

Values and Verses

A Personal Entry, for my son:

Some of you know, I have one and only child, a son that I love with all of my heart. I wrote this for him, so that he could have something like, “Mommy’s instructions for life” written down for him, when he was 10 years old. This entry is personal, in that my own personal values are reflected, combined with my love of counseling. Therefore, I have titled this entry, “Values and Verses”, and have published it here, so that he can find it whenever he wants.

It is interesting how good relational values have Bible verses that reflect those values. I DO often see people who have past experiences of faith-based “power and control” types of abuse. Abuse can and does occur in the context of places where humans of all ages are supposed to be safe, such as religious environments, unfortunately.

If that particular flavor of awful experience is something you have lived through, I am a safe person to talk that over with, if you would like. This printable is not intended to address client trauma experiences.

This is for my son, Jordan, as “Mommy’s Instructions for Life”. It is a work in progress.
Dana

To Jordan

Mommy Loves You!



June 2023 - August 2024

10 - 11 Years Old

Values and Verses



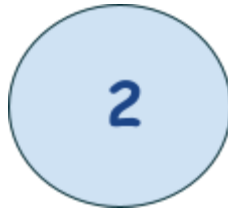
**It's Ok
to make mistakes,
and
OK
to be a Learner!**

(Just don't make mistakes on purpose!)

How you take responsibility for your mistakes and try to make things right, makes you a GOOD, HONEST person. Don't ever lie about making a mistake. Tell the truth, even if it's embarrassing, or if there are consequences.



People will respect you more for telling the truth about a mistake, than if you lie and deny, or shift blame or make excuses.. They will almost always be able to tell if you are lying. Even if they can't tell, God knows the truth, and so do you.



**We solve
Problems,
NOT
People!**

**A Person is NEVER the problem.
Sometimes what a person chooses to think, say, or do
can be a problem,
but the person themselves is NOT the Problem.**



**Your Feelings
aren't
Wrong!**

Feelings are our body's way of telling us if something is good or bad.

However...

**What you choose to *DO* about your feelings
can be right or wrong.**

- Sometimes you need to STOP and let BIG feelings calm down before reacting.
- Reacting while upset or excited can lead to actions you haven't thought through.
- Those can be mistakes.

STOP and Breathe. Calm Down and Think.



4

Boundaries

You are responsible for YOUR feelings,
but NOT anyone else's!


Yourself	Others
	

We care about one another's feelings, but everyone is responsible for their own!

Caring is GOOD! Empathy is a fancy word for "caring about other people's feelings".

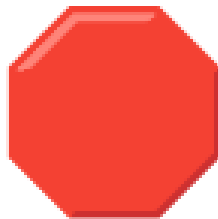
*** IF Someone you care about is having BIG feelings, you COULD tell a people helper, and they will be able to help them. **TELL A PEOPLE HELPER** 👍

RESPONSIBILITY

<p>Yourself</p>  <p>Your feelings are valid!</p>	<p>Others</p>  <p>Others' feelings are valid too.</p>
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YOU ARE RESPONSIBLE FOR YOUR FEELINGS AND ACTIONS.

THOSE ARE YOUR JOB 👍



You can CARE about Others, but you are NOT Responsible for OTHER PEOPLE'S Feelings or Actions.

If you feel 😞 , 😟 or 😡 ...Stay Safe 🚚

Tell a People Helper! 😇

5

Thoughts

STAY Curious...

IF something seems NOT Quite Right

Ask Yourself...  Is that 100 % TRUE?

Maybe so, Maybe not.

- Sometimes our thoughts are partially true and partially false, or something in between!



INVESTIGATE! Fact check...LOOK FOR ANSWERS

OR

Ask a People Helper!

Thought Shifting:

- Sometimes the thoughts can be “shifted” to be more accurate.
- Sometimes our thoughts are not quite right. Thoughts can be partially right, but not accurate.
- When we shift our thoughts, our feelings improve. *This is what Counselors help with sometimes.*

6

New People and Friends

It's normal to worry that new people might not like you



(Truthfully, most everyone feels that way sometimes.)

Speak the Truth to Yourself

Thank Goodness! Have Faith...It's True!

Most People and New Friends generally

WILL LIKE YOU!!

You are a likeable kid!

