



Heart Moments Bible Studies - Transforming busy women's hearts through quiet moments in God's Word.

#1 - Loved, Accepted, and Known

Even though I know there are people who love me, there are days I feel unloved. Even though I have friends, there are times I feel unaccepted. And even when I am surrounded by people, I feel lonely and unnoticed.

Do you sometimes feel unloved, unwanted, and unnoticed? Satan, the enemy of our souls would love for us to believe these things about ourselves. But does Satan speak the truth?

1. Read [John 8:44](#) How does Jesus describe Satan? What names does he use? _____

2. What lie is Satan speaking to you in your present situation or has he spoken to you in the past? _____

Does Satan tell you you are unloved, unwanted, and unknown? Does he whisper in your ear that you are a failure and can never be forgiven for some of the things you have done? Satan has a whole bag full of lies he is ready to bombard you with.

If Satan is a murderer and a liar, there is no reason to believe the lies he whispers in our ears but sometimes it is easier to believe the lies than the truth. Our emotions are unstable, and our ears hear the whispers of a lifetime of negative views we've harbored about ourselves. The enemy threads himself through the whispers to paralyze us with doubts about God's love for us.

When you are in doubt about your worth or God's love for you, seek the truth. Numbers 23:19 tells us that "God is not a human that he can lie" and the Bible gives a glimpse of His heart which is full of love for you!

1. Read [Romans 5:5](#), [Romans 8:35-39](#). What do these verses tell you about God's love for you? _____

God loves you dearly and He showed his love for you by sending His Son, Jesus Christ, to die for you. The love of God is so powerful that nothing can separate you from it! Satan may try to convince you that your faults and failures will "ruin" God's love for you or that your troubles indicate an absence of His love. Nothing can be further from the truth. Read



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Romans 8:35-39 again and rest on those words.

1. Read [Romans 5:6-11](#), [Romans 15:7](#), [John 1:12](#) What do these verses declare about your status in Christ?

God's love for you was demonstrated by the sacrifice of His Son, Jesus for your sins. When you believe in Jesus and accept His sacrifice on your behalf, you become a child of God. It is through Jesus Christ that we can be accepted by God and called His friend. You are no longer God's enemy or apart from Him.

1. Read [Psalm 139](#), [2 Timothy 2:19](#), [Luke 12:7](#). How well does God know you?

God created you and knows everything about you, even the number of hairs on your head. His presence never leaves you and you are valuable to Him.

As we cling to the assurance of God's Word, we have in our hands, the Sword of the Spirit, the offensive piece of the Armor of God, (Ephesians 6:17), that enables us to respond to and resist the devil's lies. When we take up this weapon, our enemy will be silenced.

What lies are you believing about yourself? Do you think you are unloved, unlovely, or unaccepted? You can quit believing the lies by transforming and renewing your mind with God's Word. Remember this truth: When you believe in God's Son, Jesus, you become God's child and you are loved, accepted, and known.


Pray - Father, thank you for the truth of your Word. Help me to remember your great love for me. Thank you that through your Son, Jesus, I am accepted and known by you.

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