

# CG's Diary

This is a diary for preteens and those who still enjoy colouring and being encouraged, inspired and equipped to stand strong in the identity of who they were made to be.

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CG's Diary

Claire Davies



# CG's Diary





For \_\_\_\_\_

You are beautiful, valuable and loved!

From \_\_\_\_\_

Scripture taken from the Holy Bible,  
NEW INTERNATIONAL VERSION(R), NIV(R)  
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22nd of January 2026 © Claire Davies  
[claire@wordhopeart.com](mailto:claire@wordhopeart.com) [www.wordhopeart.com](http://www.wordhopeart.com)

For you.



"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. Jeremiah 29:11



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Handwritten text in a cursive script, possibly reading "Handwritten" or "Handwritten".

This CG's Diary belongs to:

Name: Sarah means princess, my Dad is the King.  
CG's means Christ's girls, bc we belong to Him.

Best friends: Jesus is my best friend

WE ARE KINGDOM GIRLS AND NO ONE CAN STEAL  
THE LOVE OF GOD OUR ABBA (DAD) AWAY FROM US!

My hobbies: Long-board, sport, acting, writing and drawing

Fave colour: Purple, neon pink, neon yellow and sky blue

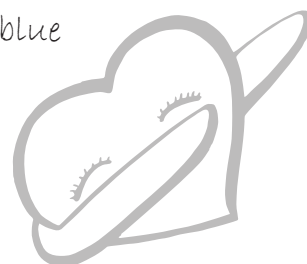
Fave animal: Love them all, wild cats. Lion.

Things I like: smiling people, pizza, friends

Things I don't: arguments, lies and bullies

Good stuff in me: quick to listen, slow to anger... Well that's what I'm  
told I should aim for. I can make people laugh.

Pic point: draw a picture of a princess





This Diary belongs to:

Name: \_\_\_\_\_

Best friends: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your hobbies: \_\_\_\_\_

Fave colour: \_\_\_\_\_

Fave animal: \_\_\_\_\_

Things you like: \_\_\_\_\_

Things you don't: \_\_\_\_\_

Good stuff about you \_\_\_\_\_

Pic point, stick your foto here or draw a picutre of yourself:

You are a princess, a child of the Most High God, too.

## Friends

Dear God, I'm calling you Abba because you are my Dad. You made me. Jesus called you Abba too, which means Daddy. Thank you for giving me this diary. There is so much space for me to doodle too, I love it! And, there are just some things that I can only talk to you about. I think it's good to write down what happens in life, how we feel and what we learn from it all.

Thank you for my family, thank you for my friends.

God will show us the way. We can trust Him.

Jesus Christ

Even if things are hard, He is with us and if we look to Him and not ourselves, that helps us to get through the toughest of times.

I am grateful for people who speak truth in kindness.  
Kindness is something that seems missing much of the time.  
So when someone is kind, that is like a ray of sunshine. Thank you.

Grateful



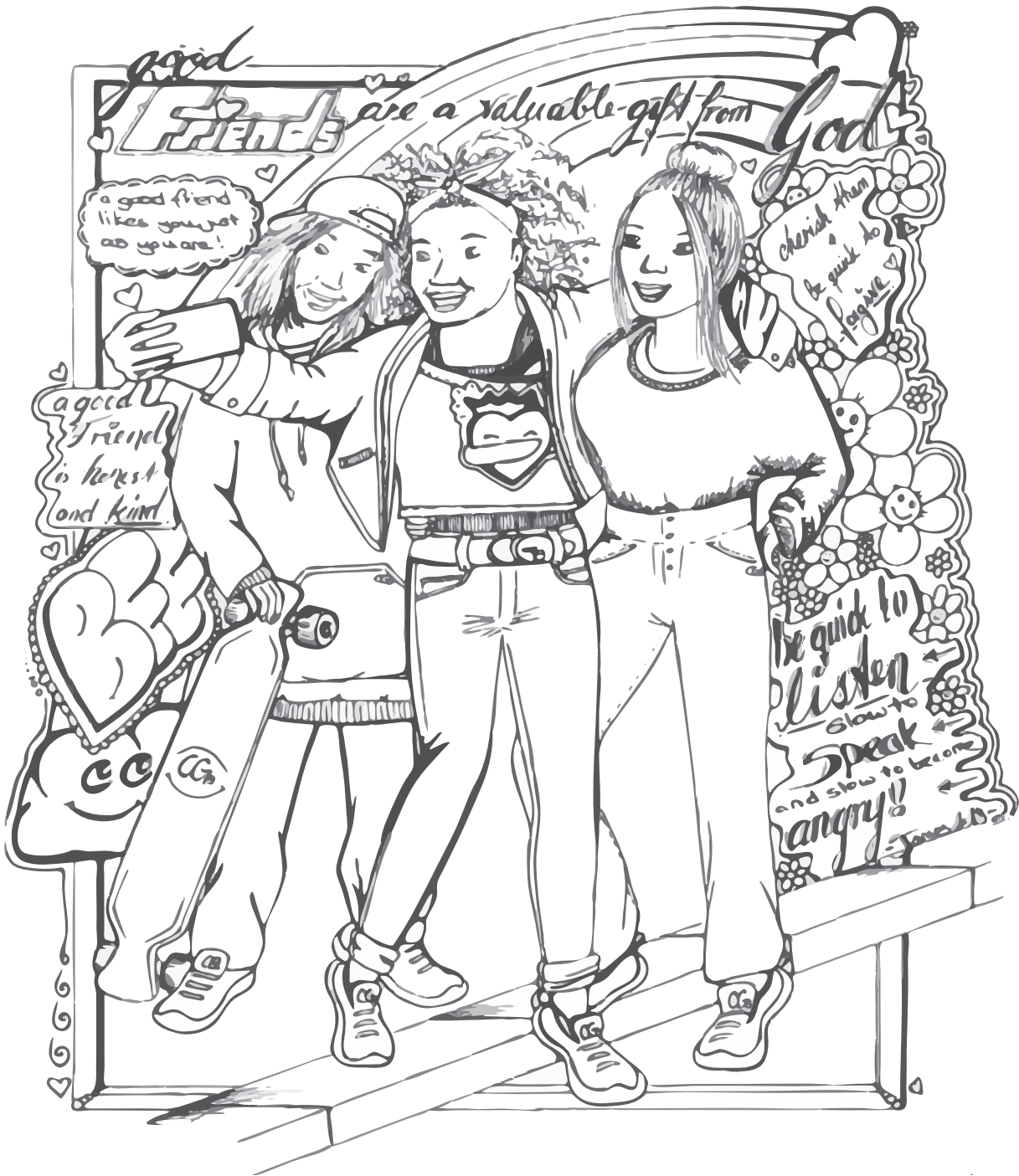


Write about the things you like

Date

What are you grateful for?

Who is Jesus to you?  
If you don't know, ask  
Him to show you.





Draw a picture of your friends

If you're not sure who your friends are, draw a picture of Jesus. He is THE best friend, he is always with you, he listens to you, he loves you and knows all about you. He will never leave you, even when you feel like you are on your own, he is there with you. Especially when things get difficult. Knowing that will give you peace, no matter what happens around you. People have their own free will, some might hurt you, but Jesus will help you deal with it all.

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.

James 1:19



Thank you Abba, for people who know how to calm us down when we are upset or angry.

By reading the Bible we can find out who we are and what our identity is in Christ. We will read about God's love for us but also He will show us the things that we need to stop doing. Because doing these things causes harm.

I know that I am loved by God and that He has made me wonderfully. His idea for me was good, even before I existed. Some things that happen hurt us but that is not from God, those things try to keep us away from God.

We can decide to love Him anyway and trust Him to defend us. We don't have to defend ourselves. We don't need to be offended by others who don't know better.

**I am OK. You made me. You have a good plan for my life. You put this character in me for a reason. You love me. You will do something good with me and all that I am.**

Sometimes we are not ok at all. That is ok.  
God can handle us, even when we get angry. We can tell him all about it.  
Because that helps us to let off steam.  
It helps us to see the situation from a new perspective.

Reminder:

I Trust you God, dear Abba!

if someone angers or upsets me I  
can talk to you about it. You will  
give me peace, even if the other one  
doesnt change, I can deal with it.

Good things about you:

Date

Things that you would like God to help you stop

Find something good in it

God doesn't stop us from doing bad things, He teaches us how we can stop ourselves. Because we always have a choice. If He just stopped us, we would be puppets. But He loves us and wants us to learn to trust Him.

**Reminder: TRUST GOD!**





Draw your family, now or possible future

If you forgive others, God will forgive you!

Dear Abba

Forgive me for not forgiving others. I want to forgive them. I know that not forgiving them only keeps me captive. Captive to thinking about what they have done to me over and over again. I want to be free of that. I want to forgive them and remember all the times that you have forgiven me. I am so grateful that you have forgiven me so many things. So I can forgive others too.

Most of the time they don't know what they are doing.  
Please forgive and bless them too.  
Thank you Abba.

Forgiveness does not mean it was okay! It means I have given it to God and trust that He will deal with it. He will teach them and heal me too. I can find comfort and healing in Him.

Speak what is true, kind, gentle, loving, encouraging, things that bring life over others and your own thoughts.

