

Self-love SEPTEMBER focus on loving God and yourself

SUN

MON

TUE

WED

THU

FRI

SAT



1
Read **1 John 4:19**

2
Meditate on
God's love for us

3
Meditate on His
love for you

4
Look for God's
promises to you

5
Read **Psalms**
139:14

6
List your God-
given talents

7
Read **3 John 2**

8
Read **1 Peter 2:9**

9
Do all things with
Christ Jesus

10
Ask for the Spirit's
help in weakness

11
Be anxious for
nothing

12
Read **Romans**
8:37

13
Meditate on **John**
16:27

14
Treat yourself to
something

15
List reasons to
praise God

16
Read **Ephesians**
2:4-5

17
Do what brings
you peace today

18
Speak kind words
to yourself

19
Read **Romans**
5:8

20
Thank God for His
love

21
List your
blessings today

22
Ask God to guide
you in *His* way

23
Give your
traumas to God

24
Claim **John 10:10**
for your life

25
Seek God's way
in your decisions

26
Live fearlessly
Isaiah 41:10

27
Trust that He will
never leave you

28
Meditate on
Jeremiah 29:11

29
Read **Hebrews**
13:5

30
Read **Philippians**
4:11-13

