

Journal





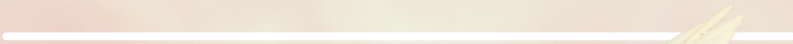
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This is



Journal



*‘The LORD bless you,
and keep you.
The LORD make his face to
shine on you,
and be gracious to you.
The LORD lift up his face
toward you,
and give you peace.’*

Numbers 6:24-26



For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

















JESUS

ROMANS 8:38-39

For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in times of need.

Hebrews 4:15-16

















Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11:28-30

















JESUS

ROMANS 8:38-39

Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way the truth, and the life. No one comes to the Father except through me. If you had known me, you would have know my Father also. From now on you do know him and have seen him.”

John 14:5-7

















Abide in me and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 15:4-5

















But the fruit of the Spirit is
love, joy, peace, patience,
kindness, goodness, faith,
gentleness, and self-control.
Against such things there is no
law.

Galatians 5:22-23

















The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Psalm 23: 1-3

















For I know the thoughts that I think toward you," says Yahweh, "thoughts of peace, and not evil, to give you hope and a future. You shall call on me, and you shall go and pray to me, and I will listen to you. You shall seek me and find me, when you shall search for me with all your heart.

Jeremiah 29:11-13

















For all who are led by the Spirit of God are sons of God. For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry “Abba! Father!” The Spirit himself bears witness with our spirit that we are children of God

Romans 8:16-17

















JESUS

ROMANS 8:38-39

*And he who searches hearts
knows what is the mind of the
Spirit, because the Spirit
intercedes for the saints
according to the will of God.
And we know that for those who
love God all things work
together for good, for those who
are called according to his
purposes.*

Romans 8:27-28

















And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all you mind. This is the great and first commandment. And the second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law of the Prophets.”

Matthew 22:37-40

















JESUS

ROMANS 8:38-39

Beloved, let us love one another, for love is of God; and everyone who loves has been born of God, and knows God. He who doesn't love doesn't know God, for God is Love. By this God's love was revealed in us that God has sent His one and only Son into the world that we might live through him.

1 John 4:7-10

















JESUS

ROMANS 8:38-39

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; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, hopes all things, endures all things. Love never ends.

1 Corinthians 13:4-8

















JESUS

ROMANS 8:38-39

So that Christ may dwell in your hearts through faith - that you, being rooted and grounded in love may have strength to comprehend with all the saints what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge, that may be filled with all the fullness of God.

Ephesians 3:17-20

















For you, brothers, were called for freedom. Only don't use your freedom for gain of the flesh, but through love be servants to one another. For the whole law is fulfilled in one word. In this: "you shall love your neighbor as yourself."

Galatians 5:13-14

















On the last day of the feast, the great day, Jesus stood up and cried out, “if anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, ‘out of his heart will flow rivers of living water.’”

John 7:37-38

















Loved by Jesus is the devotional and Bible study arm of The Heart of Compassion — a space created to help people rest in God’s love, rediscover trust in His presence, and be gently restored through Scripture.

These Bible studies, devotionals and Journals are written for those who may feel weary, anxious, uncertain, or spiritually tired — for anyone who needs to be reminded, not through pressure or performance, but through presence, that they are deeply and personally loved by Jesus.

Everything shared through Loved by Jesus is offered freely. The reflections are contemplative and pastoral in nature, inviting readers to slow down, listen with the heart, and encounter God not as a distant idea, but as a faithful Shepherd who walks with them through every season of life.

This work has grown out of my own healing journey — learning to trust God’s care, to rest when striving no longer served me, and to allow His goodness and mercy to lead rather than fear or effort. What has been received has been offered onward, with the prayer that others might find the same peace, safety, and renewal.



If these studies or devotionals have been meaningful to you, this page offers a simple way to support the ongoing work of Loved by Jesus. Your support helps cover the practical costs involved in creating and sharing these resources — including time for writing and prayerful reflection, design and layout, artwork licensing, website hosting, and keeping everything freely accessible to those who need it.

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There is no obligation. These writings are a gift, and they will remain so. Supporting this work is simply an opportunity to partner in nurturing a quiet, compassionate space where people can encounter the truth that they are — and always have been — loved by Jesus.

Thank you for being here. Whether you give, share, or simply receive, I pray that God's presence continues to meet you with grace, peace, and restoration.