

# I AM BELOVED



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14 DAYS of Living in Christ's Love

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PREPARED BY LYISSA ANDERSON

FOR ALL MY SISTERS



# Introduction

## WHY BELOVED?

Welcome Sister,

I am so glad you are here. I do not believe this landed in your hands by accident, Elder Rasband calls it Divine Design. I believe this is in your hands because our Savior wants to remind you that you are loved. I hope you will take this as a special letter just for you. I pray as you read these truths you will allow them to sink deep into your heart and soul. I pray that you will choose to believe them. I truly believe there is nothing as life changing as living in the love of our Savior, Jesus Christ. I know the Lord loves you and wants you to live every day in that truth. Over the next 14 days I am going to encourage you to live in the truth that you are **beloved**.

But why Beloved? What does it even mean?

**Beloved means - dearly loved or a very loved person.**

In the New Testament there is one person who often mentions how loved he is by Christ, any guess as to who this is?

His name is John, and he is often referred to as John the beloved or the one whom Jesus loved, which is how John refers to himself in scripture. There is a GREAT lesson in this for us.

**John chose to accept the love of Jesus so much that he completely stood in and believed it. This is the message the Lord has for YOU, today. He wants you to live each day in the power of His love. Believe it and say it everyday!**

The Lord wants you to know about His love for you, He wants you to know that nothing can separate you from His love. Did you know that is actually a scripture and promise of the Lord? Scriptures explain nothing can separate you from His love. Nothing! Because He loves you, He made a way for you to be with Him. He wants you to know that He gave His life for you and sent His Spirit so He could be close to you because He loves you so much. But what if we worry we can't feel it? What if we doubt it?



I once heard the reason the spirit speaks in a small voice is because He is so close to us there is no need to be loud! I felt the power of that truth and learned to look for the small quiet impressions and feelings. It's not big and grand. It is like what I show in my video "reality verse expectation" when hearing the spirit. We want something huge and grand, BUT for these next 14 days' notice how you feel, the small gentle promptings from the Spirit. Get quiet, get still and listen and trust His spirit is there.

I pray right now you will pause, be still and take a moment to ponder. Really ponder if your Savior really sent this message JUST FOR YOU? Can you feel it? PONDER - BE STILL! Quiet all the lies from the adversary that are telling you that is weird, or you are not good enough, you are too flawed, you fall too short, you are not enough, you have sinned too much. Satan wants more than anything else for us to question if Christ truly loves us, to question our divine worth, to question our value. But those are lies from the adversary, the father of lies. Remember when Christ was on the earth He went to the sinners, the broken hearted, the sad and alone, the forgotten. Today He is coming to YOU through THIS!!! Whatever you feel or whatever you carry, whether you feel life is great or life is awful and crazy, He is showing up for you TODAY. Right now. This is His note just to you.

My prayer for you is that right now you will feel the presence of our Savior's love in the room with you. Right. Now. Wherever you are. That you will stand in truth of our Saviors promises, if you seek, you shall find. Simply seek to feel His love today and each day as you read. As Alma says even if you can't bring yourself to believe it will happen, if you can simply desire, let that desire work in you and grow. That is my hope and prayer for you. I pray each day for the next 14 days you will feel the closeness and realness of our Saviors love for you. That you will know His presence is as close as your breath. He is that close and nothing can separate you from his love. It is time to start feeling it and living in it. That is why He wanted me to make this for YOU!

I pray in the name above all name, the one who lived and died for you!

The one who knows how many hairs are upon your head.

The one who counts all of your tears.

That you my sister, my friend, will remember you are truly and completely loved, by our Savior Jesus Christ. May you dear one allow yourself to BE-LOVED by HIM.

Love your Sister Lyissa Anderson



# Be-loved

## 14 DAYS OF LIVING IN CHRIT'S LOVE

" Behold, God is my salvation; I will trust, and not be afraid: for the Lord JEHOVAH is my strength and my song; He also is become my salvation. "  
-Isaiah 12:2

### A daily challenge for 14 days

Our beliefs are often a result of our thoughts and words. Well let's take control of our thoughts and words and replace our doubts and fears over the next 14 days! This might seem simple but scripture teaches us by small and simple things are great things brought to pass. A gentleman name Kamal Ravikant experienced this. He was on the verge of taking his own life and simply by saying He loved himself everyday, again and again he was able to reclaim his thoughts. My Mom is a Family Life Coach and she has seen huge changes in youth and adults when they take this challenge to heart.

