

Dear Friend,

As we step into February, I want to invite you to slow down with me for just a moment and sit with a simple, life-altering truth: we are loved.

Not because of what we do. Not because of what we fix. Not because we finally get it all together. We are loved because God says we are.

This month's theme is Be Loved. This theme has been slowly growing and speaking to me over the past few months. I can look at this word two different ways~ "beloved" and "be loved." God is teaching me truths through each one. As I've been preparing for the "BeLoved: A Made for More Gathering", God has been gently reminding me again and again that I don't have to strive for His affection, I already have it. Fully.

Completely. Right now. And so do you!

For so many years, I lived like love was something I had to earn from God, from others, even from myself. I believed that if I worked harder, lost more weight, showed up better, or disappointed fewer people, then maybe I would finally feel secure. But love doesn't work that way in the Kingdom.

Jesus was called Beloved before He ever began His ministry. And that same love is extended to us, not as a reward, but as an identity.

My prayer for you this month is that you don't rush past this theme. That you don't turn it into another thing to master or accomplish. Instead, I hope you allow yourself to rest in it. To live from it. To let it shape how you care for your body, how you speak to your mind, and how you show up in your everyday life.

You don't have to become someone else to be loved.

You already are.

I'm so grateful you're here with me on this journey.

Becoming whole with you,

Lori



My story was featured in a local magazine.



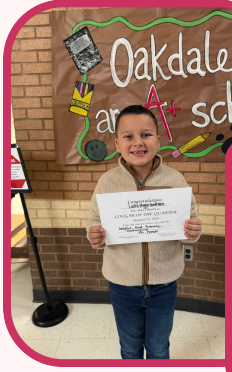
The Littles are growing and thriving!



Our boys played flag football in January. Lara and I almost froze to death!



We celebrated Tim's 65th birthday!



Lake was selected as "Cougar of the Quarter" at his school.



Wellness for Real Life

Simple ways to reset your body, renew your mind, and refresh your soul

Living from love, not striving for it

When we truly believe we are loved, it changes how we care for ourselves. We stop punishing our bodies, criticizing our thoughts, and pushing our souls to exhaustion. Being loved becomes the starting place, not the finish line.

Here's what Be Loved can look like in real, everyday life:

Caring for Yourself Like Someone Who Is Loved



When you know you're loved, you treat your body with respect, not shame.

This month, practice asking:
"If I truly believed I was God's beloved daughter, how would I care for my body today?"

That might look like:

- Eating in a way that honors your hunger and fullness
 - Moving your body because it feels good, not because you're "supposed to"
 - Choosing rest without guilt
- Love doesn't demand perfection, it invites care.

Letting Love Shape Your Thoughts

So many of our thoughts sound harsh, demanding, and critical. But love speaks differently.

When negative self-talk shows up, pause and ask:

"Is this thought rooted in love or fear?"

Begin gently replacing harsh thoughts with truth:

- I don't have to earn love.
- I don't have to prove my worth.
- I am allowed to grow at my own pace.



Receiving, Not Striving

God doesn't ask us to chase His love. He offers it freely.

Jesus reminds us:

"As the Father has loved Me, so have I loved you. Now remain in My love."

(John 15:9)

Remaining in His love isn't about doing more. It's about staying connected. Even a few quiet moments with Him can realign your heart.



Practice Being Loved

For the next 7 days, choose one small daily reminder that you are loved:

Place your hand on your heart and take 3 slow breaths

Speak this truth out loud: "I am loved right now."

Before a meal, pause and thank God for caring for you

End the day asking: "Where did I notice love today?"

No pressure. No checklist. Just presence.



The Well by Krista



Meet Krista! She's a wife, mom, and is on a holistic wellness journey. Each month she will share a personal reflection or story about how God reveals Himself in daily life. If you would like to connect with Krista, you can find her on Instagram @krista.livinglife

When you least expect it, when you're not even looking...there are glimmers from God. Sometimes they go unnoticed, but other times they show up so often that it can become overwhelming and certainly undeniable that God is trying to show us or tell us something.