Safe versus UNSAFE People:

- Someone who is SAFE, will CARE about your wellbeing, your feelings and what is important to you!
- A SAFE PERSON WILL SPEAK WITH RESPECT for you.
- Be wise and discerning about friendships. Someone who does NOT care about your wellbeing or feelings, is generally not a safe person.



Other People can be Hurtful.

It helps to remember,

WHAT SOMEONE SAYS OR *DOES*,
SAYS MORE **ABOUT THEM**
THAN IT DOES ABOUT YOU!

- If someone is mean to you, that TELLS YOU, “This person is mean” (NOT, there must be something wrong with me...that is WRONG thinking)
- *We cannot CHANGE what another person SAYS or DOES. We can INFLUENCE them, but not Change them. Unfortunately.*
- This same principle ALSO applies to YOU! People will remember if you are NICE to them.
- As far as it is up to you, Be NICE!
- Have good Boundaries.
- Be Assertive. Not Aggressive. Not Passive. Not Passive -Aggressive. ASSERTIVE.
- Speak the truth with Kindness. 😊
- ASSERTIVENESS **BOOK RESOURCE: *Your Perfect Right***, by Alberti and Emmmons.

7

How to Say Hard Things in a Nice Way

(CAUTION: This works ONLY with a SAFE PERSON who CARES about YOUR FEELINGS)



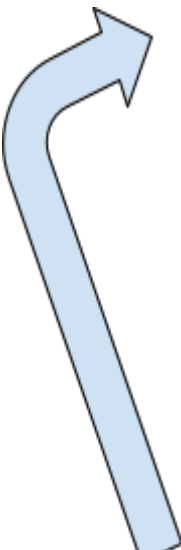
Speak Truth with Kindness!



You Already KNOW your Truth!



Speak words of Support, Empathy, then TRUTH.



1) SUPPORT: Say the nature of the relationship. If they are your friend, say, “You are my friend”. If they are your teacher, say, “You are my teacher”. And so on...

2) EMPATHY: Say what you see they *might be feeling*. For example, I see you’re upset, angry, worried...whatever it is you see they feel...

3) TRUTH: Say your Truth.

Loop back up to the top! Say the SET a little differently.

Hopefully, this can preserve the relationship.

Remember...You are Important!



Mommy Loves You!



Jesus Loves You!



Grandma and Grandpa Love you!



Jasper,



Charlie,



Chase,



Roly, and



Chessie Love You!!

You are Smart, Brave, and Kind.



Verses

- The Values described before, have plenty of Bible Verses that back those principles up. This is not an exhaustive list, but it is a compilation of some of Mommy's favorites.
- Remember, when I was your age, Grandma and Grandpa took me to church where I learned these verses along with the adults, in the Navigator's 2:7 scripture memory series.
- The verses stuck with me and come to my mind in various situations, and have been a help.
- That is my hope for you, is that you will remember these verses while you are young, so you will know them when you are an adult, with a lot of adult challenges and responsibilities.

Hebrews 4:12 says, "For the word of God is living and active, and sharper than any two-edged sword, even penetrating as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart".

Psalms 119:11 says, "I have hidden your word in my heart that I might not sin against you".

The Verses are divided into somewhat topical sections below:

Truth, Honesty, and Integrity: Proverbs is the book of wisdom, and contains the most helpful verses about living as a wise man, with integrity, or as a foolish or wicked man, who is dishonest and hides the truth.

A PROVERB A DAY: There are 31 Chapters in the book of Proverbs. *PROVERBS IS TOWARDS THE MIDDLE OF YOUR BIBLE.* This is Mommy's helpful way to pick up your Bible and know what to read, to gain wisdom, and to make good choices, to know what is right from what is wrong: **WHATEVER THE DATE IS, THE DAY OF THE MONTH, OPEN THE BOOK OF PROVERBS TO THAT CHAPTER.** For example, today is the 18th of September. Open Proverbs to Chapter 18, and begin there. Jump in on whatever the date is. Do this daily, and you will read

through the book of wisdom every month. YOU CAN DO THIS! The Holy Bible app by YouVersion makes this easy!