All you have to do is **Set a TIMER for 1 MINUTE - LOOK at YOURSELF in the MIRROR for the FULL MINUTE and repeat the words, Jesus Christ loves me and I love myself over and over.** As soon as the timer is done you can stop. That is it! Mark it on your paper. Simple right! Yet it is sooo powerful! Not only will you experience the power that Kamal did, by adding the most powerful name of all names you will experience the unmatched power that comes from speaking His name over you! PLEASE don't skip this step. I promise it is worth it. Do not dismiss it because of the easiness of the way.

-----Cut the part off below and tape it to your mirror-----

Set a timer for 1 minute. Look yourself in the eyes and say this again and again until the timer stops.

Jesus Christ loves me  
and I love myself

QUOTE

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DAILY



"Neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

-Romans 8:38-39

## BELOVED Daughter of God You Are LOVED!

Henri Nouwen explains "Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us "Beloved". **Being Beloved expresses the core truth of our existence."**

However you may ask: what about my flaws? My mistakes? My past? My fill in the blank with whatever you worry disqualifies you from the love of Jesus?

I love how Aubrey Sampson explains it, "In God's economy **there is no "because" in Beloved.** There is no dangling carrot in Beloved. There is no if you reach your potential in Beloved. There is no checklist in Beloved. There is no if you do this in Beloved. There is no good enough in Beloved.

Jesus' great love for you simply and profoundly IS, because He is love. Jesus loves you and speaks goodness and delight over you not because you have earned it or achieved it. Simply because you exist you are worth loving.

His love is nothing short of all consuming. His love is a love that triumphs over every darkness and pain from the adversary. Jesus' love is anointing oil. His love is warm. His love is a bandage that binds. His love finds you where you are and lifts you and brings you home, where your hungry, hurting soul can at last find its rest - in Him.

So, breath, little soul. Slow down little heart. What are you striving for? If you have been seeking love and acceptances, you already have it in Jesus! You are already known and accepted. You already have victory in Jesus. So, return to rest, for the Lord has been good to you. It is time to Be loved. My Beloved."

Now sit for a minute and let the truths just spoken fill your soul - feel His love and know what it is like to be-loved by HIM.

## QUOTE

## PRAYER

My Heavenly Father,  
 Help my sisters heart to be open to receive your love. Help that she will let go of the lies that keep her from believing in your love for her. Help her to trust that nothing can separate her from your love. Let her experience the depth and reality of your love for her. Help her to feel the presence of our Savior and know that He is as close as her breathe. In His name Jesus Christ - Amen



# DAY 2

## BELOVED YOU ARE BELOVED

"I have loved you, saith the Lord."

-Malachi 1:2

### BELOVED

Head full of questions, how can you  
measure up?

To deserve affection, to ever be  
enough

For this existence

When did it get so hard?

Your heart is beating, alive and  
breathing

And there's a reason why

You are essential, not accidental

And you should realize

You are beloved

I wanted you to know

You are beloved

Let it soak into your soul

Oh, forget the lies you heard

Rise above the hurt

And listen to these words

You are beloved

I want you to know

You are beloved

Don't be afraid

Don't let hope fade

Keep you eyes fixed on the light  
above

In the heartbreak, in your mistakes

Nothing can separate you from love

**You are beloved**

Song Beloved by Jordan Feliz

### PRAY

Heavenly Father,

Today I pray that the truth of  
these words will sink deep within  
my sisters soul. Father I know she  
has so questions some that go  
unanswered and that she doesn't  
always feel enough or deserving  
of your love, so I pray please let  
these words remind her that your  
love will find her. Help her know  
answers will come. Help her to let  
go of the lies she's heard and  
listen to your word that declares  
that she is beloved. Please feel  
her with your goodness and  
peace. In the name of the Prince  
of Peace, Jesus Christ, Amen.

### LISTEN TO THE SONG

Look up the song

Beloved by Jordan Feliz

As you listen to the song again  
and again let the words seep  
deep into your soul as you try  
and notice HIS love and how  
this song makes you feel!