There is an enemy that tries to make us believe that we are not good enough, don't listen to that. Likewise thoughts and opinions that degrade or attack others, they are not from God. Do not speak them. Replace them with the truth of God. Love.

The truth of God never changes. The more you know your Bible the more Holy Spirit can teach you about that. You need to speak to Him and communicate with Him in order to find out what His will is about something. You can just ask Him, He will give you an idea, or you will suddenly understand something.

**FORGIVE**

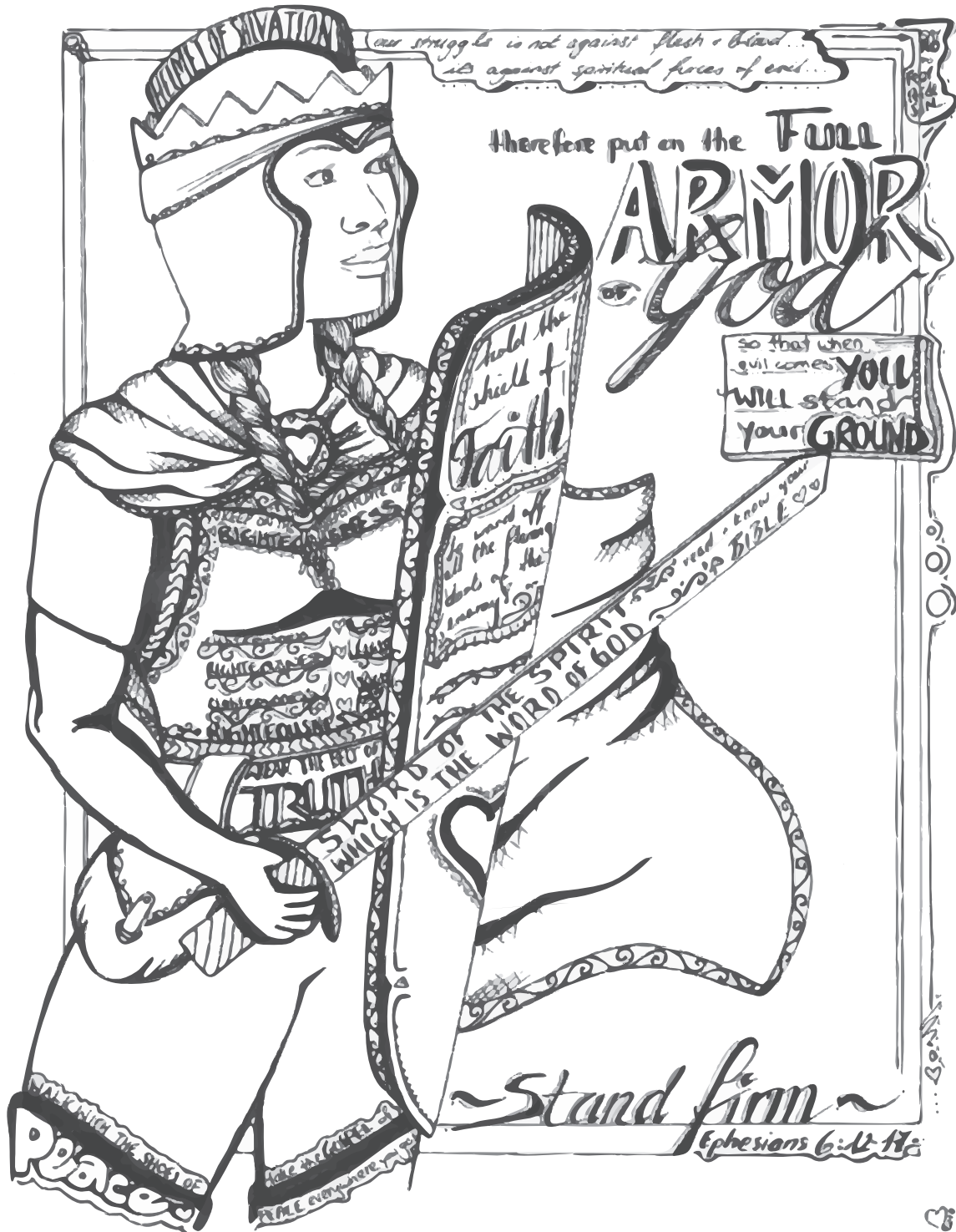
Who do you need to forgive?

What do you need to admit to  
and ask forgiveness for?

### Reminder:

Jesus can help you, ask him!  
He can help you to do things better next time.  
He was punished for all you've ever done wrong  
so that you can be close to God, just because

**He loves you!**





For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests.

Ephesians 6:11-18

## STOP, think & pray

Is there anything going on that you find difficult?  
Or people you struggle to stay calm around?  
You can just take a moment, breathe, and wait.

Stop, think & pray. You will find  
peace for your soul that way.

Jesus says that you will find peace for your soul if you come to Him and take on His yoke. That is what was used to span between two animals that pulled a plow. to turn the soil around in a field and get it ready for planting seeds. In life we can feel like we are weighed down by a heavy yoke, like the one on the other side isn't helping and we have to carry the whole weight by ourselves. Jesus says that when we trust Him with everything and spend time with Him, we can be yoked to Him and His yoke is easy, His burden is light. He helps us carry the load.

God plans to give you a  
Have you ever noticed how you act a certain way around some people? Do you do things you would not usually do, just because they are there? You don't need to be someone else around them. If they don't like you for who you are, in your character, then you don't have to spend time with them. Sometimes we have no choice, but even then, you can know within yourself that you are loved and God has a good plan for you. You do not need to agree with them.

Stop, think, pray and WAIT.  
What does this mean for you?

Wait for God's timing = God is always on time

### PRACTICE SELF-CONTROL

REMEMBER this whenever you REALLY want something you just know isn't right. REMIND yourself and WALK AWAY!!!

BE STRONG - TRUST - HAVE FAITH!!!



Draw a 'Well Done' rosette or medal  
as a reminder that you CAN stop yourself!

Sometimes, when we get angry, we can tidy, or rearrange our room, do sport or create something. That way the anger is channelled into something good.

**Do to others as you would have them do to you!**  
Luke 6:31

If someone lies to you, don't be offended. Ask the Holy Spirit to show you how you can pray for them.

People who lie, usually do so because they are insecure. Afraid of what others think. At some point in life, they have experienced that others reacted in a hurtful way, when they were sincere and honest. So lying is a form of self-protection. They hide behind it because they believe the truth will hurt them.

Sometimes the truth really does hurt, if we have done something we know we shouldn't. Then it is best to just admit to it. We all make mistakes and even if there is no one else we can safely tell the truth to, we can talk to God about it. He knows it anyway. And he will help us to be honest towards others.

Note to self:

Instead of worrying and stressing about it:

pray about it!

Abba, I think you're smiling...