Some verses about being honest:

- **John 8:32** “...the Truth will set you Free.”
- **Proverbs 12:22** “Lying lips are an abomination to the LORD, but those who deal faithfully are His delight”.
- **Proverbs 12:17** “An honest witness tells the truth, but a false witness tells lies”.
- **Proverbs 28:18** “The one whose walk is blameless is kept safe, but the one whose ways are perverse will fall into the pit”.



I love your sense of humor! You are wonderful and fun to be with.

I know you have been frustrated with me correcting the CONTENT of your jokes. It is ok to be a learner. It is also my job to teach you to choose good content (try Googling “Bad Dad Jokes”, those are usually great and clean!). Here are some Bible verses in **Ephesians Chapter 4** about choosing good things to say, and also why to leave out jokes about bad things, such as things that are illegal or harmful, or things that put others down. For good measure, it tells you to avoid lying and stealing (which you already know!...I’m proud of your character and integrity!) The section of scripture is in Ephesians 4: verses 25-32. One of these verses, you know as a short children’s song, Doo, doo, doodle-e doo, Ephesians 4:32..It’s cheezy, I know.

Ephesians 4:32 “And be ye kind to one another, tenderhearted and forgiving one another, just as Christ in God has forgiven you”

Ephesians 4:29 “Let no unwholesome word come out of your mouth, but if *there is* any good word for edification according to the need of *the moment*, say that, so that it will give grace to those who hear.

Ephesians 5:4 “and *there must be* no filthiness nor foolish talk, or vulgar joking, which are not fitting, but rather giving of thanks”.

The Beatitudes: This is a list of good character traits that are described as “comes with blessings”. The Beatitudes are found in **Matthew Chapter 5**, in the beginning of Jesus’ Sermon on the Mount: **5 Now when Jesus saw the crowds, He went up on the mountain; and after He sat down, His disciples came to Him. 2 And He opened His mouth and *began* to teach them, saying,**

3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 “Blessed are those who mourn, for they will be comforted.

5 “Blessed are the gentle, for they will inherit the earth.

6 “Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

7 “Blessed are the merciful, for they will receive mercy.

8 “Blessed are the pure in heart, for they will see God.

9 “Blessed are the peacemakers, for they will be called sons of God.

10 “Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

11 “Blessed are you when *people* insult you and persecute you, and falsely say all kinds of evil against you because of Me. 12 Rejoice and be glad, for your reward in heaven is great; for in this same way they persecuted the prophets who were before you.

Your Value to Jesus

We are each “fearfully and wonderfully made”. We are unique, each with a purpose in life.

- **John 3:16**: “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life”.
- **Psalm 139: 13-14a**: “For You formed my inward parts; You wove me in my mother’s womb. I will give thanks to You, for I am fearfully and wonderfully made;”
- **Matthew 10:29**: “Are not two sparrows sold for a cent? And yet not one of them will fall to the ground apart from your Father”.
- **Luke 12:6-7**: “Are not five sparrows sold for two cents? Yet not one of them is forgotten before God. Indeed, the very hairs of your head are all numbered. Do not fear; you are more valuable than many sparrows”.
- There are MANY more verses that tell of how much Jesus loves you! You could ask some friends at church what their favorite verses are.

Mistakes and Being a Learner

It is OK to make mistakes, and OK to be a learner! Hopefully, you won’t have to learn too many things the hard way. NO one is perfect! Sure, goofing up is embarrassing, but that feeling passes. Pick yourself up and try again, correct what you can.

1 John 1:9: “ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness”.

- You might need Google and Bible Gateway to look these up!
- Many characters in the Bible made a lot of mistakes. Some learned from their mistakes, made changes to correct those, and the story was better. Others made mistakes and felt so ashamed of themselves, they never recovered from it. IT IS MUCH BETTER TO BE A LEARNER. IT IS OK TO BE A LEARNER who makes mistakes! MOMMY AND JESUS WILL ALWAYS LOVE YOU, NO MATTER WHAT MISTAKES YOU MIGHT LEARN THE HARD WAY.
- Pull out your children’s picture Bible, and look up the stories of “mistakes and redemption”. Redemption is a big word for “to be forgiven as if the mistake never happened”.
- The Prodigal Son, Jonah, Simon Peter, Moses, and King David, all made mistakes and experienced “redemption”. Which is, that it was made all better.