"I Am A Beloved Daughter of Heavenly Parents."

-YW Theme

YOU are KNOWN and BELOVED

As you read these quotes notice how they make you feel!!!

"God is your Father, **He loves you. He and your Mother in Heaven value you beyond any measure.** They gave your eternal intelligence spirit form, just as your earthly mother and father gave you a mortal body.

**You are unique, one of a kind, made of the eternal intelligence** which gives you claim upon eternal life." - President Spencer W. Kimball

**"You may not have heard the Lord call you by name, but He knows you and He knows your name"** - Sister Elaine S. Dalton

**"I testify to you that God has known you individually for a long, long time. He has loved you for a long long time. He not only knows the names of all the stars, He knows your name and all your heartaches and your joys!"**

- Neal A. Maxwell

**"Your Heavenly Father and Savior Jesus Christ are intimately aware of your circumstances, your goodness, your needs, and your prayers for help.**

Again and again I pray for you to feel Their love for you. Experiencing Their Love is vital." - President Russel M. Nelson

QUOTE

PRAYER

Dear Heavenly Father,

I know that the scriptures testify that you know and love us deeply and individually, please help my sister to come to personally know that you do, and to feel your love for her. I know that the prophet has said that experiencing your love is vital. Father as she strives to accept your love over the next 12 days and the rest of her life help her to experience it in ways she has always hoped. Help her to know that you are aware of her circumstance, feelings, joys, pains, needs, struggles, hopes, dreams and prayers. Help her to feel and know this truth that she has royal spiritual DNA. Help her feel that you love her and are aware of her, in the name of the one who loves us freely, Jesus Christ - Amen

# DAY 4

## YOU ARE NAMED - BELOVED

And God blessed them....and saw every thing that he had made, and, behold, it was very good-Genesis 1:28,31

### YOU ARE KNOWN, BLESSED AND BELOVED

#### QUOTE

Aubrey Sampson said, before Adam and Eve did anything meaningful or note worthy God spoke a blessing over them, simply because they existed and said they were "very good!" God cried out both as a proclamation and a heartfelt response. **Stop and pause and ponder that. Before they did ANYTHING God said they were good.** Sit in that truth. Have you been trying to earn your worth? Have you been feeling like you need to be enough for Jesus and Heavenly Father to love you? That you have to earn their love and blessings?

"They also declare this over you! With divine, delight, affection, and approval they proclaims, "You are very good!" Christ also declared the word beloved over you. In greek that is agapētos which means **special, dear, object of special affection, worthy of love!** In the Hebrew word tov means good. Both terms, mean very good, and beloved and can also be defined as **"precious."**

WOW - you are precious to God! Let me say that again, you are precious.

How can you know if the above is true, think about it, our Savior Jesus Christ came down to earth and gave His life for you! Why because He loves you. By doing that it is as if Jesus made an announcement about you, a broadcast loud for the entire solar system to hear, YOU are worth dying for. Not only did He declare that but followed through because of His deep love for you.

**Take a deep breath and breath those truths in - you are blessed, good and precious to HIM!** Can you feel that truth deep in your soul?

#### PRAYER

My dear Father in Heaven,  
Help the truths said above warm my sisters soul as if a blanket of truth was just placed upon her. Help my dear sister to truly understand that You love her so much. That You have held nothing back from her, not even Your Son, Jesus Christ. Help her to let the beauty of that fill every fiber of her being. Help her to be loved by you as your beloved daughter. Help her to not question if she is blessed or good but to trust the words you have spoken over her. Help her to trust that she is precious to you. Let her stay in this truth all day. In the name of the one who gave His life for her and for me, our Savior Jesus Christ Amen.



"Dearly beloved... stand fast in the Lord, my dearly beloved."