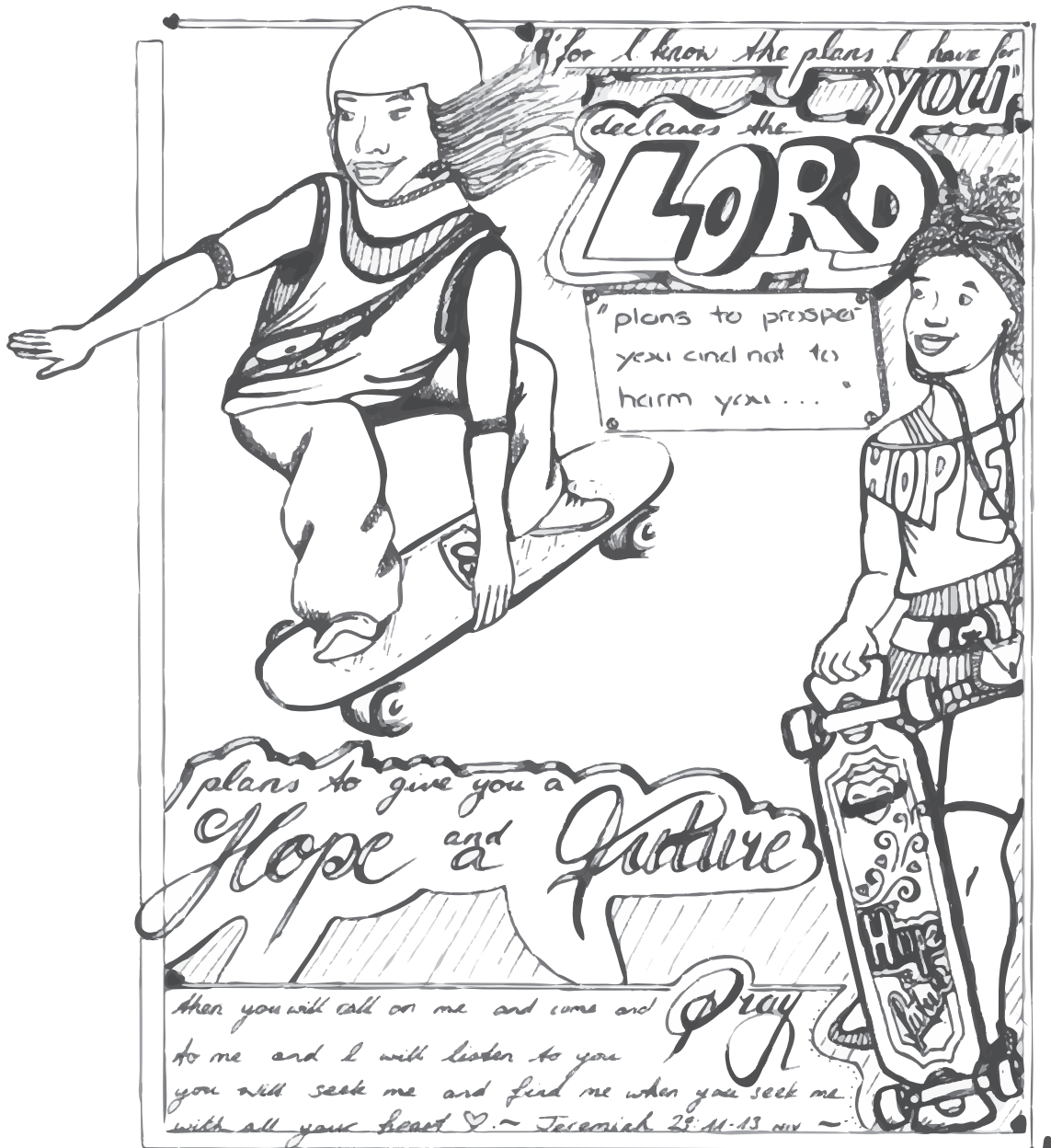




No worries

Date

What are you worrying about?  
Pray and trust God to sort it out!  
Even if it doesn't work out as you  
expect. God knows what he is doing.



*Draw yourself doing something you love*

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.”

Jeremiah 29:11-13

God knows

Thank you Abba, you know all about it.

Thank you for good friends  
Thank you for sport, for our bodies  
Thank you for people who pray for me  
Thank you for helping me realise that things do get better  
Thank you for helping me realise that I don't need people to  
help me feel good about myself. All I need is you - Jesus!  
My value is in who I am in you. Everything that is  
good in me is from you. Anything that causes me to  
focus on myself, away from you, is not from you.



Self - pity is a form of pride, which is not from you. Because that is about focusing on myself. Self - condemnation is not from you either. I can ask your forgiveness when I have done something I shouldn't have.

Fear is not from God either.  
Fear is focusing on self.  
it is the opposite to faith.

I can have faith in God. I can trust in God.  
In Jesus name, Amen.

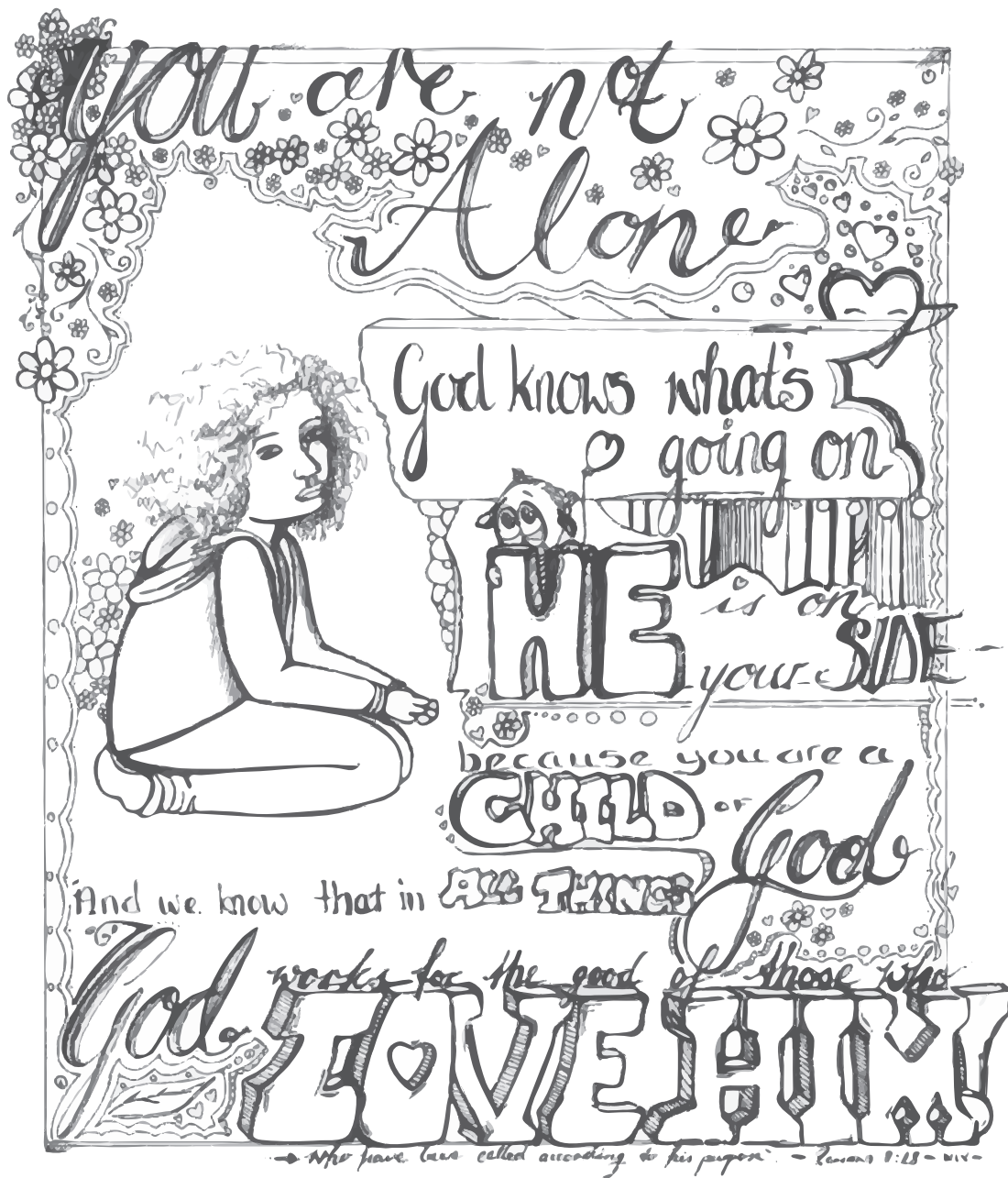
He said: "do not be afraid"

What can you thank God for today?

Date

Reminder:

I do not need self-pity.  
God can use anything to  
help me to grow into who I  
am meant to be.





Draw something that makes you smile

Whenever you are sad, look at this picture and smile. Know that no matter how difficult things get, God is always right there with you.

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

## wonderfully made

I can stand on the truth, that I am well able to overcome this feeling.  
If it is causing me to think badly about myself or others, then it is not from God and I do not agree with it. Amen.

Dear Abba, help me to notice the warning bells and listen to them whenever I want to do things that would end up causing harm.  
Thinking - and agreeing - with thoughts that are all about myself, how hurt I am, how mean it was, how unfair - is self pity and gets us nowhere  
We can think of all the things that Abba has already done and be encouraged.

**We are in a battle against our own selfishness.** I can ask myself **why** I want something to find out if it's worth it or not. My motivation counts. God sees the heart.

Abba thinks more about me than there is sand in the sea. He has made me, just as he liked for me to be. Other people might not agree, but that doesn't matter. You, Abba Father are what matters and if I know who I am in Christ, I don't need the approval of anyone else, nor do I need to prove myself because you already loved me first!

You know who I am and I don't have to hide from you.

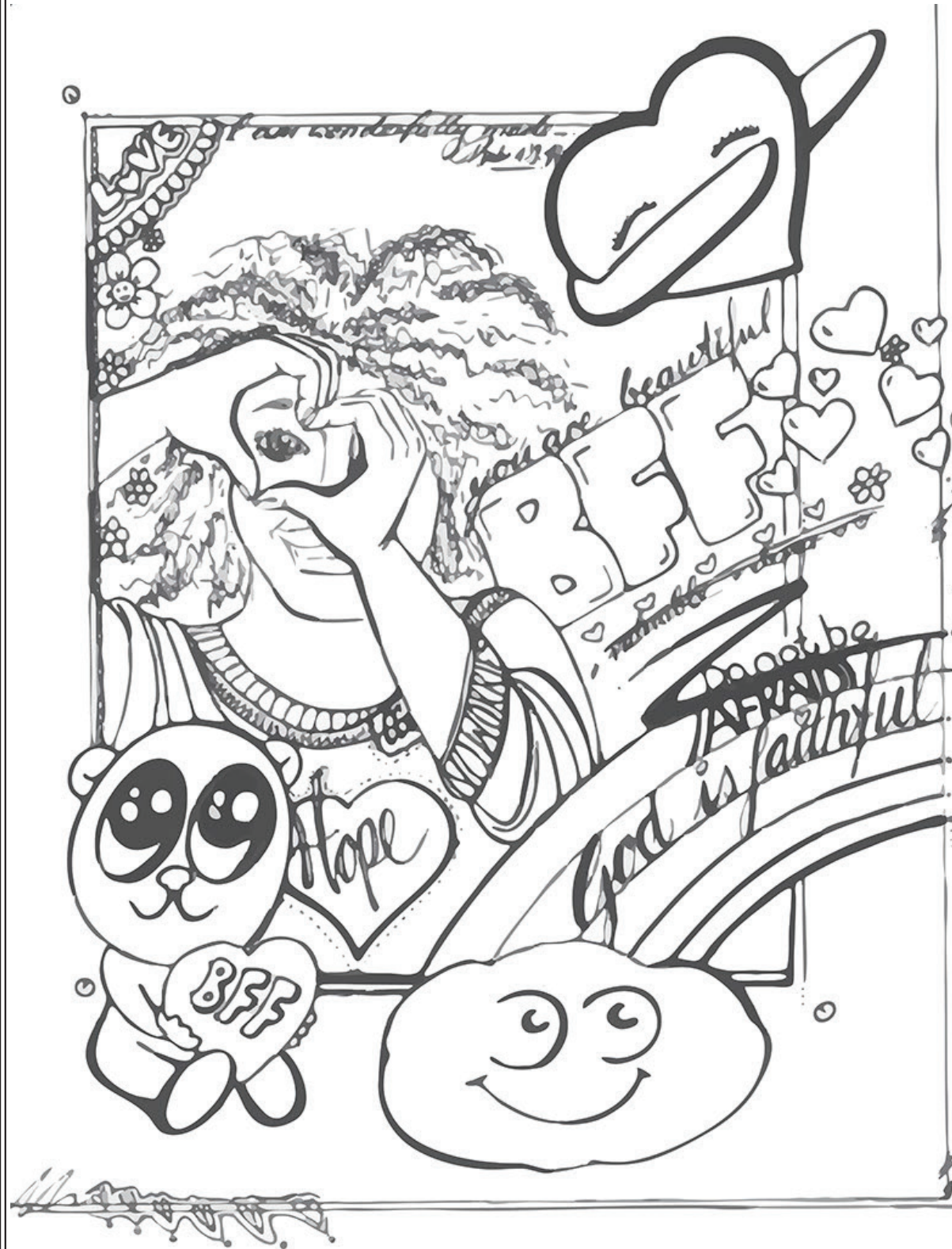
**I am accepted, I am wanted and I am beautiful!!!**