- PLEASE, please...If you ever feel so ashamed of something you have done, Do NOT consider the option Judas chose. If you EVER feel like that story of Judas and how it ended is an option for you, PLEASE CALL 911 OR TELL YOUR CLOSEST PEOPLE HELPER.

The story of the Prodigal Son can be found, in the book of LUKE Chapter 15:

Luke 15:11-32 New American Standard Bible 1995

The Prodigal Son

11 And He said, “A man had two sons. **12** The younger of them said to his father, ‘Father, give me the share of the estate that falls to me.’ So he divided his wealth between them. **13** And not many days later, the younger son gathered everything together and went on a journey into a distant country, and there he squandered his estate with loose living. **14** Now when he had spent everything, a severe famine occurred in that country, and he began to be impoverished. **15** So he went and hired himself out to one of the citizens of that country, and he sent him into his fields to feed swine. **16** And he would have gladly filled his stomach with the pods that the swine were eating, and no one was giving *anything* to him. **17** But when he came to his senses, he said, ‘How many of my father’s hired men have more than enough bread, but I am dying here with hunger! **18** I will get up and go to my father, and will say to him, “Father, I have sinned against heaven, and in your sight; **19** I am no longer worthy to be called your son; make me as one of your hired men.”’ **20** So he got up and came to his father. But while he was still a long way off, his father saw him and felt compassion *for him*, and ran and embraced him and kissed him. **21** And the son said to him, ‘Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son. **22** But the father said to his slaves, ‘Quickly bring out the best robe and put it on him, and put a ring on his hand and sandals on his feet; **23** and bring the fattened calf, kill it, and let us eat and celebrate; **24** for this son of mine was dead and has come to life again; he was lost and has been found. And they began to celebrate.

25 “Now his older son was in the field, and when he came and approached the house, he heard music and dancing. **26** And he summoned one of the servants and *began* inquiring what these things could be. **27** And he said to him, ‘Your brother has come, and your father has killed the fattened calf because he has received him back safe and sound.’ **28** But he became angry and was not willing to go in; and his father came out and *began* pleading with him. **29** But he answered and said to his father, ‘Look! For so many years I have been serving you and I have never neglected a command of yours; and yet you have never given me a young goat, so that I might celebrate with my friends; **30** but when this son of yours came, who has devoured your

wealth with prostitutes, you killed the fattened calf for him. **31** And he said to him, 'Son, you have always been with me, and all that is mine is yours. **32** But we had to celebrate and rejoice, for this brother of yours was dead and *has begun* to live, and was lost and has been found.'"

Feelings

Our feelings are not wrong. However, **Our THOUGHTS might be not quite right about something,** and can cause big feelings. WHEN WE SHIFT OUR THOUGHTS, OUR FEELINGS CHANGE TOO!

Usually, the PROCESS goes like this:

- 1) We notice THE SITUATION,
- 2) then Feel our Feelings,
- 3) MAYBE WE DO SOMETHING, quickly, WITHOUT THINKING 🙄 (UH OH)
- 4) And then, possibly Realize what we are THINKING later.

Thought Shifting: Sometimes the thoughts can be “shifted” to be more accurate, when there are thoughts that are not quite right. When we shift our thoughts, our feelings improve. ***This is what Counselors help with sometimes.***

ROMANS 12:2 talks about “**being transformed by the renewing of the mind**”.

BY THE WAY...*ALL of Romans Chapter 12 is IMPORTANT! READ ROMANS CHAPTER 12! Please read it because Mommy asks you to...because I love you. ♥ 🍕

Thought Shifting doesn't always “fix” things. Unfortunately, life situations can be upsetting, and uncomfortable feelings come with those unavoidable situations. It is ok to be upset about things that are upsetting. This is where having faith in God, or faith in a higher power, helps soothe our feelings, even through difficulties.

These are just a few wonderful verses to help soothe your feelings. The basic feelings are sadness, fear, anxiety, and happiness. Think, “Sad, mad, glad, and scared”.

- **Psalm 34:18** “The LORD is near to the **brokenhearted** and saves those who are crushed in spirit”.