Over the course of the past few weeks, I found myself in what felt like a void. A grey space of waiting and uncertainty. Most of us have found ourselves in this space of waiting for news or test results of which we have absolutely no control over. In this grey void however, the enemy was lurking and telling me to worry, to look for ways that I could control something, or even to tell God what I wanted Him to do or what outcome I thought I deserved.

I had to remind myself many times that all of this was in God's hands, and that he was working it all out according to His plan. It was harder to convince myself of this in the first few days, but with each passing day of intentionally showing up and surrendering, a sense of calm and peace progressively grew over me. He kept showing me Philippians 4:6-7 in my social media feed, in my Bible app, in other books I was reading...the same message:

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus.” (NIV)

He can be relentless at times until we get the message and concede to these glimmers. If we are fully surrendered, and committed to obey, we pray on His words and heed to His lessons.

I had come to the realization after more than a week of waiting, that regardless of what the outcome was, I was equipped to face it because of my faith in Him and because of His love for me. His unconditional and unfailing love for me.

The call came, and the results were favorable. Praise be to God!! I know it won't always turn out this way, but His love reminds me daily that it's all in His hands and even in dark grey voids of worry and uncertainty...He is there to shine His light.

A prayer for you if you find yourself in a grey void of worry and uncertainty...

Lord,

I bring You everything that weighs on my heart-every worry, every unanswered question, every quiet fear. I choose to trust You instead of being anxious. Thank You for hearing my prayers and for Your faithful care. As I place my concerns in Your hands, fill me with Your peace- peace that goes beyond my understanding. Please God, guard my heart and my mind always. In the name of your son Jesus Christ I pray, Amen.

my top picks

A space to gather resources, encouragement, and practices that help you live whole.

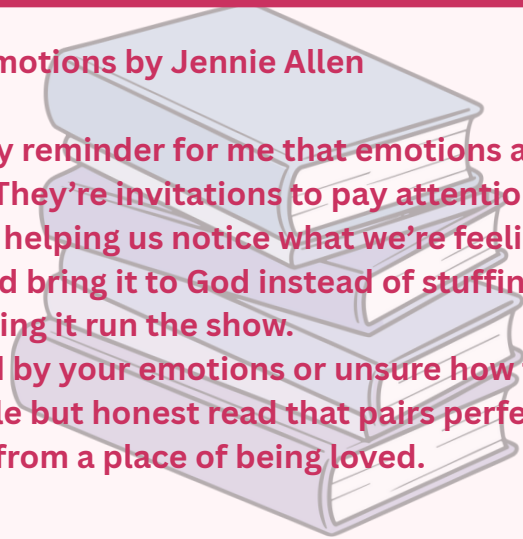
nightstand

Untangle Your Emotions by Jennie Allen

This book has been such a timely reminder for me that emotions aren't something to ignore or fear. They're invitations to pay attention.

Jennie does a beautiful job of helping us notice what we're feeling, understand why it matters, and bring it to God instead of stuffing it down or letting it run the show.

If you've ever felt overwhelmed by your emotions or unsure how they fit into your faith, this is a gentle but honest read that pairs perfectly with learning to live from a place of being loved.



on my

press

"How to Stop Numbing Your Feelings" Made For This Podcast with Jennie Allen

This episode ties so closely to the Be Loved theme. It explores how easy it is to numb hard emotions and how God invites us instead to bring everything, even the uncomfortable stuff, into His presence. It's encouraging, practical, and very relatable.

A great listen for a walk, a drive, or a quiet moment with a cup of coffee.



play

habit

Pause Before You React

This month, practice taking a brief pause before reacting especially when emotions feel big.

Before responding, try this:

- Take one slow breath
- Ask: "What am I feeling right now?"
- Remind yourself: "I am already loved."

