JOURNAL WRITING EXERCISE

 $\mathbf{N}\mathbf{A}\mathbf{M}\mathbf{E}$:

DATE:

THINKING ABOUT LOVE

Writing in a journal helps you recognize your own feelings over certain things or events, no matter how mundane. For this exercise, write down what love means to you....not romantic love but love of family and friends. Use your Bible to find a verse about how God calls us to love others.