



begin

WEEK 2



week two

You are Loved by God



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WEEK 2: YOU ARE LOVED BY GOD

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Overview

God's love is unconditional, unchanging, and deeply personal. Understanding this love gives us confidence in our relationship with Him. It means we're loved not because of what we do, but because of who we are as His children. This love forms the foundation of our identity in Christ and empowers us to live confidently.

Opening Questions

Take a moment to reflect on this past week and today's theme and discuss the following with questions with those around you:

What did you learn last week? What did you learn through this week's practice and reflection activities?

When you think about being loved by God, what emotions or thoughts come to mind?



Teaching

Section 1: Our Identity in Christ

Who we are is shaped by **God's love and grace**. We don't earn salvation—it's a gift we receive through faith. Because of Jesus, we are **God's beloved children**, and His love gives us a **new life**. This should change how we see ourselves and how we relate to others. When we truly understand God's love, we can live with confidence and security in Him.

Key Points:

- Ephesians 2:8-9 reminds us that we are saved by grace through faith, a gift from God, not by works. Faith is an act of trust and reliance on Him.
- Ephesians 2:1-5 shows that while we were dead in sin, God, out of His great love, saved us through grace and gave us new life in Christ.
- Romans 5:8 reveals that Christ's sacrifice on the cross is the ultimate demonstration of God's unchanging, immeasurable love.
- When we receive Christ, we become God's children, fully accepted and cherished by our perfect Father. (John 1:12)
- Our identity is not defined by our successes, failures, or the opinions of others but by God's love and grace. We are cherished, forgiven, and secure as His children.

Reflection

Write down 5-10 words / phrases you would use to describe yourself. Be honest - include both strengths and weaknesses, as well as any defining labels or roles.

How do these descriptors influence the way you see yourself daily?

Scripture Study

- **2 Corinthians 5:17** – “Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!”
- **John 1:12** – “Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God.”
- **Ephesians 2:10** – “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”
- **1 Peter 2:9** – “But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.”
- **Romans 8:1** – “Therefore, there is now no condemnation for those who are in Christ Jesus.”
- **Colossians 3:3** – “For you died, and your life is now hidden with Christ in God.”

After you review these Scriptures, reflect and discuss:

- Which verses impact you the most? Why?
- Are there any descriptors you wrote above you feel God is calling you to redefine based on your identity in Christ?
- How does embracing this identity change your actions, relationships, or sense of self-worth? m and seek to establish our own.

Write a new list

Write 3-5 new words or phrases that reflect who you are in Christ based on your reflection and discussion of Scripture.

Do you ever doubt if your relationship with God is secure? If so, what do you think makes you feel this doubt?



Close in prayer

Ask God to help you fully embrace your true identity in Christ and let go of any self-perceptions that don't align with His view of you.

Section 2: Confidence in our Relationship with God

Our confidence in God comes from **His unchanging love and the truth of His Word**.

Ephesians 3:17-19 reminds us to be “rooted and established in love,” trusting in how deep and wide Christ’s love is for us. Our feelings may change, but God’s love and promises never do. The Bible shows us who God is and reminds us that we are **chosen, known, and loved**—giving us security even when we have doubts.

Key Points:

- God’s love provides a secure foundation, as described in Ephesians 3:17-19, enabling us to stand firm in faith even amid struggles or doubts.
- John 15:16 highlights that our relationship with God is based on His choice and love, not our performance. This gives us security and confidence.
- The Bible is the unchanging, God-breathed truth (2 Timothy 3:16-17) that teaches, corrects, and equips us, offering assurance of God’s promises.
- While emotions are important, our relationship with Christ is grounded in the truths of God’s Word, not in fluctuating feelings.
- Hebrews 4:16 invites us to come boldly to God, assured of His love and faithfulness, even when we face doubts or challenges. We can approach God with confidence.

What would change in your life if you lived each day fully trusting that God loves you and is with you?

How can you rely more on Scripture when doubts or insecurities arise?

Do you currently have other believers in your life that you can talk through your doubts with? If so, who are they? (If not, let us know. We want to help you get connected.)





Section 3: Developing a Practical Relationship with God

Our confidence in being **chosen by God** grows through a daily relationship with Him. Jesus calls us to **love God with all our heart, soul, and mind** (Matthew 22:37-38), which means putting Him first. We grow closer to God through **prayer, reading the Bible, and worship**, allowing His love to shape our lives. As we spend time with Him, we find strength, purpose, and learn to reflect His love in our daily lives.

Key Points:

- Matthew 22:37-38 calls us to love God with all our being, putting Him first in every area of life.
- Fellowship involves spending time with God, which allows us to know Him more, and gives an opportunity for His love to transform us.
- There are many practices that can help us commune with God. Some of them are:
 - ◊ Prayer: Share your heart with God and invite Him into your life.
 - ◊ Scripture Reading: Learn about God's character, promises, and His desires for your life.
 - ◊ Worship: Express love and gratitude to God, keeping your focus on Him.
- These practices connect us to our identity in Christ, reminding us that we are in a relationship with a loving God who equips us for the journey.
- Deepening our love for God helps us better love others and live in alignment with His will.