write down what you like about yourself

Date

Very important Reminder:  
I am worth so much that you, Abba, sent us your son, Jesus Christ, to save us from our sin. Jesus, took all my pain and shame on himself. I won't get punished thanks to Him. I can be free of a guilty conscience as soon as I realise I've made a mistake. You are quick to forgive and you will help me to do better. Even if it takes a few tries, a process of healing or deliverance from false beliefs. Help me to accept myself as I am, to keep on learning and to be close to you, Abba, because **you love me, you accept me, you want me here and you have made me gifted, intelligent and beautiful!**  
**AMEN!**

wonderfully made



Draw something you find beautiful

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalms 139:14

## Pray

Apologising, like loving, isn't a feeling, it's a decision. A decision to keep loving, even when things get tough. So apologising is also a decision, even if I don't feel like it. If we ask Jesus to help us, the Holy Spirit will give us the right words to say at the right time. If the person doesn't accept our apology and acts hurtful, please remember that they will think about it later and God can help them to understand too. We should pray for our enemies and bless them. Our fight isn't against people. It is against the evil forces of wickedness that hold them captive and manipulate them into saying and doing things that are against the will of God. How people act is often a reflection of their own pain or fear. God loves them too and wants to heal them and set them free. When they are healed, they will treat others better too.

Sometimes God burdens our hearts with someone, this is when we keep thinking about them and sense a kind of urgency or unrest concerning them. Then it may be because the Holy Spirit wants us to pray for them. We can ask him to pray through us, whatever he wants. Because he knows what they need. We don't.

Pray for and bless those who hurt you. God sees your heart.  
He will comfort you and give you peace, even joy.  
Being with Him is the most wonderful thing there is.  
It is being with Him and loving Him that softens our hearts.  
It is His love for us that enables us to change.

Jesus, help us to be people who bring peace. TY.

Abba, please bless those who have hurt me and help them to know that you love them and that you have a good plan for their life, Heal their heart, and help them to repent, to change their minds and come out of agreement with the lies of the enemy, in Jesus name, thank you! AMEN!



Who has been mean to you? Forgive them!

Date

Because your father in heaven has forgiven you so much too.

Forgiving someone doesn't mean that what they did was ok, it wasn't ok at all. Forgiving means you let go of it so that it doesn't have the power to hurt you anymore. And that you realise that they too are learning how to live and we all do things that hurt others at times, we all need forgiveness and a chance to do better next time.

Who have you been mean to?

Admit it, ask them and God for forgiveness.

Reminder:

Pray for your enemies!

Pray for God to bless them

He will make it possible for

them to change, through love!



Praying is talking to God. We can speak to him about everything, anytime, anywhere. He is always with us. We can hear from him too. Through the bible, worship songs, nature, pictures, stories, movies, circumstances, others but most importantly, as we get to know Him better, we can speak with and hear Him directly as we learn to understand His heart. He helps us to understand and gives us visions, dreams, a word, verse or impulse to do something. He can give us peace, joy and compassion for others. When something is from Him we know it by the peace that comes with it. It is just sure. Afterwards the enemy might come in to cause confusion with his "did God really say..." tactic, but we can rest assured that what we heard from God before doubt tries to creep in, is the truth.

When God corrects us it is kind & loving. But he doesn't like hardened hearts. We need to be receptive to correction, knowing that there is always something new to understand. We do not know it all.

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

John 3:16

## Jesus is KING!

Dear Abba

You really do work through prayer!

Life and death are in the power of the tongue. What we believe is how our lives will be. If we speak life, encouragement and love into ourselves and others, even corrective love or warning in love, then we bring life. Likewise our words can cause a lot of damage. We need to watch what we say and know how God wants us to be. We learn this as we read in the Bible. As we read His word, it sinks into us and we become like Jesus. We become the living expression of His word, of who He is.

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.

Keeping all the rules can't save us. Only Jesus can.

Romans 8:1-3 - please read it!

Often, after healing someone, Jesus told them to go and sin no more. Sometimes it is our sin that causes us to be sick. Not always, but sometimes. We are healthier if our souls are not troubled by condemnation.

Jesus gives us the power to change and start doing what's right, to stop hurting ourselves and those around us. It is only possible by his grace. There is nothing we could do ourselves to get it right.

Check your thinking,  
because that's where it all starts!

It's a process that starts with us accepting Jesus Christ into our lives, by asking him to come and help us. **Jesus did not come to condemn us, he came to set us free.** Free from our selfishness, free from fear, free from prideful attitudes, envy or hate, even free from worry **and to change whatever negative, damaging thoughts we keep telling ourselves,** into the truth of God which gives us hope and peace.

Where do you need God to help you?

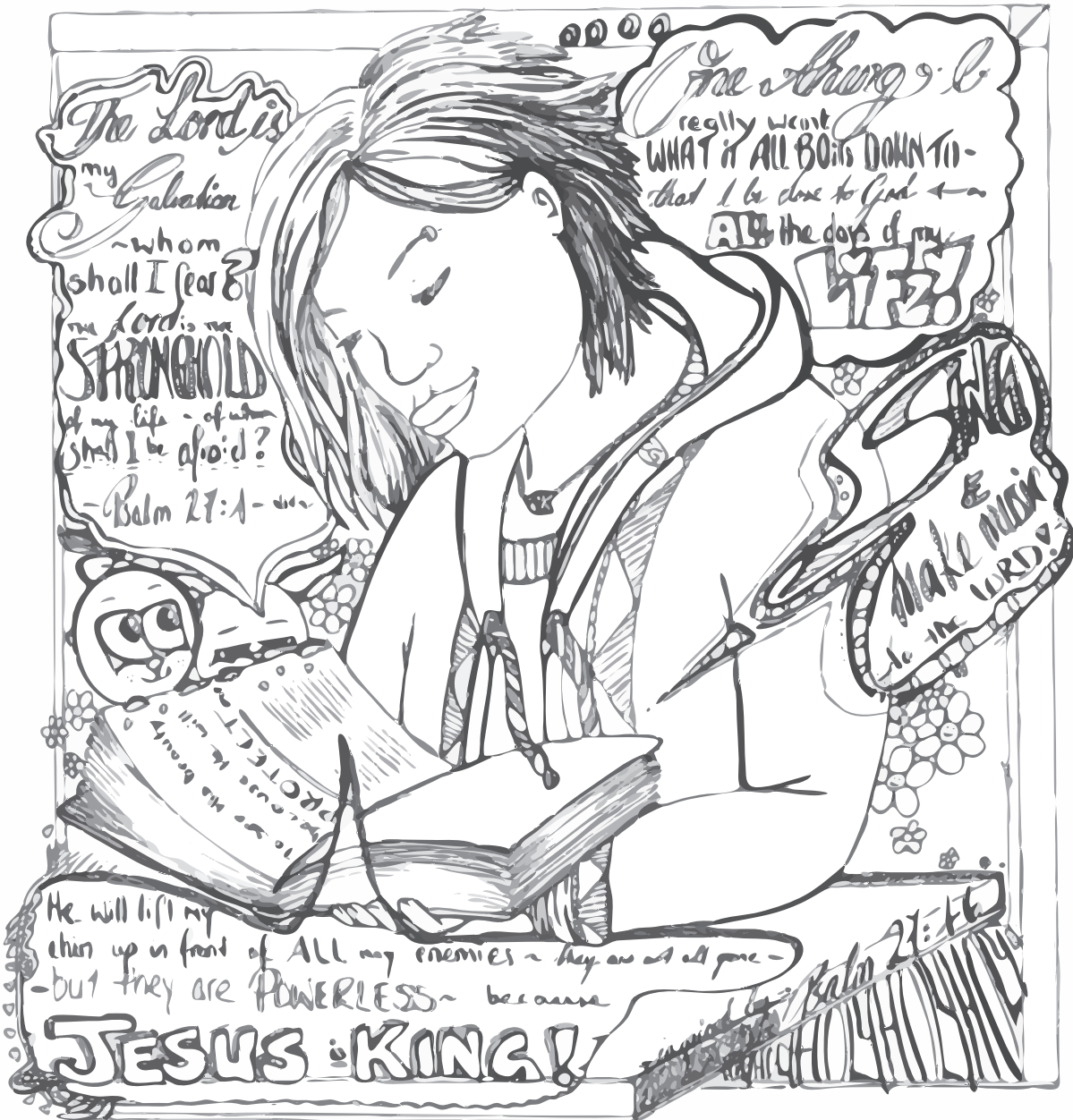
Date

He doesn't barge into our lives and force or manipulate us,  
Jesus is full of mercy and kindness. Every time we are re-  
minded of him, he is gently knocking on the door of our heart,  
patiently waiting for us to let him in.