-Philippians 4:1

## YOU Are DEARLY BELOVED

### QUOTE

"The Samaritan woman at the well, had suffered hardships that led her to live as a shamed outcast." I recently learned that when a man divorced a woman she would literally be left out on the street with all of her things. This happened to this poor woman five times. Five times this woman was publicly shamed and humiliated. Five times she was told she was not enough, that she didn't matter. She wasn't wanted. Then she was living with a man who didn't even find her worthy of marrying. This woman is the person who Christ seeks finds and declares who He is too. Someone the world no longer thought was worth anything Jesus shows up and treats her as if she is dear and important to Him, why because she was. Dear means **"beloved and cherished, prized, precious and priceless, valued and treasured."** I wonder when she had last been treated with any form of endearment. He was rebuilding her broken heart and wounded spirit." Even now, I hear Jesus inviting each and every one of us to feel this same truth rest upon us. Do you believe you are dear enough to Him that He will come to you? I hope so because your time to believe it is NOW!

Lisa Bevere also said it this way, "Our God is not closest to you on a mountain, in a city, or even at a church. No individual can keep you from his presence.

**Nothing can separate you from what abides within you.** Nothing can separate you from the invincible love of Christ. There is no who, there is no what. His love cannot be taken, for we have been placed in Christ. There is no disaster large enough to unseat the love of our Prince of Peace. His love is more certain than death and more real than life." Like Jesus did with the Samaritan woman, Jesus meets us where we are. His spirit and love are already within us. **HIS LOVE AND SPIRIT ARE IN YOU AND WITH YOU RIGHT NOW!**

Pause a moment. Can you feel His power, acceptance and endearment?

### PRAYER

Dear Heavenly Father, I want my sister to come to believe that like with the Samaritan woman, Christ will meet her where she is. That He will come to her in any situation that she is in. That He will treat her with endearment. That He notices her even when others do not. That He sees the value in her and that she is dear to Him. I pray she is learning to accept your love. She is coming to believe that she is dearly loved by you. Help her feel Your Spirit and Presence that are already in her. Help her Be-Loved! In the name of Jesus Christ - Amen!

# DAY 6

## BELOVED YOU ARE BELOVED

"I am fearfully and wonderfully made: Marvelous are thy works oh Lord"

- Pslams 139:14

### BELOVED

When I feel torn apart,  
You put me together again.  
When you take away my scars,  
It helps me remember who I am.  
I feel it in my heart.  
Nobody loves me like You do.  
And when the light seems lost,  
You touch my eyes and pull me through.  
When I don't trust myself,  
I trust You.  
You are the only way and truth I'll ever  
need.  
And I know You will never fail me.  
When I'm drowning in my fears  
You set me free.  
Your love reminds me  
The worth of my soul  
Is so much deeper than the oceans  
And brighter than gold.  
Your hands designed me,  
And You'll never let go.  
When I start to forget,  
Your love reminds me.

Your love reminds me. Your Love **Reminds Me** by Nik Day

### PRAYER

Dear Heavenly Father,  
Let your love remind my sister of  
who she is. When she feels  
discouraged, torn apart, sad,  
alone, lost, forgotten, not enough  
may she be reminded of your love  
for her and in so doing remember  
who you are and that you will  
always take care of her. When she  
is drowning in fear may your love  
set her free, when she worries that  
she is not enough may your love  
reassure her that her soul is worth  
more than gold, when she needs  
help may your love remind her of  
who she is - your daughter and  
that you will never leave her.  
In the name of Jesus Christ, Amen.

### LISTEN TO THE SONG

Look up the song

Reminds Me by Nik Day

(2023 youth music)

As you listen to the song again  
and again let the words seep  
deep into your soul as you try  
and notice HIS love and how  
this song makes you feel!

"You are altogether beautiful my darling."

-Songs of Solomon 4:7 NLT

## YOU are a MASTERPIECE Not to be COMPARED to Anything Else

"When God created you He created a masterpiece not meant to be compared to any other creation. The image of beauty you were designed to reach is in front of you.

You are beautiful because you were created in the image of God.

You are beautiful because you're the only one who has what you have.

Who you were made to be is more than enough.

Now go look in the mirror. Take off any worldly lens that has affected the way you see yourself - a lens of insecurity, jealousy, comparison, negativity, self-hatred, or anything else. And stare at your self.

Jesus says -

"You are Altogether beautiful, my darling."

Wow the Lord takes such great delight in you.

Look at the color of your eyes, the strands of hair, and the features of your face. God made you, and you are exactly how He intended you to be. You do not have to "fix" anything or "work" anything. You are already beautiful. He created you to reveal a new image of beauty another side of Himself to the world.

