

◆ LUMI LIGHT ◆

You Are Loved.

A Prayer & Reflection Guide

For the woman finding her footing in God's love — this one is for you.

This guide was created with you in mind — the woman who loves God, who is still healing, who sometimes wonders if she's too broken, too quiet, too much, or not enough. You are none of those things. You are deeply, completely, unconditionally loved. Let this be a safe space to breathe, reflect, and receive that truth.

How to Use This Guide

Find a quiet moment — morning, evening, whenever feels right. Read each section slowly. Let the scripture land. Sit with the prayer. Then write. There are no wrong answers here, only honest ones. God meets us in the honesty.

01 | You Were Chosen — Not by Accident

Sometimes the enemy will try to convince you that God's love has conditions — that you need to earn it, maintain it, or prove you deserve it. That is a lie. Before you were formed, you were known. Before you could perform, you were already loved.

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God..."

— Romans 8:38–39

◆ Prayer

Father, remind me today that Your love is not a reward I earn — it is a gift You freely give. Silence every voice in my mind that tells me I am not enough. Let Your truth be louder. Amen.

◆ Reflect & Write

Where have you been trying to earn God's love instead of simply receiving it?

What would change in your daily life if you truly believed you were already loved?

02 | Healing Is Not Linear — and That's Okay

Healing has seasons. Some days you'll feel whole. Other days something small will crack you open and you'll wonder if you've made any progress at all. You have. Every step — even the hard, messy, two-steps-back ones — is still part of the journey God is walking with you.

"He heals the brokenhearted and binds up their wounds."

— Psalm 147:3

◆ Prayer

God, thank You for meeting me exactly where I am — not where I think I should be. Help me to be patient with my own healing the way You are patient with me. Remind me that You are in every season, including this one. Amen.

◆ Reflect & Write

What part of your healing journey have you been most impatient with?

Write one thing God has already brought you through that you sometimes forget to acknowledge.

03 | Peace Is Your Birthright

Peace is not the absence of hard things — it is the presence of God in the middle of them. You don't have to hold everything together. You don't have to figure it all out. You are allowed to lay it down. You are allowed to rest.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

— John 14:27

◆ **Prayer**

Jesus, I receive the peace You have already given me. I lay down the anxiety, the overthinking, the need to control. Today I choose to trust You with the things I cannot fix. Guard my heart and my mind. Amen.

◆ **Reflect & Write**

What are you currently carrying that God is asking you to surrender?

Describe what walking in peace looks like for you in this season of life.

A Final Word from Tamera

I created Lumi Light because I needed it. I was healing, I was loving God, and I was still figuring out what peace looked like for me — with ADHD, with my past, with all of it. And I want you to know: you don't have to have it all together to belong here. You just have to show up. I'll meet you right there.

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