



# YOU ARE LOVED

A FOUR WEEK SCRIPTURE STUDY

LISA FAHEY

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## DEDICATION

To our beautiful daughters Alisha and Rebecca. You inspire me every day to be a better person. You are the most amazing and incredible women I have ever known.

Thank you for giving me the gift to be your mother. May you both always know that you are beautiful, wonderful, and deeply loved!

# YOU ARE LOVED

## WEEK 1 – OVERLOOKED

One ordinary day, while I was cleaning my house, I was suddenly overwhelmed by this strange sense that I was missing out on something. I couldn't pinpoint it at first—but maybe you've felt that same way before? That nagging feeling that life is happening around you, and somehow, you're not fully part of it.

As I paused and reflected, I realized that what I was missing was time with God. The busyness of life—especially in \_\_\_\_\_, (name that season in your life in the blank), when everything seems so full and fast—had quietly nudged Him to the sidelines. Can you relate?

 **Read Isaiah 43:4**

*You are what to Him? Precious and honored.*

My favorite part of that verse is when God says, “**because I love you.**” Those four words sum up the entire story of Scripture—it’s one great love letter from God to His people.

When we feel like we're missing out, it’s often tied to a deeper fear that we’re being overlooked—not just by others, but by God. We wonder, “*God, what about me?*” But friend, your identity and worth come not from your circumstances, achievements, or relationships—they come from God. Only He can truly fill that longing in your heart.

 **Read Psalm 139:1–18**


Take a moment to soak in how intricately and intentionally God created you. Every

detail—planned. Every day—known. Every thought—understood. You were never an afterthought. You are not overlooked. You were **chosen** and **crafted** by the Creator Himself.

 **Read Isaiah 49:16**

*Whose name is written on His hands? Yours. That's how close you are to His heart.*

And the ultimate proof?

 **Read John 3:16** – God gave His only Son so that you could live with Him forever.

As you go into this week, keep reminding yourself: **YOU MATTER TO GOD**. Let that truth be the anchor for your thoughts, your prayers, and your identity.

**For further reading:** Romans 5:8; Romans 8:35–39; 1 John 4:16

### **Discussion Questions:**

1. What is your prayer life like in the busyness of life?
2. Are there any doubts in your heart about God's love for you?

3. Do you see yourself the way God sees you?

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## WEEK 2 – EVERLASTING LOVE

Let's be honest—love is hard to define. It's deeply personal and yet universal. We tend to filter our understanding of God's love through how we've been loved by others. And since human love can be flawed, limited, or conditional, we struggle to grasp the fullness of God's perfect, **everlasting** love.

So, let me ask you:

### **What's holding you back from receiving God's love?**

Maybe no one has ever clearly shared the Gospel with you. Or maybe you've been hurt or disappointed by life, and it feels safer to keep God at a distance. Perhaps you're just tired and weary. Whatever it is, know this: **God's love isn't based on your performance. It's based on His character.**

#### **Read Ephesians 2:4**

*What does His great love offer?* Mercy—even when we don't deserve it.

God's love—**agape love**—is more than a feeling. It's sacrificial, steadfast, and strong.

#### **Read Jeremiah 31:3**

“I have loved you with an everlasting love; I have drawn you with unfailing kindness.”

Even before you were born, He loved you. And that love will never end.

#### **Read Psalm 145:8–9** reminds us that God is full of compassion.

And in **1 John 4:19**, we are told, “We love because He first loved us.”

This week, spend some quiet time reflecting:

- What wounds or lies might be blocking you from fully receiving His love?
- Where have you held back in your relationship with God?

God isn't distant or disinterested. He's pursuing you—with grace, kindness, and everlasting love.

**For further reading:** Isaiah 54:10; Psalm 86:5; Psalm 52:8

**Discussion Questions:**

1. Is it easier to accept love when it's earned or conditional? Why?

2. What holds you back from fully accepting God's love?

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## WEEK 3 – MIRROR, MIRROR ON THE WALL

We've talked about God's love for you. But now let's turn inward—how do you love **yourself**?

So many women struggle to receive love, not because it isn't there, but because they don't feel **worthy** of it. I know this from experience. I remember the first time I had to film a Bible study session on video. I completely froze. I didn't want to see myself on camera. I realized I had been speaking so negatively to myself without even noticing it.


What do you say to yourself when you look in the mirror?

"Not good enough." "Not pretty enough." "Not smart enough."

Sound familiar?




 **Read Luke 10:27**


Jesus says we're to love God, love our neighbor, and—don't miss it—**love ourselves**. That last part often gets skipped. But God doesn't want us tearing ourselves down. You were made in His image. You are His masterpiece.