From this day forward, chose to turn your eyes away from the standard of what is "supposed" to make you feel confident and beautiful, and fix your eyes on the One who gives you everything you need to walk into the purpose He has planed for you." - Sadie Robertson Huff

## QUOTE

## PRAYER

Dear Heavenly Father,

Open my sisters eyes to see herself the way you see her. And teach her not to be afraid to believe that she is both beautiful and beautifully made by You. Help her to let go of the lies of the world of what beauty is, help her to see beauty through Your eyes. Help her to see how wonderfully made she truly is. In the name that sees true beauty, Jesus Christ Amen.



# DAY 8

## BELOVED YOU ARE NOT YOUR FEELINGS

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."

-3 John 1:2

### BELOVED the Way You FEEL is NOT necessarily Who YOU ARE

President Nelson said, "Labels can be fun and indicate your support for any number of positive things. But if any label replaces your most important identifiers, the results can be spiritually suffocating... I believe that if the Lord were speaking to you directly, the first thing He would make sure you understand is your true identity. My dear friends, you are literally spirit children of God."

Priscilla Shirer said "We label ourselves so many things and these labels play on a never ending track in your mind, like lyrics form a song. I'm a mistake - dirty - horrible - stupid - worthless - unloved - forgotten - unforgivable - unacceptable - unlovable. If your not careful, little sister, this narrative will define your life. You'll start living down to the names that your circumstances have given you, instead of living up yo the authentic narrative that God has made rightfully yours. I want so desperately to tell you - just because you feel something, have done something, or have been told something, or have experienced something doesn't mean you are something. You are only who the manufacturer says you are. He is the only One with the authority to give you your name. And because He passionately desires for you to understand this, He spelled it out in black and white for you to read and know and believe and implement into your daily life.

This struggle between a woman's God-given identity and the one she often comes to believe about herself is continuous and ongoing. So, right here at your young age, its time to call a thing a things and expose the strategies of the enemy to deceive you, because they're designed to steer you away from your genuine identity. And we're just not having any of that."

QUOTE

PRAYER

Dear Heavenly Father,  
Help her to realize that she is not her feelings, she is not what others have labeled her, she is your daughter. Remove all false labels from her heart. Help my sister to begin today Lord to strive to believe in her God-given identity, guide her and sustain her on this journey. In the name of the good shepherd who leads us along to the truth of who we are , Jesus Christ Amen.

# DAY 9

## BELOVED YOU ARE ENOUGH

"I am encircled about eternally in the arms of His love."

-2 Nephi 1:15

### BELOVED You Are ENOUGH

There are so many voices telling me  
who I should be  
I try to hear through the noises and hold  
onto what I believe  
When I listen closely, I start to open my  
eyes  
And I'm reminded of who I am inside  
I am enough  
I am of worth  
There is a reason I'm here in this world  
I am a daughter, a daughter of god  
I am accepted and wrapped in his love  
I am enough  
When troubles surround me,  
sometimes I start to forget  
But I see it so clearly when I count the  
ways that I'm blessed  
And it helps me remember that I am a  
part of his plan  
And I know that he loves me just the  
way that I am  
I am enough  
I am of worth

"Enough by Nicole Sheahan"

### PRAYER

Dear Heavenly Father,  
There truly are so many voices  
telling her who she should be,  
quite those and help her to  
listen closely to what you say  
about her. Help her know the  
truth that she is enough, she is  
of worth, and that there is a  
reason she is here on this  
earth. Help my sister to feel  
your arms of love incircle her.  
In Jesus Name Amen.

### LISTEN TO THE SONG

Look up the song

Enough by Nicole Sheahan

As you listen to the song again  
and again let the words seep  
deep into your soul as you try  
and notice HIS love and how  
this song makes you feel!

# DAY 10

## BELOVED ONLY GOD CAN DEFINE YOU

"I will call, her beloved which was not beloved."

-Romans 9:25

### YOU Are DEARLY BELOVED

#### QUOTE

"In life you will face all kinds of situations in which the world will try to tell you who you are. People may say that you are not very smart or that you are awkward or that you "have issues" or that your dreams will never come true or that you are worth nothing because of where you came from, who your parents are, the house you live in, or where you buy your clothes.

