



FEBRUARY WORKBOOK

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# FINDING LOVE

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Experiencing God's Unfailing Love

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# How to Use This Workbook For February

*A guide for your month to experience God's unfailing love.*

This is a tool for your heart — created for real-life moms raising autistic and medically complex kids, in real bodies, with real limits.

You are not expected to complete every page, every day. You are invited to use what serves you, skip what doesn't, and come back when you need it.

Think of this workbook as a companion for February. A place to slow down, notice where patience is thin, invite God into the waiting, and let Him do the growing — gently, faithfully, over time.

## Quick Monthly Overview

**Week 1:** Assess + Set intentions (Sections 1-2)

**Week 2:** Scripture grounding + reflection (Start Section 3)

**Week 3:** Noticing God's love daily (Section 4)

**Week 4:** Surrender, transformation, + reflection (Sections 5-6)

## **At The Beginning of the Month**

Start here when the month begins, or whenever you begin your Love theme.

### **Section 1: Where Is Your Heart Right Now?**

Do these pages first. They give you a baseline. The “before picture” of your heart. This helps you see what God transforms by the end of the month. Take your time. Be unfiltered. God can handle your honesty.

### **Section 2: What You Are Seeking**

After you assess where you are, move into what you desire.

This section helps you:

- name what you want from God
- acknowledge barriers
- identify where patience feels blocked

This becomes your intention + prayer focus for the entire month.

## Middle of the Month (Week 2-3)

This is where growth and understanding deepen.

### Section 3: What Biblical Love Really Is

Use this section slowly. Maybe one page per week.

Each scripture page gives you:

- a biblical truth
- journaling prompts
- a Holy Spirit–led shift in perspective

These pages pair beautifully with your weekly devotionals, scripture cards, and podcast episode.

### Section 4: Experiencing God’s Love in Daily Life

This is your practice section.

Use Page **13** (Daily Reflection Practice) as often as you want. Daily, a few times a week, or whenever you feel yourself slipping into survival mode.

Use Page **14** and **15** to help you create practical, sensory–safe, moments to experience God’s unfailing and unconditional love in real life.

This is the section that helps God’s love move from theory to your daily reality.

## End of the Month (Last 3-4 Days)

This is where you wrap the month in reflection and gratitude.

### Section 5: Inviting God to Transform Your Heart

These pages are perfect for a moment at the end of the month.

They help you:

- release what needs releasing
- pray with clarity
- declare what God has grown in you

If the month was messy, tiring, or nothing like you hoped... this is still the place God meets you with love.

### Section 6: End-of-Month Reflection

Finally, return to the same heart rating you did on Page 1.

Notice what changed.

Notice where God showed up.

Notice where God's love is growing. Even if it's growing slowly.

This page helps you see your progress, and gives you a foundation for the next month's theme.

# Section 1: Where is Your Heart Right Now?

## Love Check-In

Circle the number that best describes your current ability to feel God's love in this season:

(0 = completely closed off, 10 = deeply anchored in His love)

0 1 2 3 4 5 6 7 8 9 10

## Reflection Questions:

What moments made it hard to feel God's love?

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Did you notice His love today, even in small ways?

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How has motherhood (with your child's unique needs) shaped how you experience love right now?

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## What Love Feels Like to You

Love shows up differently for each of us.

### Reflection Questions:

When you imagine God's love, what comes to mind?

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Which moments in the past week made you feel His love?

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Which form of God's love do you most need today?

- Comfort
- Reassurance
- Peace
- Strength
- Patience
- Presence
- Forgiveness
- \_\_\_\_\_

## Section 2: What You Are Seeking

### What Do You Want From God This Month?

"God, this month I am asking You to show me Your love  
in \_\_\_\_\_."

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"I want to trust Your love when \_\_\_\_\_  
\_\_\_\_\_ overwhelms me."

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"The kind of love my heart longs for most is  
\_\_\_\_\_."

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## Naming Your Barriers

Sometimes, love feels distant not because God is absent, but because life is heavy.

### Common Barriers:

- Exhaustion, stress, or burnout
- Fear of inadequacy
- Feeling unseen or unappreciated
- Comparison to others
- Spiritual dryness
- Emotional overwhelm
- Past hurts or rejection
- Unanswered questions

Which of these barriers affects you most this month?

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Which one feels hardest to bring before God? Why?