Reminder:

JESUS DOESN'T BREAK THE DOOR DOWN.

He knocks gently until you ask him into your life.



Draw a kingdom, castle or crown

The LORD is my light and my salvation - whom shall I fear? The LORD is the  
stronghold of my life - of whom shall I be afraid?

Psalm 27:1



## Point to Jesus

Dear Abba, thank you for giving us peace where we would have been angry before knowing you. Where others rotate in worry and fear we can rest in you.

It's those niggling thoughts reminding us of the things that annoy or hurt us. In the Bible, the song of Solomon, calls them little foxes, that go and chew at the vines until they are too damaged to bear fruit.



God is slow to anger, but he does get angry sometimes. Jesus turned the tables in the forecourt of the temple. Because people were using it to sell things and make money, when it was meant to be a place where people could *get close to God* and reach out to him in prayer. It is the place where we minister to others, where Jesus wants to meet us in our messed up state and love us back to wholeness. This should be for free, because freely we have received and freely we shall give. People who minister to others from a motivation of making money, need to be aware that Jesus will turn their tables at some point. There is nothing wrong with receiving money that God gives through others but the motivation needs to be to bring hope and healing to broken hearts and set captive souls free. Because the forecourt is for healing. It belongs to God!

As Jesus demonstrated, getting angry does happen, the question is: *what do we do with that anger?* We shouldn't sin in our anger. Ask the Holy Spirit to give you wisdom and the strength to stay calm. We are NOT *interested in fighting evil with evil, we want to fight evil with good!*

Being angry builds up a lot of energy. Power that can be used to do something good. Many great ministries have been started because of someone who saw how unjust something was. Their hearts softened for those who were afflicted by it and as a result the ministry was birthed. Likewise, if something that is unjust angers us, we can ask God what he wants us to do about it. Oftentimes He will reveal part of our calling in this.

What gets you angry?

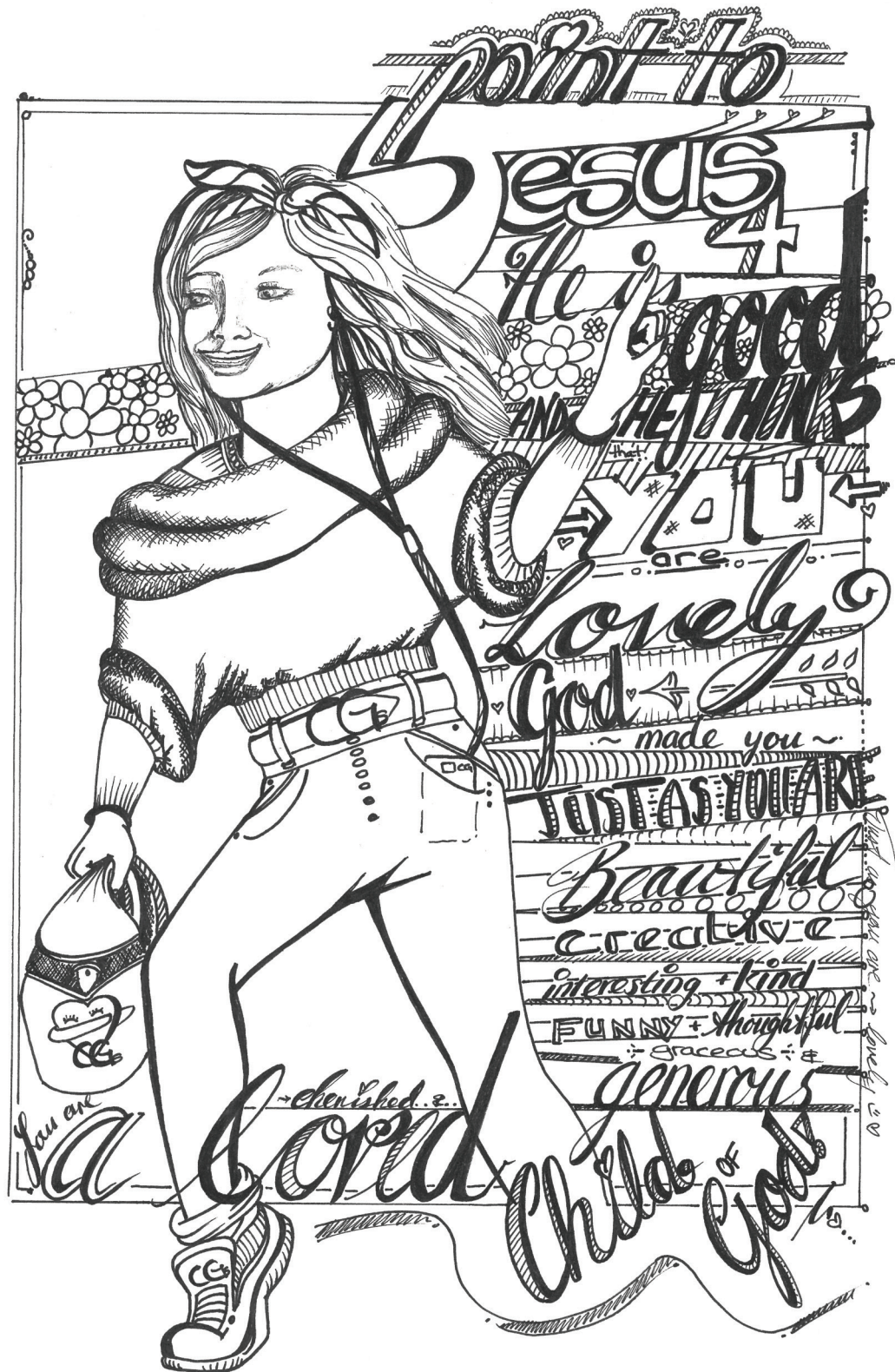
Date

The things that anger us, are often the areas where we can make a difference!

How can you use it  
to make a difference for good?

REPENT - means to change our mind about something we do that causes harm. To turn around from believing it is okay to do that, to renew our mind and agree with whatever God thinks about it. We can find what He thinks in the Bible.

What do you need to repent of?



Draw something God has blessed you with

Pointing to Jesus means using the talents and gifts God has given you to show others how great He is, to tell them about the things He has done in your life and about the love He has for all of us. It also means living in a way that reflects Jesus living in and through you, by taking on His character and loving people.

The LORD is gracious and compassionate, slow to anger and rich in love.

Psalm 145:8

## Guard your heart

Dear Abba, help us to renew our mind  
give us new thoughts, healing thoughts.

I am practicing to redirect those thoughts and the  
energy of anger they sometimes cause into being  
creative. Something good comes from it.

It's the thoughts that niggle at us  
and refuse to leave us alone, the ones  
that build up anger until we explode.  
Starting slowly, with a tickle until...

**BAM!**

Those thoughts that told me I wasn't good enough, the ones whispering that what  
others said about me was true, the ones that made me feel bad about myself, were  
*all lies built up on a tiny fragment of truth, blown way out of proportion. LIES!*

Others might have thought those things, but they aren't right. I acted the way I  
believed I was, it doesn't mean that God made me that way, just that *it's how I see  
myself*. Whenever anyone or mainly my own thoughts, say something that make  
me feel useless, stupid, ugly or inadequate, *it isn't true*. I may say or do some stu-  
pid things, but none of that defines who I am or what I act like as a whole!

Words and phrases that come from God, are *things that lift up  
not put down. They encourage, bring hope and build  
faith*. Yes, sometimes he warns us that we should behave better  
because what we are doing is causing damage, but he does it in a lov-  
ing and patient way. He never condemns, degrades or laughs at us.

Your words, dear Abba, bring us closer to you, they don't drive us away. The  
enemy lies to us. He makes us feel guilty and too lost to be a child of God.

