

SCRIPTURE JOURNALING

30 Days of Love

Focusing on love is one of the most powerful ways to live a fulfilling and meaningful life. Love—whether for yourself, others, or the world around you—creates connection, joy, and purpose.

encouragement faith hope wisdom love trust

1. Love Deepens Relationships

Love strengthens your bonds with family, friends, and your community. By focusing on love, you cultivate patience, empathy, and forgiveness, which build trust and enrich your relationships.

2. Promotes Self-Acceptance

When you focus on loving yourself, you embrace your strengths and imperfections. Self-love allows you to set healthy boundaries, nurture your well-being, and approach life with confidence.

3. Brings Joy to Everyday Moments

Love transforms the mundane into something meaningful. Whether it's savoring a hug from your child or sharing a laugh with a friend, focusing on love makes life's simplest moments feel extraordinary.

4. Heals and Strengthens

Love has the power to heal emotional wounds and bring peace to your heart. It fosters compassion, helping you let go of resentment and approach life with a forgiving spirit.

5. Models Love for Your Kids

As a mom, prioritizing love teaches your children how to give and receive love, fostering their emotional intelligence and resilience. Your example helps them build strong relationships and value what truly matters.

6. Reduces Fear and Anxiety

When you focus on love, fear and negativity lose their hold. Love encourages you to trust in yourself, others, and the bigger picture, freeing you from the need to control or overanalyze.

7. Creates a Ripple Effect

Love inspires love. By focusing on love, you radiate kindness and positivity, influencing those around you to do the same. This ripple effect can uplift your family, friends, and community.

8. Strengthens Your Faith

For many, love is a spiritual practice that connects them to a higher power. Focusing on love deepens your sense of purpose and reminds you of the beauty and goodness in the world.

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1 Romans 12:9

“Let love be genuine. Abhor what is evil; hold fast to what is good.”

2 John 13:34–35

A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another.”

3 Isaiah 54:10

“For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you.”

4 1 Timothy 1:5

“The aim of our charge is love that issues from a pure heart and a good conscience and a sincere faith.”

5 2 Corinthians 5:14

“For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died.”

6 Romans 8:35

“Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword?”

7 1 John 3:1

“See what kind of love the Father has given to us, that we should be called children of God; and so we are.”

8 Song of Solomon 8:7

“Many waters cannot quench love, neither can floods drown it.”

9 Psalm 136:26

“Give thanks to the God of heaven, for his steadfast love endures forever.”

10 2 Thessalonians 3:5

“May the Lord direct your hearts to the love of God and to the steadfastness of Christ.”

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11 Psalm 63:3

“Because your steadfast love is better than life, my lips will praise you.”

12 Proverbs 10:12

“Hatred stirs up strife, but love covers all offenses.”

13 1 John 3:16

“By this we know love, that he laid down his life for us, and we ought to lay down our lives for the brothers.”

14 Colossians 3:14

“And above all these put on love, which binds everything together in perfect harmony.”

15 Deuteronomy 6:5

“You shall love the Lord your God with all your heart and with all your soul and with all your might.”

16 Psalm 103:8

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.”

17 Galatians 5:14

“For the whole law is fulfilled in one word: ‘You shall love your neighbor as yourself.’”

18 1 Peter 4:8

“Above all, keep loving one another earnestly, since love covers a multitude of sins.”

19 1 John 4:18

“There is no fear in love, but perfect love casts out fear.”

20 John 14:15

“If you love me, you will keep my commandments.”

SCRIPTURE JOURNALING
30 Days
of Love

21 Romans 5:8

“But God shows his love for us in that while we were still sinners, Christ died for us.”

22 1 Corinthians 16:14

“Let all that you do be done in love.”

23 1 John 4:7

“Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God.”

24 John 15:13

“Greater love has no one than this, that someone lay down his life for his friends.”

25 John 3:16

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

26 Matthew 22:37-39

“And he said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself.’”

27 1 Corinthians 13:4-5

“Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful.”

28 Romans 13:10

“Love does no wrong to a neighbor; therefore love is the fulfilling of the law.”

29 1 John 4:8

“Anyone who does not love does not know God, because God is love.”

30 1 John 4:19

“We love because he first loved us.”