Section 4: Empowered by the Holy Spirit

We are not meant to live by our own strength. Jesus promised the **Holy Spirit** to guide, strengthen, and empower us (Acts 1:8). The Holy Spirit is **God's presence within us**, filling our hearts with His love (Romans 5:5) and shaping us to reflect His character (Galatians 5:22-23). Through Him, we find confidence, overcome challenges, and live as God's beloved children.

Key Points:

- The Holy Spirit is God, a member of the Trinity, and He lives in us, and guides, strengthens, and empowers us for daily life (Acts 1:8).
- Romans 5:5 reminds us that God's love is poured into our hearts through the Holy Spirit, helping us experience His love deeply.
- The Holy Spirit shapes our hearts and lives to reflect Christ, producing the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Galatians 5:22-23).
- The Spirit helps us overcome doubts, insecurities, and fears, grounding us in our identity in Christ.
- With the Holy Spirit's empowerment, we can live confidently, secure in our identity, and make a meaningful impact in the world.



Teaching Notes

As you watch the video, use this page to take notes.

Practice and Reflection

This week, take some time to practice what you've learned and to spend time in reflection.

Daily Reading & Prayer Plan

Each day includes a short passage from Scripture, a reflection question to help engage with the text, and prayer prompt. As you prepare to engage the Scripture daily, consider the following steps:

- 1. Read** - read the passage slowly - consider reading it 2-3 times, and reading it out loud at least once
- 2. Observe** - ask questions of the text. Who wrote this text? Who are they writing to? What's happening? Where is this happening? When? Write down your observations
- 3. Interpret** - based off the observations you just made, what is the intended meaning of this text?
- 4. Apply** - consider how you should respond to what you've read. Answer the reflection prompt provided if that's helpful
- 5. Pray** - thank God for what He's shown you and pray to faithfully live it out. Use the provided prayer prompts to guide you.

Day 1: 1 John 3:1-10

- Reflection Question: What does it mean to you to be called a child of God, and how does that shape your identity?
- Prayer: Father, thank You for loving me so deeply that You call me Your child. Help me to live in a way that reflects my identity in You, turning from sin and embracing Your love and truth each day.



Day 2: Romans 8:31-39

- Reflection Question: How does this assurance of God's love encourage you in moments of fear or doubt?
- Prayer: Lord, thank You for the unshakable promise of Your love. When I face fear or doubt, remind me that nothing can separate me from Your love and that I can rest securely in Your care.

Day 3: Psalm 136:1-12

- Reflection Question: How do you see God's steadfast love at work in your life today?
- Prayer: God, I thank You for Your enduring love that never fails. Help me to see the evidence of Your love in my life and give me a heart of gratitude for all You've done.

Day 4: John 15:9-17

- Reflection Question: What does it look like to remain in God's love daily? How can you love others in the same way?
- Prayer: Jesus, thank You for loving me with the same love the Father has for You. Teach me to remain in Your love and to show that love to others through my actions and words."

Day 5: Zephaniah 3:14–17

- Reflection Question: How does knowing that God delights in you change the way you view your relationship with Him?
- Prayer: Lord, thank You for rejoicing over me with love and delight. Help me to see myself through Your eyes and to rest in the truth of Your constant presence and care.

Day 6: Ephesians 3:14–21

- Reflection Question: What aspect of God's love stands out most to you, and how can you embrace it more fully in your life?
- Prayer: Father, I pray to know the vastness of Your love in my heart and mind. Fill me with the fullness of Your presence so that I may live boldly in the assurance of Your love."

Day 7: Isaiah 43:1–7

- Reflection Question: How does knowing you are God's treasured possession give you confidence and peace?
- Prayer: Lord, thank You for calling me by name and claiming me as Your own. Help me to trust in Your promises and to walk in the confidence that I am loved, redeemed, and precious to You."



Next Step Goal

Write a new next step goal. Remember, setting a “Next Step Goal” each week is a way to apply what you’ve learned and build habits that deepen your relationship with Him. Be sure to write a SMART goal: specific, measurable, achievable, relevant, and time-bound.

Writing Your Next Step Goal

1. Reflect: Think about what God is teaching you this week. Ask yourself:

- ◇ What is one way I can grow closer to God based on what I’ve learned? How can I spend time with God daily this week?
- ◇ Is there a specific area in my faith where I feel God is prompting me to take action?
- ◇ Is there an act of obedience I’ve been feeling called to take, like baptism, joining a group, or serving?
- ◇ How can I practice what I’ve learned in this week’s teaching?

2. Write Your SMART Goal: Use the space below to write your goal for the week.

3. Plan Your Steps: What do you need to do to accomplish this goal? Write down any practical steps or resources you’ll need.

Scripture Meditation and Memorization

Choose a verse(s) from this week's Scriptures, like Romans 8:38-39, and spend 10 minutes meditating on it each day. Let this truth sink in deeply, reminding you of God's unshakable love. Try and memorize the Scripture. Use the following resource to aid you in your Scripture memorization:



<https://thechapel.com/scripture-memorization/>