- **Isaiah 41:10** “Do not **fear**, for I am with you; Do not be afraid, for I am your God. I will strengthen you, I will also help you, I will also uphold you with My righteous right hand.’
- **Philippians 4:6-7** “Be **anxious** for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the **peace** of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus”.
- **ANGER:** Anger is a feeling Mommy helps people with in counseling all the time! Anger is extremely NORMAL! A favorite saying of mine is, “Anger of man does not bring about the righteousness of God”. This is the verse that comes from: **James 1:20**: “for a man’s **anger** does not bring about the righteousness of God”. ***This verse also speaks to Responsibility and Boundaries! We can only be responsible for our own actions, and other’s actions are beyond our control. No amount of “being angry” can change another person’s choices.***
- It matters to Jesus that sometimes we feel **overwhelmed** with things. This is what he said about that: **Matthew 11:28**: “Come to Me, all ^la who are weary and heavy-laden, and I will give you rest”.
- **Hope** is a great feeling! **Isaiah 40:31** is a great reminder that when we are **tired** and **discouraged**, to remember to have faith in God. This translation(NASB) uses the words, “wait for”, yet other translations use the words “hope in” in the same place:
Isaiah 40:31 “Yet those who wait for (or **hope** in) the LORD Will gain new **strength**;
They will mount up *with* wings like eagles, They will run and not get **tired**, They will walk and not become weary”.
- **The Fruit of the Spirit** is a list of great actions and feelings words! The Fruit of the Spirit is found in **Galatians 5:22-23** “But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control**; against such things there is no law.

Kindness “Have courage and be kind” -Cinderella

Ephesians 4:32 “And be ye kind to one another, tenderhearted and forgiving one another, just as Christ in God has forgiven you”

The Golden Rule “*Treat others the way you would want to be treated*” is found in **Matthew Chapter 7, verse 12**: “In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.

- Actually, The ENTIRE **Sermon on the Mount** is worth reading, and is fairly short.
- It begins in **Matthew Chapter 5 - Chapter 7**. It kind of sounds like poetry.
- Yes, Mom says READ THE SERMON ON THE MOUNT. MORE THAN ONCE. PLEASE:)

Humility is a good thing. It is cliché, but true! ***Pride comes before a fall.*** (That’s a figure of speech, you’re not literally going to fall down).

BOOK RESOURCE: *Humility, True Greatness*, by CJ Mahaney.

1 Peter 5: 5 “You younger men, likewise, be subject to *your* elders; and clothe yourselves with humility toward one another, because **GOD IS OPPOSED TO THE PROUD, BUT HE GIVES GRACE TO THE HUMBLE.**”

Romans 12:3 “For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgement, as God has allotted to each a measure of faith”.

The Beatitudes: This is a list of good character traits that are described as “comes with blessings”. The Beatitudes are found in **Matthew Chapter 5**, in the beginning of Jesus’ Sermon on the Mount: **5 Now when Jesus saw the crowds, He went up on the]mountain; and after He sat down, His disciples came to Him. 2 And He opened His mouth and *began* to teach them, saying,**

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8 “Blessed are the pure in heart, for they will see God.

9 “Blessed are the peacemakers, for they will be called sons of God.

The Value of Pets shows Character



Notice when someone is mean to animals, or has little regard for their wellbeing. That is a huge indicator of that person’s character and integrity.

He who is faithful in small things will be faithful in much!

BE KIND TO PETS!

Luke 16:10 “He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much.

Psalm 36:6 “Your righteousness is like the highest mountains, your justice like the great deep. **You, LORD, preserve both people and animals**”.

Proverbs 12:10 “The righteous care for the needs of their animals, but the kindest acts of the wicked are cruel”.

Besides noticing how other people treat animals, how else could you know if a person is safe? Sometimes, you can’t. We want to believe that other people are good and mean well.

Solving Problems

We are grateful when life works out and we have blessings! However, all throughout life, every age and stage of life comes with problems. There is nothing wrong with you, that problems happen. It is what it is. That is just life. Very few things in life are problem free.

Sometimes problems come as unfair suffering and trials (challenges). Victor Frankl invented the phrase, “Will to Meaning”. That means, If we can choose to find meaning and purpose of our problems and challenges, then we can be more resilient.

1 Peter 4:12-13 “Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; **13** but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.

James 1:1 “Consider it all joy, my brothers *and sisters*, when you encounter various trials, **3** knowing that the testing of your faith produces endurance. **4** And let endurance have *its* perfect result, so that you may be perfect and complete, lacking in nothing”.