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## Section 3: What Biblical Love Really Is

### Scripture Study – God Is Love

Read: **1 John 4:7–8, 16; Lev 25:42, 55; Dt 26:18; 29:15; 32:5; 4:33–38 [A]**

### Reflection Questions:

What stands out to you about God being love itself?

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How does knowing He is love change how you view yourself?

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Where do you tend to try to earn love instead of receive it?

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### Guided Truth Statement:

“God’s love is not dependent on what I do; it is who He is, and it is mine to receive.”

## Scripture Study – Love That Chooses & Sacrifices

Read: **John 15:13; 1 John 3:16; Jdg 16:20–22; Ru 2:20**

### Reflection Questions:

How does God’s choosing and sacrificial love show up in your life?

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What does it look like for you to accept this kind of love in your daily life?

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Where can you rest in knowing you are chosen and cherished, not because of what you do, but because of who He is?

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## Scripture Study – Love That Forgives & Heals

Read: **Ps 33:5; 90:11–14; 5:5 [A]; Isa 1:18–20; 43:4; Hos 7:8; Ro 9:3; 1 Pe 4:8; 1 Jn 2:8**

### Reflection Questions:

Where in your heart do you need God’s forgiveness and healing?

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How does God’s love free you to forgive, release, and be restored?

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How can noticing His love in ordinary moments transform your day-to-day motherhood?

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# Section 4: Experiencing God's Love Daily

## Daily Love Practice (5 Minutes)

Complete each morning or evening.

### 1. One moment I felt God's love today:

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### 2. One moment I struggled to feel His love:

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### 3. One way I can accept His love tomorrow:

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### 4. One prayer for God's love today:

"Lord, show me Your love in \_\_\_\_\_ and help me receive it fully."

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A printable journal is at the end of this workbook. Make as many copies as your need or use a special journal just for this reflection each day.

## Love + Senses

God often meets us through our senses—touch, sight, sound, smell.

### Reflection Questions:

What sensory experiences help you feel God’s love (warmth, music, nature, hugs, soft textures)?

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How can you incorporate one of these into your day this month?

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How might you use these moments to anchor yourself in His love when life feels heavy?

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## Love and Boundaries

Receiving love can be difficult if you are depleted or overstretched.

### Reflection Questions:

What boundary would protect your capacity to receive God's love this month?

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Which boundary feels scary to set? Why?

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What is one boundary God may be inviting you to set for your emotional, spiritual, or physical well-being?

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# Section 5: Inviting God to Transform Your Heart

## Prayer and Surrender

“God, here are the areas where I need Your love the most...”

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“These are the expectations I am releasing this month...”

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“Here is where I need Your love to fill, heal, and restore...”

