

Love Your Legacy



BIBLE IN A YEAR

Reading Journal

Scripture is our foundation. Love is our expression.

Legacy is what we leave behind.

WEEK 1

Shame

What God showed me this week

A verse to keep

My prayer

WEEK 2

Identity

What God showed me this week

A verse to keep

My prayer

WEEK 3

Trauma vs Truth

What God showed me this week

A verse to keep

My prayer

WEEK 4

Grief and Loss

What God showed me this week

A verse to keep

My prayer

WEEK 5

When God Feels Silent

What God showed me this week

A verse to keep

My prayer

WEEK 6

Relearning How to Hope

What God showed me this week

A verse to keep

My prayer

Forgiveness

What God showed me this week

A verse to keep

My prayer

WEEK 8

Fear and Anxiety

What God showed me this week

A verse to keep

My prayer

Loneliness

What God showed me this week

A verse to keep

My prayer

Trust

What God showed me this week

A verse to keep

My prayer

Honest Acknowledgment

What God showed me this week

A verse to keep

My prayer

WEEK 12

Inviting God Into the Hurt

What God showed me this week

A verse to keep

My prayer

WEEK 13

Finding the Root

What God showed me this week

A verse to keep

My prayer

WEEK 14

The Inner Child

What God showed me this week

A verse to keep

My prayer

Healing the Little One with Christ

What God showed me this week

A verse to keep

My prayer

Reparenting Yourself

What God showed me this week

A verse to keep

My prayer

WEEK 17

The Survival Self

What God showed me this week

A verse to keep

My prayer

The Body Remembers

What God showed me this week

A verse to keep

My prayer

The Nervous System

What God showed me this week

A verse to keep

My prayer

Triggers

What God showed me this week

A verse to keep

My prayer

Emotional Flashbacks

What God showed me this week

A verse to keep

My prayer

Emotional First Aid

What God showed me this week

A verse to keep

My prayer

Emotional Mapping

What God showed me this week

A verse to keep

My prayer

Dreams

What God showed me this week

A verse to keep

My prayer

Self-Worth

What God showed me this week

A verse to keep

My prayer

Boundaries

What God showed me this week

A verse to keep

My prayer

Breaking Cycles

What God showed me this week

A verse to keep

My prayer

Healing Self-Sabotage

What God showed me this week

A verse to keep

My prayer

Trusting Yourself

What God showed me this week

A verse to keep

My prayer

Emotional Rest

What God showed me this week

A verse to keep

My prayer

Burnout

What God showed me this week

A verse to keep

My prayer

Healing Through Safe Connections

What God showed me this week

A verse to keep

My prayer

What Love Is Supposed to Feel Like

What God showed me this week

A verse to keep

My prayer

Attachment Styles

What God showed me this week

A verse to keep

My prayer

Attachment to God

What God showed me this week

A verse to keep

My prayer

The Anatomy of a Safe Person

What God showed me this week

A verse to keep

My prayer

Learning Safe Love

What God showed me this week

A verse to keep

My prayer

Courageous Love

What God showed me this week

A verse to keep

My prayer

The End of People-Pleasing

What God showed me this week

A verse to keep

My prayer

WEEK 40

Life Without Chaos

What God showed me this week

A verse to keep

My prayer

Returning to Joy

What God showed me this week

A verse to keep

My prayer

God's Timing

What God showed me this week

A verse to keep

My prayer

Seasons of Healing

What God showed me this week

A verse to keep

My prayer

Becoming the Healed Version

What God showed me this week

A verse to keep

My prayer

Wholeness

What God showed me this week

A verse to keep

My prayer

Serving From a Healed Place

What God showed me this week

A verse to keep

My prayer

Walking Forward in Purpose

What God showed me this week

A verse to keep

My prayer

Creating a New Legacy

What God showed me this week

A verse to keep

My prayer

Legacy Mapping

What God showed me this week

A verse to keep

My prayer

A New Legacy on Purpose

What God showed me this week

A verse to keep

My prayer

WEEK 51

Healthy Community

What God showed me this week

A verse to keep

My prayer

Integration

What God showed me this week

A verse to keep

My prayer
