_\_\_\_ WHEN YOU GIVE TO THE NEEDY,
2. \_\_\_\_\_ AS THE HYPOCRITES DO
3. \_\_\_\_\_ THEY HAVE RECEIVED THEIR
4. \_\_\_\_\_ BUT WHEN YOU GIVE TO THE NEEDY,
5. \_\_\_\_\_ SO THAT YOUR GIVING
6. \_\_\_\_\_ THEN YOUR FATHER WHO SEES

**D** REWARD IN FULL.

**O** TO BE HONORED BY OTHERS.

**S** DO NOT LET YOUR LEFT HAND KNOW  
WHAT YOUR RIGHT HAND IS DOING,

**E** MAY BE IN SECRET.

**M** WHAT IS DONE IN SECRET  
WILL REWARD YOU.

**G** DO NOT ANNOUNCE IT  
WITH TRUMPETS,

1 2 3 4 5 5 4 6 5

## Week three day 3

### JESUS CONTINUED TEACHING:

*“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

**MATTHEW 6:5-6**

Heart  treasure

**Lord, Thank You that I am Seen.**  
Help me to pray with a sincere heart.  
*In Jesus' name, amen.*

What did Jesus say the hypocrites loved to do?

They love to \_\_\_\_\_ standing in the  
synagogues and on the \_\_\_\_\_ corners  
to be \_\_\_\_\_ by others.

Jesus said that they had gotten their reward, which was others seeing them, which is really not a reward at all. God's approval is far better and more fulfilling than any human approval. Have you tried to impress people to get their approval and to get them to like you? Write about it.

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Based on this verse, if you go into the closet to pray, does God see you?

Of course! He always sees us. Does God mean that we should only pray in the closet?

Of course not, but what point do you think Jesus is trying to make?

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## Week three day 4

**PEOPLE IN THE GALATIAN CHURCH MUST HAVE BEEN STRUGGLING** with trying to please people and trying to gain their approval because Paul talked to them about it. He said:

*“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ.”*

**GALATIANS 1:10**

Heart  treasure

**Lord, Thank You that I am Seen.**

And that I don't have to impress people or win their approval because You approve of me.

*In Jesus' name, amen.*

# God Accepts Me & Loves Me.



## Week three day 5

**AS HUMANS WE WANT TO BE ACCEPTED.** That's a normal feeling. But the problem comes when we care so much about what people think about us that we change who we are to fit in or are too scared to share about our faith.

*"Yet at the same time many even among the leaders believed in Him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue; for they loved human praise more than praise from God."*

**JOHN 12:42-46**

Heart



treasure

**Lord, Thank You that I am Seen.**

Help me to remember this truth so I am  
bold in sharing my faith.

*In Jesus' name, amen.*

There were some leaders who were believers, but because of the Pharisees, what wouldn't they do?

They were too scared to acknowledging their faith  
because they thought the Pharisees would put  
\_\_\_\_\_ of the synagogue.

The leaders were afraid of being kicked out so they pretended that they didn't believe. How do you think the Lord felt about that?

What do you think these leaders should have done?

What was the reason these leaders didn't openly share their belief in Jesus?

They loved \_\_\_\_\_ more  
than praise from \_\_\_\_\_.

When was a time you cared more about someone's opinion of you than what God thought of you?

When was a time you cared more about pleasing God than other people?



## Week four day 1

**JESUS KNEW SOME OF THESE PEOPLE WERE AFRAID OF SHARING THEIR BELIEF IN HIM BECAUSE OF THE PHARISEES.** But read what Jesus said right after that happened:

*“Then Jesus cried out, ‘Whoever believes in Me does not believe in Me only, but in the One who sent Me. The one who looks at me is seeing the One who sent me. I have come into the world as a light, so that no one who believes in Me should stay in darkness.’*

**JOHN 12:44-46**

Heart  treasure

**Lord, Thank You that I am Seen.**  
Be my light. Help me to always follow You.  
*In Jesus' name, amen.*

When we care most about what the Lord thinks, we're living in the light and are free. How do you feel when you get wrapped up in caring about what other people think?

