

GOD



ME

**A 7-DAY CHRISTIAN
AFFIRMATION JOURNAL
FOR WOMEN**

PRAYER AND REFLECTION

Written and Created by Martha Jones



**GOD LOVES
ME FOREVER™**

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Dear Friend,

Welcome!

This 7-day journal was created with love, prayer, and the heartfelt desire that it would be a soft place for you to rest, reflect, and reconnect with God's truth about you. Each affirmation and journaling prompt invites you into a deeper awareness of His love – a love that surrounds you, sustains you, and delights in you.

Over these seven days, you'll be gently reminded of who you are in God's eyes: cherished, chosen, never alone, and more than enough. Whether you're longing for peace, seeking renewal, or simply pausing to be with God – may these pages become a quiet sanctuary for your soul.

There's no need to rush. Let the Holy Spirit meet you where you are. God is always speaking, even in silence. His love gives you permission to rest, to be still, and to simply be – exactly as you are, held fully in His grace.

Thank you for allowing this journal to be part of your journey. May it bless you, comfort you, and remind you every day of the beauty God sees in you.

With love and blessings,

Martha

How to Download Your Journal

Dear Friend,

Thank you for allowing our journal to become part of your spiritual journey. It was created to give you a peaceful place to slow down, reflect, and spend a few quiet moments with God. You may use this journal in whichever format fits your lifestyle best — printed or digital.

1. Printable PDF Version

- Download the file to your device
- Print at home or at a local copy shop
- For best results, use a color printer so the artwork appears soft and clear
- You may print the full journal or only a few pages at a time

2. Digital Fillable Version

- Open the PDF on your tablet, computer, or phone
- Type directly into the pages
- Or write with a stylus using apps such as:
 - GoodNotes
 - Notability
 - Xodo
 - Adobe Acrobat Reader

Whichever format you choose, may these pages become a gentle space of reflection, encouragement, and peace.

With love and blessings,

Martha

Opening Prayer

Dear Heavenly Father,

As I begin these seven days with You,
I open my heart to receive Your love.
May this journal be a quiet place where I rest, reflect,
and remember who I am in You.

Help me hear Your voice – even in the silence.
Let Your truth settle into my spirit and remind me that
I am deeply loved, fully known, and never alone.
Renew me – body, mind, and soul –
and help me walk in step with Your grace.

Whether I come with joy, questions, or weariness,
I trust that You are here with me.
Lead me gently. Love me fully.
And let Your light shine through me each day.

Amen















Closing Prayer

Dear Heavenly Father,

Thank You for meeting me in these seven sacred days—
for every truth I've embraced, every moment of stillness,
and every whisper of Your love.

You have reminded me that I am not alone—
I am seen, known, and cherished by You.

With each affirmation, You have renewed my spirit,
restored my hope, and reminded me of the
strength You placed within me.

Thank You for planting seeds of peace, renewal, and joy
in my heart.

As I close this journal, I carry these truths forward—not
just as words on a page,
but as promises from You that anchor my soul.

Let Your presence go with me,
Your love guide me,
and Your joy rise within me each day.

Amen

REFERENCES

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