I beg you: don't let the world tell you who you are. Only God can truly define you. You can find out who you truly are by digging into His word. And one thing you'll find there is that you are royalty. You are a child of the King of the universe. You don't have to be overwhelmed by anything or intimidated by anyone. You're Gods royal daughter, which means you can do whatever He calls you to do. All you have to do is try, and He will do the rest."

Read this and take it personally: The king of the universe created you! You are far from worthless! Don't listen to the voices of others only God can define who you are! You are loved!" - Sadie Robertson Huff

"Simply by virtue of being a child of God, you are loved with a love that is beyond comprehension, a love without boundaries or conditions. You are a child of God, who created worlds without number - and of all those creations you are the pinnacle." - Joni Sorenson

#### PRAYER

My Heavenly Father,

Open my dear sisters heart to the truth that she is created by you the King of the universe. help her to know that she is far from worthless and never could be worthless. Help her to know that the worth of souls is great to you. Her soul is of great worth to you. Help her know that only you can define her and that she is loved. Help her to have a desire for your word, that she will make it a priority. That she will draw closer to you each day through the scriptures and as she does her knowledge of her true identify in you will grow.

In Jesus name Amen.

# DAY 11

## BELOVED FOCUS ON WHO YOU ARE NOT WHAT OTHERS SAY ABOUT YOU

"Thus saith Lord that created thee, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine." "

-Isaiah 43:1

BELOVED DO Not FOCUS ON The Negative Things Others SAY About You

### QUOTES

"One of the biggest things people struggle with is comparison. Why? Why do we do that? Why do we pick ourselves apart? Why do we spend our thoughts and emotions on the things we aren't doing as well as others or aren't doing at all. Why do we define ourselves by what we can't do or don't have?"

Your worth is already established: it is infinite, and that will not change. But the problem isn't that we don't know our self-worth; its that we have a hard time remembering it with all the outside influences in our lives-speaking the loudest through social media.

I believe that the secret to having your best life is fully accepting who you are and loving it. To fully accept yourself, you have to understand and love how God sees you. Our Creator created you perfectly - perfectly different from anyone else. Being different is crucial and incredible! The Lord needs you to be you, not someone else. He needs our differences, our talents, and our quirks; how could His plan work if we were all the same?" - Al Carraway

### PRAYER

Dear Kind Heavenly Father,

I pray that you will remove the comparison lens from my sisters eyes and help her to see herself the way you do. Help her to know comparison is the theft of joy. Please help her to stop comparing herself. Please block the lies of the adversary from entering her mind! I pray you will give her eyes to look for the good in herself. As she focus's on accepting your love, please begin to remove the negative comments from others that are in her heart. Help her to see herself through Your eyes. I ask these things in the name is Jesus Christ Amen



# DAY 12

## BELOVED YOU ARE LOVED

"How precious also are thy thoughts unto me, O God! How great is the sum of them!

If I should count them, they are more in number than the sands:

When I awake, I am still with thee"

-Pslams 139:17-18

### Beloved You Are Perfectly Loved

Who said that you weren't beautiful  
And that you didn't belong in your own skin?  
Who said that you were all alone  
And that you're never gonna find love again?  
So many little words, so many little lies  
That have followed you all of your life  
Looking for the truth, look into your eyes  
And you'll see its been there the whole time  
You're not a problem  
You're not a mistake  
Don't need fixing or solving  
In the arms of His grace  
You're perfectly human  
Made from the dust  
You've got a heart, broken and scarred, yet  
perfectly loved  
Oh, even when you were running  
Even when you were hiding  
Never been a moment that you were not  
perfectly loved  
When you barely believed it  
When your eyes couldn't see it  
Every single moment you've always been  
perfectly loved  
Perfectly loved  
You've always been perfectly loved

**Song Perfectly Loved by Rachel Lampa**

## PRAYER

Dear Heavenly Father,  
She is perfectly loved by you,  
help her to feel that love, help  
her to know that every single  
moment she is loved even  
when she doesn't feel it.  
Help her eyes to be open to  
the different things that testify  
of your love for her. Let her  
rest in the arms of your grace  
and love. In the name of Jesus  
Christ Amen.