*THAT IS A LIE! I AM A CHILD OF GOD, BECAUSE GOD CHOSE ME TO BE  
HIS CHILD. BECAUSE OF WHO HE IS AND WHAT JESUS DID TO SAVE ME.*

Not because of who I am or anything I can do. From there I can choose to what de-  
gree I want to follow Him though. I can choose to give Him my all. This is not easy  
because we have an enemy who will try to stop us, but knowing God closely is so  
worth it. Holy Spirit, please help us to tell the difference and know when something  
isn't from you. Thinking fearfully or badly about anyone, even ourselves, is sin.  
Help us to throw these thoughts on the cross. When we do that, you always give us  
something better. Instead of fear . courage. Instead of anger - compassion.



Do you think thoughts that hurt you?

Date \_\_\_\_\_

Don't write, say or even think them anymore!

For each thought that hurts: think, say and write the opposite, something that helps you remember that you are valued, beautiful and a loved child of God!

Abba, You are good  
and all your ways  
are good. I Love You.

Reminder:

Damage caused always starts with a thought.  
Lord help us to think better about you, ourselves and others.

**FEARLESS - BRAVE - BOLD - TRUTH!**





Draw something God has blessed you with

Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead: fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

Proverbs 4:23-27

## Worship

In the book of Psalms - a collection of songs found close to the centre of the bible - the last one, Psalm 150, is about worship. I will worship you Abba, *I will sing and dance for you*. I will jump around and use the gifts I have for you to worship you with the work of my hands and the words of my mouth I will worship you.

You are good. You have shown me who I am and that you have a good plan for my life. That I have my very own beauty and purpose.

I am so grateful that I know you Jesus, you are KING, you are so powerful, you heal us when we are sick, guide us through the darkest valley and bind the brokenhearted! And you also do this for others, through us. Hallelujah! Thank you !!!

You taught me how to keep the peace, how to forgive and deal with difficulties. You help me to see that I need you, for you resist the proud and I do sometimes need to trip over my pride so that I remember that I can do nothing apart from you.

Note to self:

SING - DANCE - LAUGH

WORSHIP MORE

BE FEARLESS

BE COURAGEOUS

AND DARE TO DO WHAT'S RIGHT!

Get rid of pride, be humble and kind

LOVE GOD WITH ALL YOUR HEART WITH ALL YOUR

SOUL AND WITH ALL YOUR MIND

LOVE OTHERS AS YOU LOVE YOURSELF.

Hope

It is better to trust God than to put your trust in people. God is faithful and he loves you and if God is for you, who can be against you? God is for you!

Write a poem, song or letter to God

Date

Tell Him what you are grateful for and how  
you have been able to grow and learn from Him.

B-BLESSED



*Draw dancing, singing and music*

Praise the LORD

**Praise God** in his sanctuary; praise him in his mighty heavens. Praise him for his acts of power; praise him for his surpassing greatness. Praise him with the sounding of the trumpet, praise him with the harp and lyre, praise him with timbrel and dancing, praise him with the strings and pipe, praise him with the clash of cymbals, praise him with resounding cymbals. Let everything that has breath praise the LORD. **Praise the LORD.** Psalm 150

Don't worry, be happy!

When I worship and sing and dance for you, dear Abba, all my worries and fears just drop away and you take me into new places and visions, I love it!

Note to self:

Rejoice, be filled to overflowing with joy because you know God, let's say it again:

REJOICE!

Let everyone around you notice Jesus in you in the way you act, in the way you talk

Let them see your gentleness and that the Lord is with you.

Don't be afraid of anything. Don't worry either. In every situation, pray and ask God to help you. Thank Him for it even if you can't see it yet. Trust Him to do the right thing.

That way He will give you peace of mind and your heart will not be troubled

you won't be stressed out or under pressure. His peace is beyond understanding. It will guard your heart, your thoughts and your mind in Christ Jesus.

Take the time to read your Bible, to pray and to worship. Do what you know is right and learn from the word of God. Inspired by Philippians 4:4-9

God will help you to think good thoughts.

Don't worry - be happy!

Date \_\_\_\_\_

Whatever worries you have, bring them  
to Jesus and He will care for you.

Rejoice

I am a child of God - my Abba loves me!



Don't worry - be happy!



*Draw yourself, your family, your friends*

Jesus replied: “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.

And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Matthew 22: 37-38

## Miracles and things to remember

1. He made me! He made you! He made us! Yay!
2. He thinks more about us than there is sand at the seaside.
3. His thoughts are bigger and better than ours. *He thinks good things* even if what is going on hurts, He will discipline us as a loving Father disciplines his children. It hurts but afterwards it brings good fruit in us.
4. There may be some who don't care about us when they should. We can pray for them. He trains us in kindness, patience, to be loving, even to those who are difficult. We learn through practice. It is hard, but so worth it!
5. Life and death are in the power of the tongue. God teaches us to think and speak things that are as He thinks. He gives us wisdom and understanding.
6. Focus on Jesus. He is the truth the way and the life. No one gets to the Father except through Him. He is the living expression of the word of God. We can follow Him and in doing so, will become like Him.
7. We have been forgiven much, so we can forgive too.
8. Act in character with Jesus.

*We can pray for each other. It is important to wait and see what God wants and not pray what we think is needed. Let the Holy Spirit pray through you.*

9. We can wait and calm down before speaking.
10. Sometimes when I don't know what to say I ask God for help and I find myself saying just the right words at the right time.
11. Understanding & Godly wisdom come from the Holy Spirit.
12. God doesn't want us to be perfect, no one is perfect. *He wants us to know Him, to love Him and spend time with Him.*

trust him

Jesus Christ

Write, remember & be grateful

Date

Write about the miracles God has done in  
your life, things you never thought possible,  
things that you are grateful for.

Who is Jesus to you?  
How has your answer  
changed since the  
beginning of this diary?

When we seek Him we will find Him.  
Seeking a solution to our problems is not seeking Him.  
We seek Him so that we can be with Him.

The rest of this diary is for you

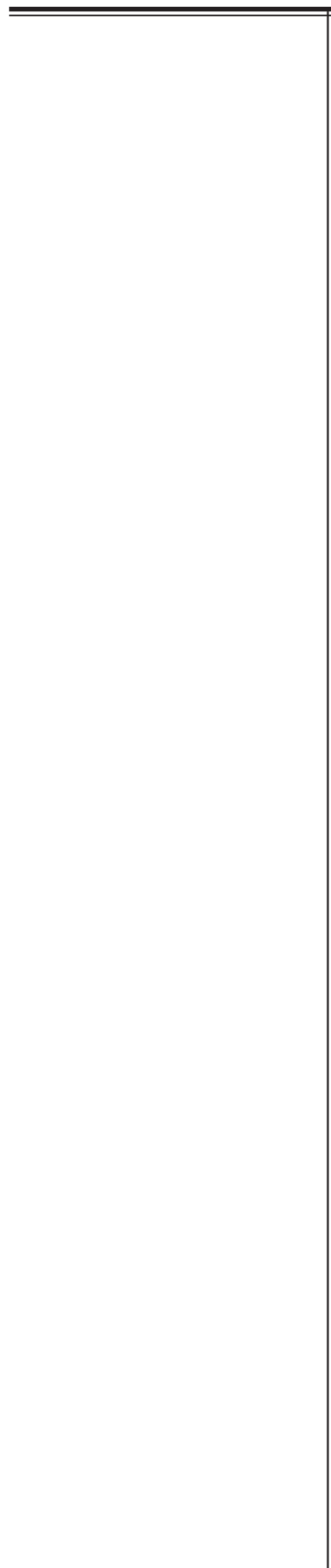
For you to write down how you  
feel, to bring it all to God and  
take note of all the blessings you  
have in your life. You are loved!



