

# EQUIPPED TO FOLLOW: Part 9

## How do I know I'm loved

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### OPEN IN PRAYER

Invite someone to open in prayer, inviting the Holy Spirit to move and speak.

### DISCUSSION

1. Go around the group asking everyone to share something that stood out for them or something they've been thinking about from the video.
2. What are the kinds of things that cause you to *feel* unloved? [*Leaders, create a list of all the kinds of things that cause people to feel unloved by God.*]
3. Now we need to learn to replace these with what is ACTUALLY true! For each of the reasons stated above, find and read a corresponding truth about God's love.
  - a. For when we feel UNWORTHY: **Romans 5:8**
  - b. For when we're feeling CONDEMNED: **Romans 8:1**
  - c. For when we've SINNED: **Romans 5:20**
  - d. For when we don't FEEL God's love: **Ephesians 3:17b-19**
  - e. For when we're under SPIRITUAL ATTACK: **Romans 8:38-39**
  - f. For when we're going through TOUGH TIMES and we feel ALONE: **Isaiah 43:2**
  - g. For when we're feeling ANXIOUS: **1 Peter 5:7**
  - h. For when we feel ALONE: **Psalms 139:7-11**
  - i. For when we feel AFRAID: **1 John 4:18**
  - j. Are there other verses you can encourage each with?

### PRAYER

Invite people to turn to a verse above that they found meaningful and then to pray it.

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