### LISTEN TO THE SONG

Look up the song

Perfectly Loved

by Rachel Lampa

As you listen to the song again  
and again let the words seep  
deep into your soul as you try  
and notice HIS love and how  
this song makes you feel!

"The way of the Lord is strength"

-Proverbs 10:29

### BELOVED Knowing WHO You Are Brings STRENGTH

"Now you are here to do what you have been reserved and prepared to do. As I look out at you tonight, I wonder if this is what Helaman's stripling warriors' girlfriends must have looked like! No wonder Satan has increased the intensity of his attacks on your identity and virtue. If you can be dismayed, discouraged, distracted, delayed, or disqualified from being worthy to receive the guidance of the Holy Ghost or to enter the Lord's holy temple, he wins.

### QUOTE

You are young women of great faith. You brought your faith with you when you came to the earth. Alma teaches us that in the premortal realms you exhibited "exceeding faith and good works." You fought with your faith and testimony to defend the plan that was presented by God. You knew the plan was good, and you knew that the Savior would do what He said He would do—because you knew Him! You stood with Him, and you were eager for your opportunity to come to earth. You knew what was going to be required of you. You knew it would be difficult, and yet you were confident not only that you could accomplish your divine mission but that you could make a difference. You are "choice spirits who were reserved to come forth in the fulness of times to take part in laying the foundations of the great latter-day work, including the building of the temples and the performance of ordinances therein."

- Sister Elaine S. Dalton

### PRAYER

My Gracious Heavenly Father,  
Thank you for sending your Spirit in our hearts today. Help her to feel your presence and power as she reads this prayer. Please help my sweet sister to find strength in knowing who she is, in remembering who she was in the preexistence and all that she accomplished there. Remind her that she is Beloved by you. Help her to receive the guidance of the Holy Ghost in her life and to rely on you and your love. Please help my sister to gain strength from your love. Help her to know she was born for this day and has a great work to do. Fill her with your power and direct her. In the name of Jesus Christ Amen.

# DAY 14

## BELOVED REMMBER

"I have loved thee with an everlasting love."

-Jeremiah 31:3

### YOU Are DEARLY BELOVED

#### QUOTE

The Prophet's wife, Wendy Nelson said "sisters it's time to stop comparing ourselves with others. It's time to put away those erroneous views of ourselves and others. The truth is that we are not as hopelessly flawed as we may think, and others are not as perfect as they may appear—all except, of course, our Savior, Jesus Christ. She later continued "How I wish you could watch a 10-minute video of your premortal life on YouTube.... just for a moment, imagine the effect on your life right now if you were permitted to watch 10 minutes of your premortal life. I believe if you could see yourself living with your Heavenly Parents and with Jesus Christ; if you could observe what you did premortally and see yourself making commitments—even covenants—with others, including your mentors and teachers; if you could see yourself courageously responding to attacks on truth and valiantly standing up for Jesus Christ, I believe that every one of you would have the increased power, increased commitment, and eternal perspective to help you overcome any and all of your confusion, doubts, struggles, and problems. All of them!"

Oh sweet sister how I pray this for you. If you could see a glimpse of the goodness inside of you, if you could feel every day that you are loved and allow yourself to be loved by Jesus, He cares about you and loves you beyond anything else. It is my hope that the truth of the words you have read over the past 14 days will sink deep within your soul, that the love and spirit of Jesus has touched you because that is what changes lives, what brings peace despite the chaos and sadness we experience. It is my prayer that you will continue to let His love into your life that you will continue to Be-loved. I love and pray you will feel of and accept the love of Jesus and like John refer to yourself as the one whom Jesus loves!!! **Until we meet again may you forever stand in the truth that you are beloved.** Love your Sister Lyissa Anderson

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#### PRAYER

Dear Heavenly Father, Thank you for filling my dear sisters life with your truth the last 14 days and for reminding her that she is beloved. Thank you for loving my sister with a perfect love, help her to never forget that she is your beloved, and to forever accept your love. Bless her with mentors and leaders that lead her to Christ. Show her examples of what it means to follow You and be a disciple of Jesus Christ. Bless her with friends that will speak truth and love over her life. Help her to live in the truth that she is BELOVED! In the name of the one who makes a way for us to receive your love my we forever live in the rest of your love, Jesus Christ Amen.