Date

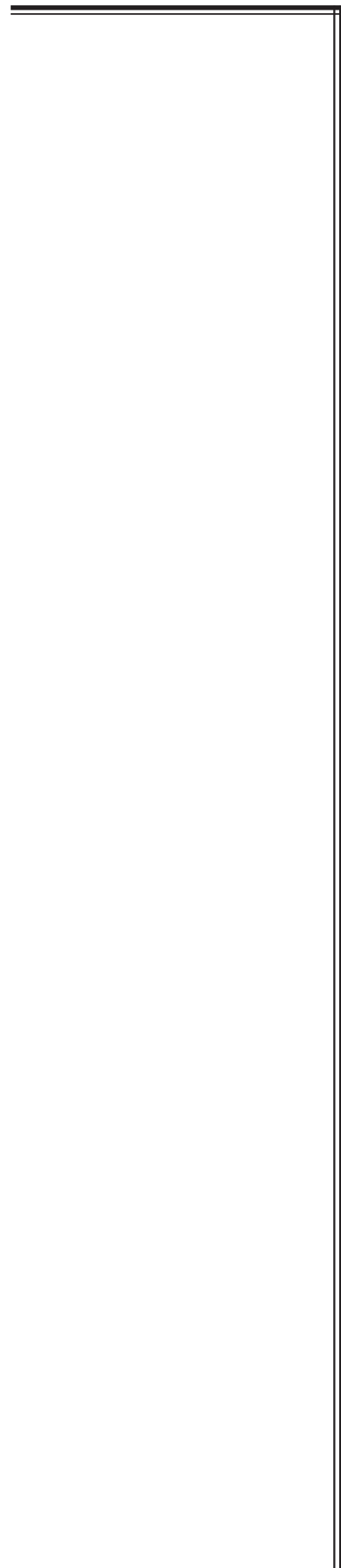
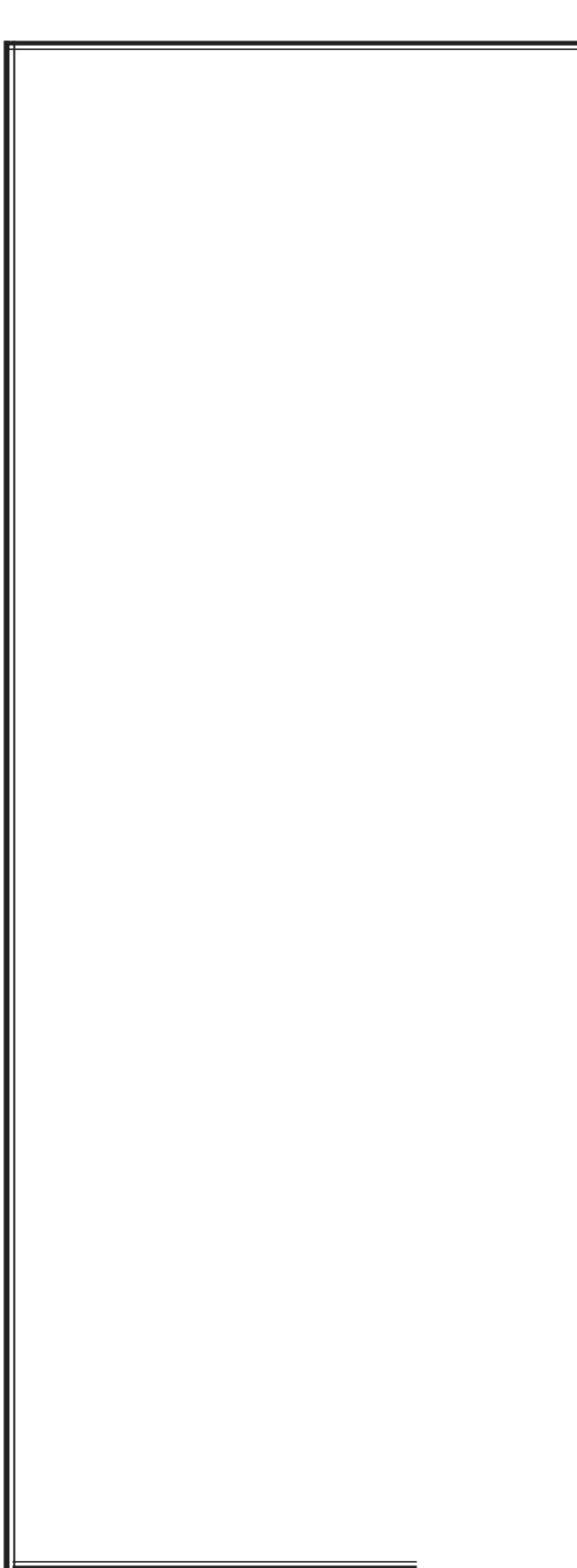


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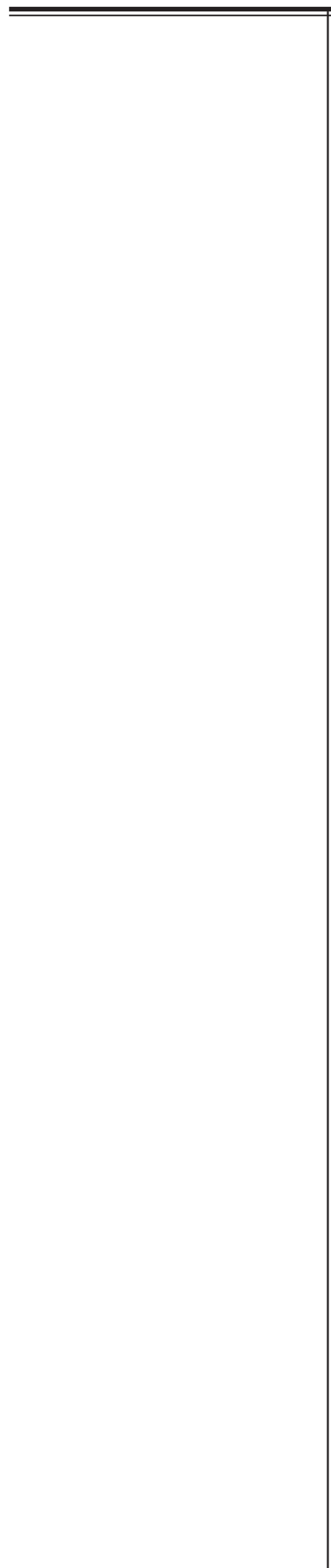
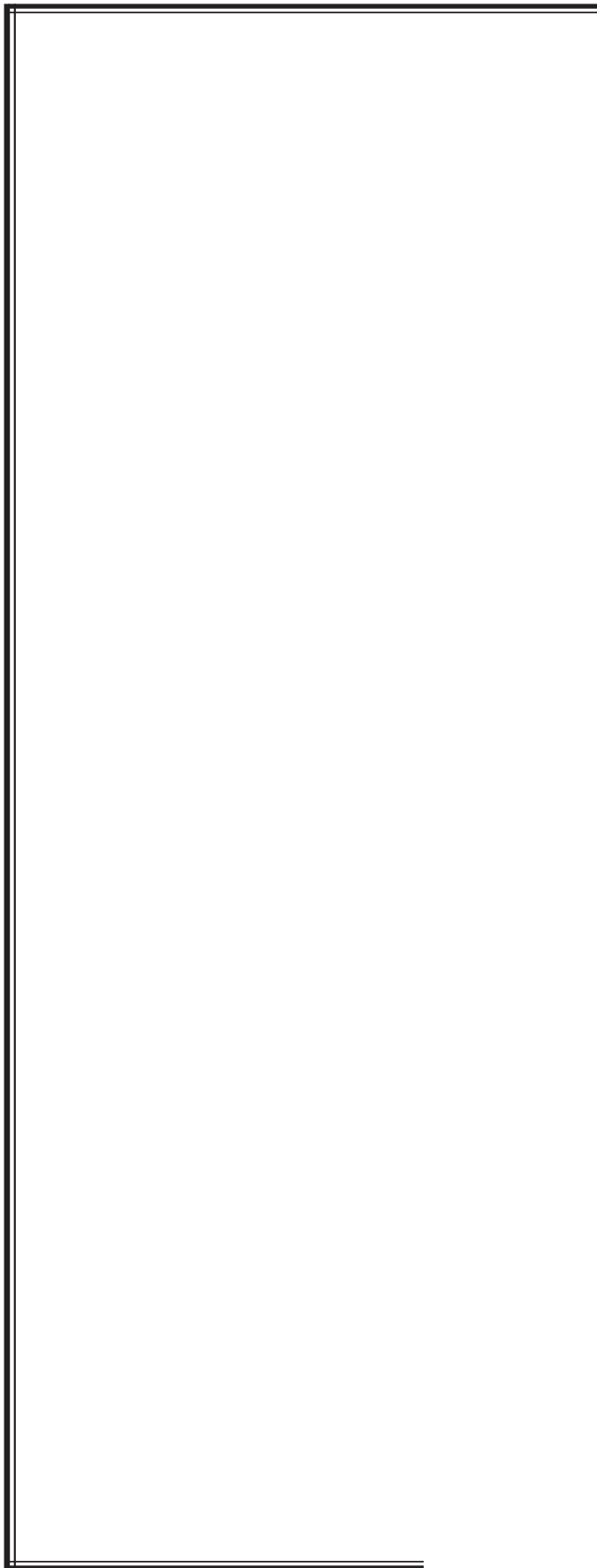
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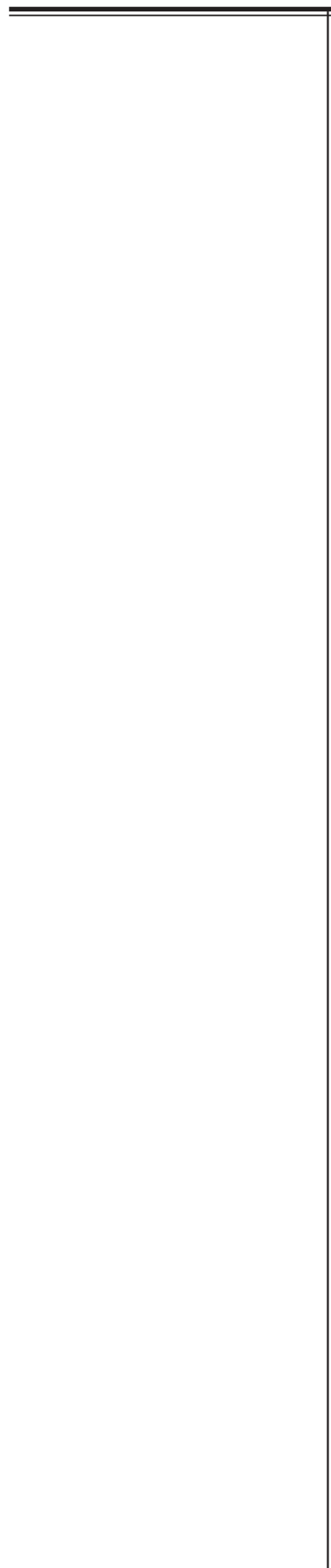
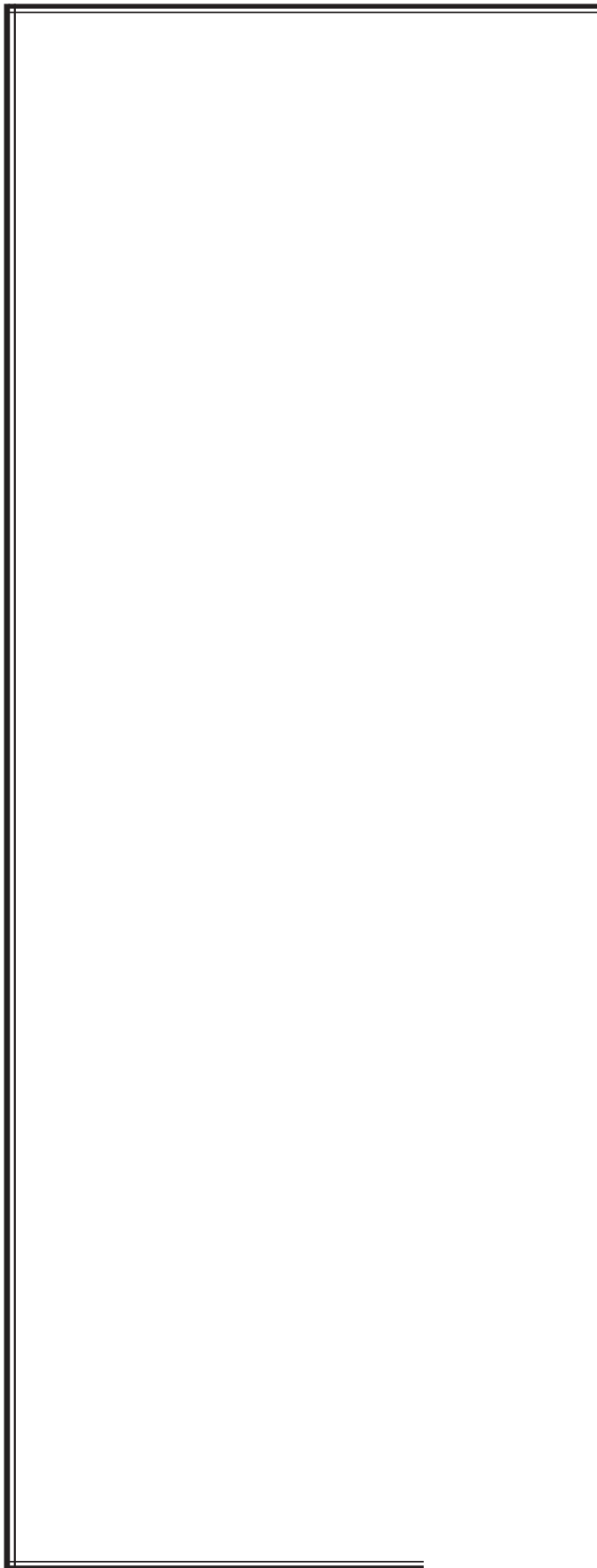