It feels dark, empty, and just bad, right?

But Jesus said that He came into the world  
as a \_\_\_\_\_, so that \_\_\_\_\_ who  
\_\_\_\_\_ in Him should stay in  
\_\_\_\_\_.

Jesus wants all people to believe in Him and come into the light. Jesus didn't make these people feel bad or guilty, but instead, He told them the best news—that He is the light!

IF YOU'VE HAD A TOUGH DAY OR BEEN IN THE DARKNESS,  
TODAY YOU CAN BE IN THE LIGHT!  
GOD GIVES NEW GRACE EVERY MOMENT OF EVERY DAY.

In the flashlight glow, write some fruit and good things that come from being in the light.

## Week four day 2

**WHEN JESUS WAS TALKING WITH HIS TWELVE DISCIPLES,** He said something amazing:

*“And even the very hairs of your head are all numbered. So don’t be afraid; you are worth more than many sparrows.”*

**MATTHEW 10:30-31**

If you aren’t sure if God sees you, this is a sweet reminder that He for sure sees you and knows you in detail.

Heart  treasure

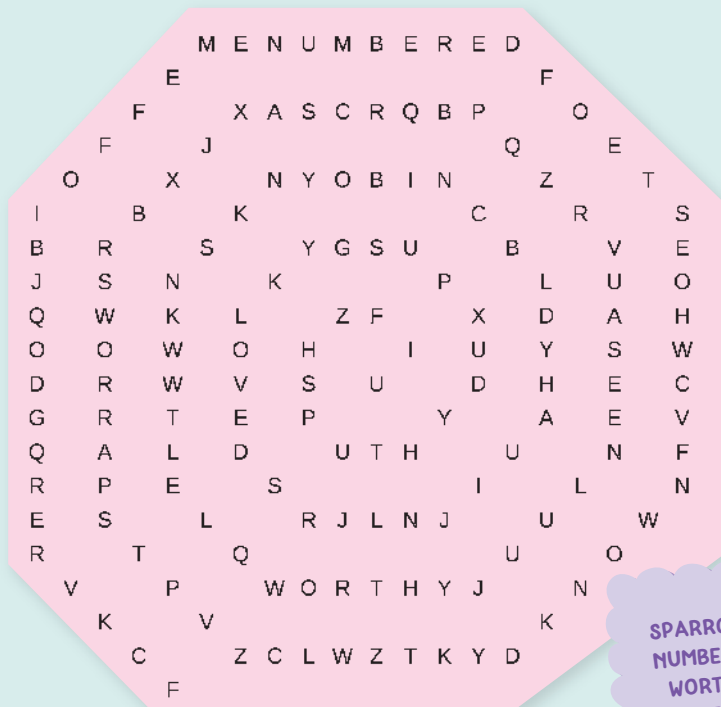
**Lord, Thank You that I am Seen.**

It makes me feel loved that  
You know me so well.  
*In Jesus’ name, amen.*

In this verse, what did Jesus say right before He said to not be afraid?

What does God knowing the number of hairs on your head show about how He feels about you?

**God cares so much about you.** As you search for the words below, relish in and enjoy knowing that you are seen and loved by the Lord.



SPARROWS  
NUMBERED  
WORTHY  
SEEN  
KNOWN  
LOVED



## Week four day 3

**RIGHT AFTER JESUS TOLD HIS DISCIPLES TO NOT FEAR** and that all the hairs on their head were numbered, He said:

*“Whoever acknowledges Me before others,  
I will also acknowledge before my Father  
in heaven. But whoever disowns Me before  
others, I will disown before my  
Father in heaven.”*

**MATTHEW 10:30-33**

Heart  treasure

**Lord, Thank You that I am Seen.**

I pray You will give me the courage  
to always stand up for You.

*In Jesus' name, amen.*

The second part of this verse is intense, but to disown something means to refuse to acknowledge or have any connection with it. So, if someone is disowning someone, what does that mean?

Jesus knew His disciples were getting ready to face a lot of pressure and persecution. So, why do you think He thought it was important to tell them these words in Matthew 10:30–33?