This small habit creates space between emotion and action, helping you respond with clarity instead of urgency.

healthy



a few of our favorite things

Well-loved finds from the Living & Losing community



I'm very excited to share some favorite things from the "living and losing" community. Each month you can look for a delicious recipe, a favorite food product, and a highly recommended beauty product all to help and encourage you on your health and wellness journey. So over the next few pages meet the new contributors

New Feature!

kitchen

from Gigi's



Ingredients:

- 2 slices of bacon
- 8-10 jumbo shrimp, peeled & deveined
- 1 tsp. chili powder
- 1 tsp. ground cumin
- ½ tsp. kosher salt
- ½ color pepper, sliced in strips
- 1 jalapeno, sliced into rounds
- ½ red onion, sliced thin
- 1 small zucchini, sliced into thin half-moons
- 2 T. salted butter
- 4 LaBanderita tortillas
- 1 cup shredded Monterey Jack cheese 022 wedges Laughing Cow Cheese
- ½ c salsa

Directions:

- Add the bacon to a large skillet over medium-high heat, and cook until crisp.
- Add shrimp in a single layer.
- Sprinkle with half of mixture of chili powder, cumin and salt. Stir and cook until shrimp are just cooked through and the bacon is crisp.
- Remove with slotted spoon to a paper towel-lined plate.
- Add bell pepper, jalapeno, onion, butter, and sprinkle with the remaining seasonings and stir to cook until softened. Remove to the paper-towel lined plate.
- Wipe the skillet clean and return it to the heat. Add first tortilla to pan. Add some cheese, then spread the bacon, shrimp and vegetables. Cover with more cheese. Then top with the second tortilla and cook until golden (3-4 minutes)
- Flip and cook the second tortilla until golden.
- Transfer to cutting board and cut into 4-6 pieces. Serve with salsa on the side.



First, meet Vicki. She is a wife, mom & Gigi to 3 grandchildren and an amazing cook. She'll be sharing her favorite recipe with us each month.

a few of our favorite things

Well-loved finds from the Living & Losing community



Next, meet Paula. She is a wife, mom & on a health journey with WW. She will be sharing one of her favorite finds each month. To connect with Paula follow her on TikTok @misplacedtexan71



Paula's



pick

10 crackers = 1 pt.
18 crackers = 2 pt.
60 cal. for 9

product recommendation

Lara Edited



Lanolips 12 Hour Overnight Lip Mask
Perfect for winter lips!

Meet Lara! She is a wife & mom & my daughter. She will be sharing her favorite beauty product with us each month. To connect with Lara follow her on Instagram @lara_edited



What's New



&What's Next

Big things are happening in the Living & Losing community!

February is full of meaningful moments and I would love to connect with you in whatever way fits your season.

🌸 Pop-Up Bath Salts Bar~Beloved: A Night for Galentine's

📍 Allyoop's Boutique, Pearl, MS

📅 February 10 | 5:00-7:00 PM

Join me for a fun girls' night out at Allyoop's Boutique! I'll be hosting a Pop-Up Bath Salts Bar, where you can create your own soothing soak designed with sensitive bodies in mind. Enjoy yummy treats, a free DIY bracelet bar, special discounts, and sweet fellowship. Come celebrate friendship and love. Galentine's style!

❤️ BeLoved~A Made for More Gathering

📅 February 16, 6:00-8:30 PM, Hidden Hills Clubhouse, Brandon, MS 39047

This intimate gathering is designed to remind women of one powerful truth. We are deeply loved by God. Through dinner, dessert, creative make-and-take stations, and meaningful reflection, we'll spend the evening resting in who we already are, not striving to become more.

If you've been craving connection, encouragement, and space to breathe, this night is for you.

Seats are limited. Buy your ticket today! \$40

🏠 Made for More Gatherings! Coming Soon!

I'm excited to begin offering Ladies' Night-In Gatherings hosted in homes! These smaller, relaxed gatherings are perfect for friends who want a meaningful night together. Where we create, connect, and grow in holistic wellness.

Details and packages are coming soon, but if you're already curious about hosting, reach out!

🛍️ Shop Living & Losing

You can find devotionals, hand-painted journals, bracelets, gift boxes, and digital resources on my website. These pieces are created to encourage holistic wellness (body, mind, and soul) and make thoughtful gifts for yourself or someone you love.

New items will be added throughout the year, so be sure to check back often.



THIS
month's
DIGITAL
PRODUCT

to purchase this or any other digital product visit my website at <https://www.livingandlosingwithlori.net>