CHANNEL CONTROL CONTRO				
monday	tuesday	wednesday	thursday	friday
			Jesus loves you so much and his desire is for you to love him too! Show Jesus some love today by reading His word. 1 John 4:19	2 Loving God is easy! He is faithful, compassionate, and loving. He was willing to die on a cross so you could spend forever with Him. Show God some love by thanking him for all he has done. John 3:16
Week 1: Loving God				
Be confident in yourself! God made you in His image and He doesn't make mistakes! Look in the mirror today and say, "I am beautiful!" Song of Solomon 4:7	People look at your appearance, but the Lord looks at your heart. He knows you better than anyone. Write down five things you love about yourself. 1 Samuel 16:7	Love who God made 7 you to be! He made you unique and that is something to be proud of! Share with a friend some of your special talents and then ask them theirs! Psalm 139: 13-15	8 You are special! Love yourself today because Jesus loved you first! He knows every detail of your life and thinks you are amazing! Luke 12:7	9 Being confident doesn't mean you have to brag about yourself. You should love yourself but always remain humble. Luke 14:11
Week 2: Loving Myself				
It is better to have a couple close friendships than a dozen friends. Choose who you want to be closest to and make time for them. Proverbs 12:26	Be a good friend in all ¹³ situations. In the Bible, Jesus tells us that friends love each other no matter what. How can you be a good friend today? Proverbs 17:17	14 Happy Valentine's Day! Show the people in your life just how much they mean to you by giving them a hug, writing them a note, or saying "I Love You". John 15:13	15 When they aren't being very nice. Is there someone you know who isn't very nice to you? Write down their name and pray for them! Matthew 5:44	16 Being a good friend means always including everyone. When you are around a group of people or with other girls, keep in mind all your friends around you so they feel included. Philippians 2:3
Week 3: Loving My Friends				
It's hard to love others 19 when they aren't being very nice. Is there someone you know who isn't very nice to you? Write down their name and pray for them! Matthew 5:44	Do you find certain people annoying? Be friendly and show them love anyways. Try to think about all the positive things about them. Psalm 149:4	Did a classmate say something mean about you? Try showing them love anyways. They may be dealing with hurt themselves. Ephesians 4:32	22 Did your teacher snap at you for no reason? Just remember teachers can have bad days too. Give them a smile to show you still love them anyways. 1 Corinthians 13:4-8	Is there someone that 23 is a different race than you? Show them love. Everyone was born into their race without choice so don't let that stop you from making friends. Romans 12:9,10
Week 4: Loving the Unlovely				
Your parents love you so much! Show them how much you love them by doing what they ask of you. The Bible says we need to honor our parents. Matthew 19:19	Forgiving a family member that hurt you isn't easy. Jesus forgives you when you make mistakes. Make the decision to be forgiving. Colossians 3:13	28 When you have been in a family with abuse, addictions, divorce, or instability there can be a horrible loss. Look to Godly counsel to get the healing you need so you can love your family again! Proverbs 19:20		
Week 5: Loving My Family				