Jesus also says something really beautiful and encouraging.

He says \_\_\_\_\_ acknowledges  
me before \_\_\_\_\_, I will also  
\_\_\_\_\_ before my \_\_\_\_\_ in heaven.

To acknowledge means to admit that something exists. So, if you acknowledge Jesus and don't hide your faith, He sees that and it honors Him. Is there a time you have acknowledged Jesus in front of your family or friends or someone else? What happened?

You can also show your faith in Jesus and acknowledge Him by how you treat others—it doesn't always have to be with words. Just being kind to someone is a way to show your faith and love for Jesus. What are some other ways you can show your love for Jesus?

## Week four *day* 4

### **WE DON'T NEED TO BE FEARFUL THAT GOD SEES**

**WHAT WE DO.** Let it be a relief that He knows us so well and loves us. We can be real and honest with Him—in our weaknesses and sins, and also when we do good things. He wants an honest heart who seeks Him.

*“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and His Word is not in us.”*

**1 JOHN 1:8-10**

Heart  treasure

**Lord, Thank You that I am Seen.**

I need forgiveness for my sins—for the times I haven't loved You or those around me. Please forgive me.

*In Jesus' name, amen.*

**1 John 8-10 is powerful. What is the main point of what John is saying in this verse?**

Let's start from the beginning of this Scripture ...

**John says, if we claim to be without sin, we \_\_\_\_\_  
ourselves and the truth is not in us.**

**In other words, we need to understand that we sin.** If we say we don't sin we are lying to ourselves. If we were perfect, there would have been no reason for Jesus to die on the cross. But because we sin, we need Jesus and His sacrifice. He died on the cross, taking all our sins upon Him, and then rose on that third day so we could have forgiveness!

**If we confess our sins, He is \_\_\_\_\_ and just  
and will \_\_\_\_\_ us our sins and purify  
us from \_\_\_\_\_ unrighteousness.**

**John even says that if we claim we have not sinned, we make  
God out to be a \_\_\_\_\_ and His Word is not in us.**

**Why do you think it is so important to confess our sins to the Lord?**

**If there is a time when you didn't acknowledge Jesus and you felt  
you should have,** just ask God for forgiveness, and know that you are forgiven, accepted, and loved. That is what grace is—receiving a free gift that we don't deserve.

**REMEMBER THAT NOTHING CAN GET IN THE WAY  
OF GOD'S LOVE FOR YOU-IT IS EVERLASTING!**

## Week four day 5

**MY FRIEND, WITH THE LORD, THERE IS NO NEED TO FEAR, NO NEED TO WORRY, NO NEED TO FEEL ALONE.** He sees *you* and knows *you*. As you walk in the light with the Lord, He will bless you and you will reflect His love. When you mess up, bring it to Jesus and know that He promises to forgive you. That's the beautiful part of forgiveness—we are made new in Him and His light will keep shining through us. **THAT** is a reason to rejoice!

*“But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His Son, purifies us from all sin.”*

**1 JOHN 1:7**

Heart  treasure

**Lord, Thank You that I am Seen.**

And thank You, Lord, that as I walk in the light, You will continue to forgive me and bless my relationships.

*In Jesus' name, amen.*

There is a great old song by a band called DC Talk that goes like this:



*I wanna be in the Light as you are in the light  
I wanna shine like the stars in the heavens  
Oh, Lord, be my light and be my salvation  
'Cause all I want is to be in the light  
All I want is to be in the light*



Walking in the light as He is in the light gives encouragement and peace to our souls because it makes us more like the Lord.

Some examples of walking in the light are not gossiping, bringing a new neighbor cookies, reading the Bible, helping your parent with chores, being honest with someone, being bold by sharing your faith, or praying. **In the stars below, come up with some specific ways that you can be in the light as the Lord is in the light.**



The background is a solid light pink color, decorated with numerous stylized flowers of various sizes and colors. The flowers include teal, white, purple, and yellow, each with a simple five-petaled design and a central dot.

**Lord,**  
*Thank You that*  
**I am Seen.**

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