Step 1: Fill out each reason with a name of someone who loves you.

Step 2: Take this page to each person you named and have them write WHY they love you

Step 3: Put this page where you will see it everyday

If ever you are in danger of harming yourself call each of your reasons or... 1-800-273-8255

~Reasons~

REASON ONE:

“All beautiful you are, my darling there is no flaw in you” Song of

Songs 4:7

REASON TWO:

“FEAR NOT for I have redeemed you I have SUMMONED you by

name you are MINE. “ Isaiah 43:1”

REASON THREE:

“Even though I walk through the valley of death I will Fear no evil

for you are with me” Psalm 90:4

REASON FOUR:

“The lowly He sets on high, and those who mourn are lifted to

safety” Job 5:11

REASON FIVE:

“He will yet fill your mouth with laughter and your lips with shouts

of Joy” (Job 8:21)

REASON SIX:

“I will Give you the treasures of Darkness riches stored in secret

places” Isaiah 45:3

REASON SEVEN:

“Take heart, your faith has healed you.” Matthew 9:22

REASON EIGHT:

“We have escaped like a bird out of the hunter’s snare; the snare

has been broken, we have escaped” (Psalm 124:7)