 **Read 1 John 4:19** reminds us: "We love because He first loved us." To show love to others, we must first be filled with it ourselves.

Perfectionism is a thief. It whispers, "*You'll be enough when...*" and then moves the goalpost. But God doesn't wait for you to be "perfect" by the world's standards. He already calls you **beloved**.

Let's look at a few truths:

1.  **Read 1 Peter 3:3–4** – Your beauty comes from your inner spirit, not outward appearance.
2.  **Read Song of Songs 4:7** – “You are altogether beautiful, my darling; there is no flaw in you.”
3.  **Read Psalm 139:13–14** – You are fearfully and wonderfully made.

 **Try this:** Stand in front of your mirror. If a negative thought pops into your mind, say out loud:

**“Deliver me, Lord.”** Then replace that thought with truth from Scripture.

It's time to start speaking life over yourself. It's time to be **kind** to the woman God created.

### **Discussion Questions:**

1. What are some of the negative things you say or think about yourself?



2. Is it easy for you to love the person in the mirror?

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## WEEK 4 – LIVE OUT LOVE

Over the past three weeks, we’ve explored God’s love for you, your identity in Him, and how to love yourself. Now it’s time to take that love out into the world—**to live it out.**

This message came to me while preparing for a women’s conference. As I prayed, I kept feeling God ask: *“Do they know they are loved?”* At the same time, I had just finished a theology course on morality, and two things struck me deeply:

1. A call to holiness
2. That judgment belongs to God alone

Those convictions shaped the way I approached the conference—and they shape this final week of our study.

### **Read 1 Corinthians 13:1–13**

Paul makes it clear: we can have all the talent, wisdom, and faith in the world, but **if we don’t have love—we have nothing.**

He lists behaviors that hinder love: envy, pride, rudeness, selfishness, anger, and keeping score of wrongs. When we live from these places, we create **division** instead of unity.

Life is hard. People can be difficult. And sometimes loving others feels impossible—especially when we’re tired or triggered. I once asked my pastor for advice after losing my patience. He suggested I track my emotional “triggers,” but also reminded me to **pause and pray**—to give myself a “timeout.” Sometimes, that’s exactly what we need.

Let's be intentional about staying filled up with God's love through prayer and Scripture so we can pour it out onto others. Imagine if every one of us brought that kind of love into our homes, neighborhoods, and communities. We could change the world—**one act of love at a time.**

You don't have to have it all together to make an impact. Just start where you are, with what you have, and let God's love shine through you.

**Discussion Questions:**

1. When do you find it hardest to love others?
2. What have you gained from this four-week study?



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# YOU ARE LOVED

## SMALL GROUP LEADER GUIDE

This guide is designed to help small group leaders facilitate meaningful, Spirit-led discussions throughout the "YOU ARE LOVED" Bible Study. Keep it simple, stay prayerful, and trust God to work through each conversation.

## TIPS FOR LEADING

### 1. **Pray Before Each Session**

Ask the Holy Spirit to guide your words, soften hearts, and make space for honest sharing.

### 2. **Create a Safe Space**

Remind everyone that this is a place of grace. What's shared in the group stays in the group.

### 3. **Don't Rush**

Let the Holy Spirit set the pace. It's okay if you don't get to every question—focus on what resonates most.

### 4. **Encourage Every Voice**

Gently invite quiet members to share, but never force it. Some hearts open slowly.

### 5. **Be Transparent**

Your vulnerability can be someone else's breakthrough. Share how God is speaking to you through the study.

### 6. **Wrap in Prayer**

Always end with a short group prayer. Invite others to pray aloud if they're comfortable.

## **SUGGESTED OPENING PRAYERS**

### **WEEK 1 – OVERLOOKED**

*“Lord, thank You that we are not forgotten. Even when life feels overwhelming, remind us that we are seen, known, and deeply loved by You. Help us to hear Your voice this week.”*

### **WEEK 2 – EVERLASTING LOVE**

*“Father, open our hearts to Your everlasting love. Tear down the lies that say we’re unworthy. Let us receive the truth that You love us just as we are.”*

### **WEEK 3 – MIRROR, MIRROR ON THE WALL**

*“Jesus, teach us to see ourselves through Your eyes. Help us to love the woman You created. Silence our inner critic and let Your Word shape our self-worth.”*

### **WEEK 4 – LIVE OUT LOVE**

*“God, help us live out Your love. Fill us up so we can pour it into others. Let us be vessels of kindness, grace, and truth in our homes, communities, and beyond.”*