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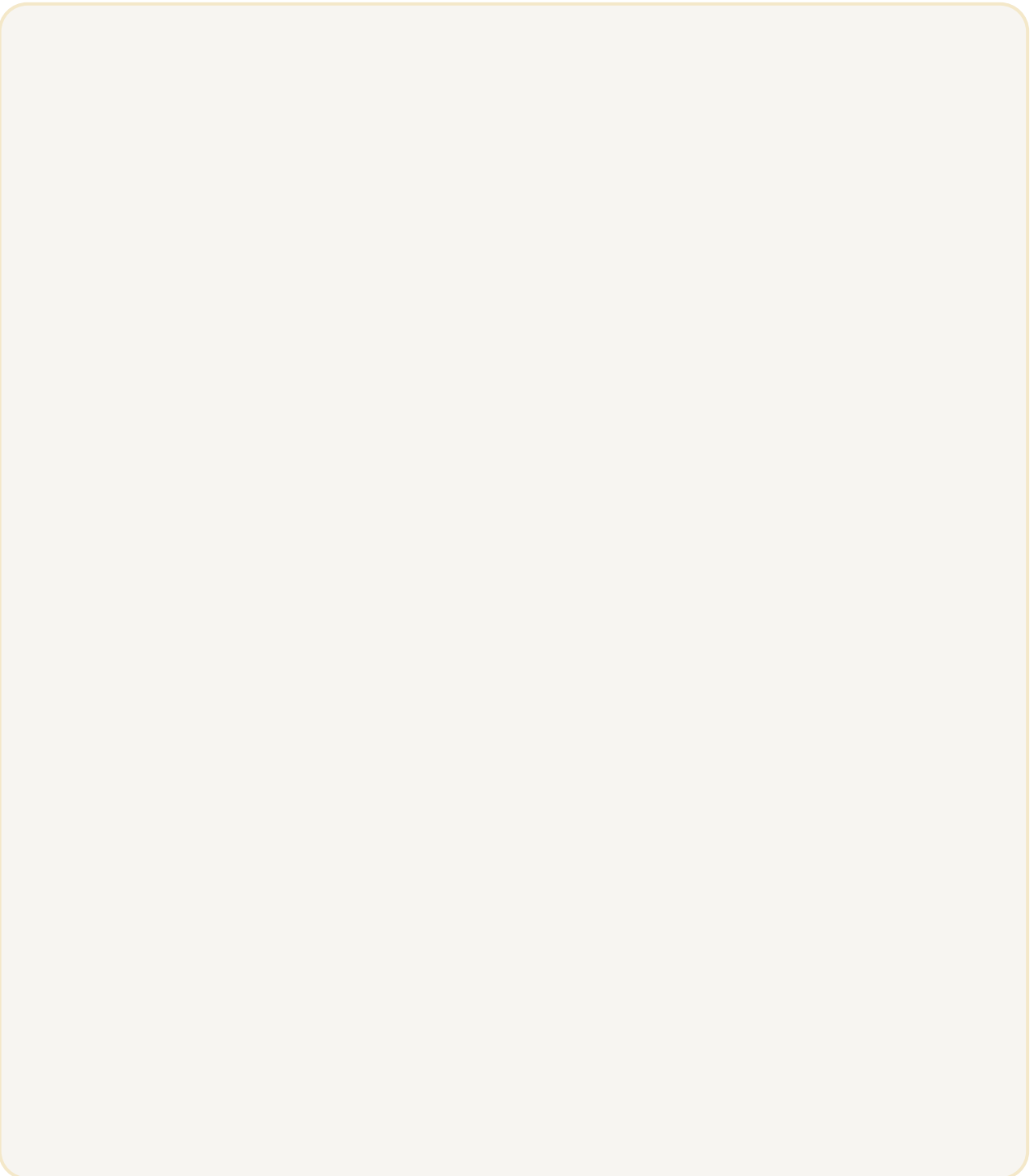
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## Patience Declaration Page

Write these down in your handwriting or repeat them aloud:

- God's love is steady and unending.
- I am loved because He is love, not because of what I do.
- I can receive His love even when I feel broken.
- God's love transforms my heart, my mind, and my home.
- I am learning to rest in the love God freely gives.
- God is shaping something good in me — through His love, not my effort.



## Section 6: End-of -Month Reflection

### Love Growth Check-In

Circle the number that best describes your current ability to feel God's love in this season:

(0 = completely closed off, 10 = deeply anchored in His love)

0 1 2 3 4 5 6 7 8 9 10

### Reflection Questions:

What changed in your ability to receive or feel God's love this month?

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What surprised you about God's unfailing love?

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Where did you notice Him showing up in small, ordinary moments?

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What new understanding do you have about who God is and how He loves you?

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How will you continue to open your heart to His love next month?

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## Embracing Time Spent Receiving God's Love

Over the past month, you've leaned into one of the deepest truths of Scripture: God's unfailing love.

And receiving that love wasn't always easy. There were moments you felt unseen or wondered if anyone truly cared... even God. But you stayed.

This month revealed something steady and life-giving: God's love is not conditional, performative, or fleeting. It does not depend on your strength, your productivity, or your ability to get it right. His love meets you in the real, messy, exhausting beauty of motherhood. It chooses you before you ask. It holds you when you feel fragile. And in that space, something began to shift.

You noticed the ways God poured His love into your days. Unexpected encouragement, patience rising where frustration once lived, a gentler posture toward yourself. You began to recognize that you are beloved, not because of what you do, but because of who He is.

That is the power of God's love.

It transforms as you receive it.

It strengthens while you carry heavy burdens.

It remains, even in the storm.

As you step into the next month, carry this truth with you: You are loved because God is love. You are chosen, cherished, and held. Even when life feels messy and unfinished. Nothing you face can separate you from His love.

Be steady in the truth that His love is unending, unearned, and always present.

And may that love continue to shape your heart, your home, and your motherhood one surrendered, receptive moment at a time.

*Ash*

## Daily Love Practice (5 Minutes)

Complete each morning or evening.

### 1. One moment I felt God's love today:

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### 2. One moment I struggled to feel His love:

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### 3. One way I can accept His love tomorrow:

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### 4. One prayer for God's love today:

"Lord, show me Your love in \_\_\_\_\_ and help me receive it fully."

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