Matthew 5: 11-12 Blessed is a man who perseveres under trial; for once he has been approved, he will receive the crown of life which *the Lord* has promised to those who love Him.

Boundaries

- Boundaries are helpful when we have conflict or “problems” that seem to be about other people, their actions, behaviors, and choices.
- Remember that people who hurt others and are mean to others, have their own problems that we might not know much about.
- Ask a people helper if you experience this. Mommy says to tell a people helper, and pray for those who are not nice.
- When you get to be a little older, Dr. Henry Cloud’s writings and videos about boundaries can help you with this.

Romans 12: 14-21: Bless those who persecute you; bless and do not curse. **15** Rejoice with those who rejoice, and weep with those who weep. **16** Be of the same mind toward one another; do not be haughty in mind, but associate with the lowly. Do not be wise in your own estimation. **17**

Never pay back evil for evil to anyone. ¹⁸Respect what is right in the sight of all men. **18** If possible, so far as it depends on you, be at peace with all men. **19** Never take your own revenge, beloved, but ¹⁹leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord. **20** "BUT IF YOUR ENEMY IS HUNGRY, FEED HIM, AND IF HE IS THIRSTY, GIVE HIM A DRINK; FOR IN SO DOING YOU WILL HEAP BURNING COALS ON HIS HEAD." **21** Do not be overcome by evil, but overcome evil with good.

Responsibility

We are responsible for our own actions, thoughts, feelings, and tasks to accomplish. Sure, we need others to help sometimes, but there is almost always something we can do for ourselves.

Responsible to do the right thing, to be kind, and to be humble:

Micah 6:8 "He has told you, O man, what is good; And what does the LORD require of you But to do justice, to love kindness, And to walk humbly with your God?"

Responsible for Peace: We are also responsible for being peacemakers.

Romans 12:18 "If possible, so far as it depends on you, be at peace with all men".

Responsible for Being Prepared! We are responsible for being prepared.

Ephesians 6: 10-18 is the scripture about The Armor of God. This is what the BibleMan character was based off of. Remember? The sword of the spirit, the helmet of salvation, the shoes of peace? Those things? GO LOOK UP EPHESIANS CHAPTER 6. MARK IT IN YOUR BIBLE SO YOU CAN FIND IT.

WE CANNOT CHANGE ANOTHER PERSON. We can INFLUENCE THEM, but we CANNOT CHANGE them. We CAN PRAY for THEM!

JESUS says to PRAY for OTHERS, even those who HURT US.

That DOESN'T mean we have to go back and let them hurt us some more. Forgiveness and reconciliation are SEPARATE things, and DON'T ALWAYS occur TOGETHER.

Forgiveness and Reconciliation

Lewis Smedes wrote about Forgiveness and Reconciliation. Find a copy, or get Mommy's copy, of his book, *Forgive and Forget: Healing the Hurts We Don't Deserve*. His other book, *Shame and Grace: Healing the Shame We Don't Deserve* is awesome too! Yes, it's on Mommy's bookshelf.

- Shame is an *awful* feeling. Sometimes feeling shame helps us to make good changes. Other times, shame is just ridiculous. REMEMBER YOUR VALUE TO JESUS. **There is a difference between Conviction and Condemnation.** Go find your dictionary. Look those 2 words up.

It is good to feel convicted of something you shouldn't do, and decide to make a better choice next time!

2 Corinthians Chapter 5, verse 17 "Therefore if anyone is in Christ, *he is* a new creature; the old things passed away; behold, new things have come"

FAVORITES

As you learn and read your Bible, you might notice there will be verses that become your favorites, and are quite popular with other people too. Look for your small leather journal I wrote for you when you were a baby. Mommy's favorites are written in there for you, in my handwriting.

Jordan,

If you have made it this far through the Values and Verses I wrote for you, you have done A Lot of reading! Mommy is proud of you. ❤️ You are THE BEST son a Mama could ever ask for. ❤️❤️❤️ I hope that you will always have these. Of course, you have me in person, "getting on your nerves" teaching you these, and reminding you of them. This is designed for you to ALWAYS have my words for you. Remember to pass these on to your children.

Love,

A handwritten signature in black ink that reads "Mommy". The letters are cursive and slightly slanted to the right.

Mom. Mommy. Bruh. (but I'm not your Bruh) 🤪