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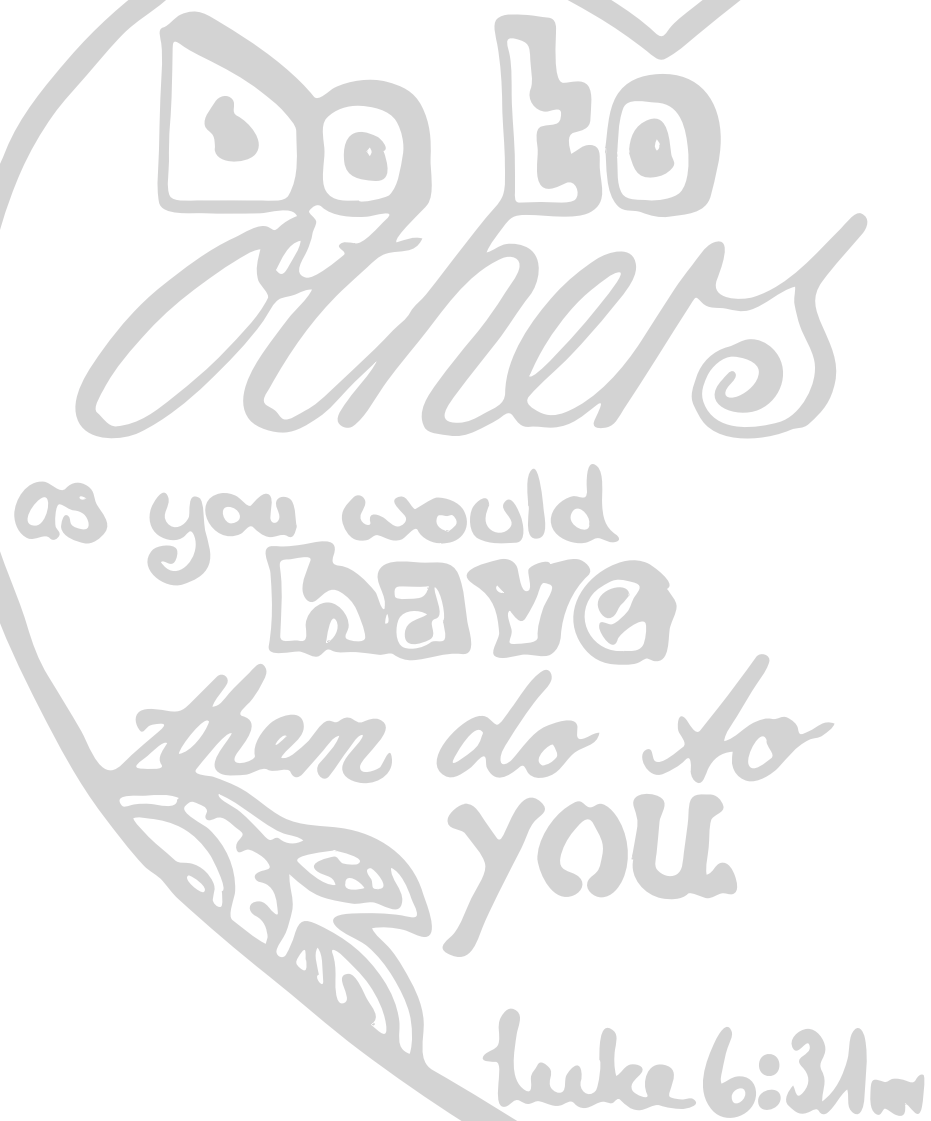


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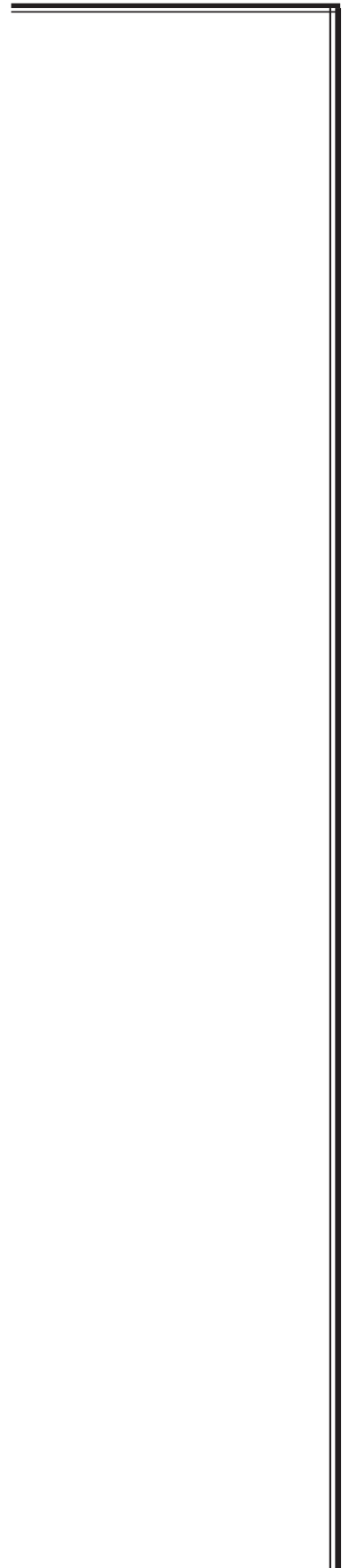
Jesus loves you!

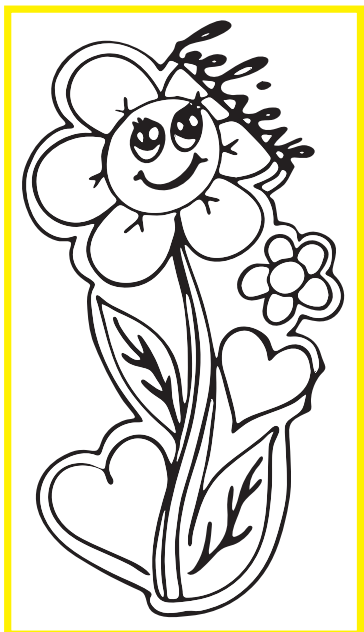
Do to others as you would have them do to you. Luke 6:31



Do to  
others  
as you would  
have  
them do to  
you  
luke 6:31

wordshapeart





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