

30-Day Self Talk/Meditation

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Read in a mirror to yourself, or simply read to yourself. Do this when you wake up each day for 30 days.

Read through this list. Sometimes, pause and reflect on one or two:

I can and will love God.

The reason I can do this is because he loved me first (1 John 4). God actually loves me and Jesus proved it by dying for me and rising again.

I will respond by loving God with all of my heart, my soul, my mind, and my strength, today.

As Jesus said, the most important commandment is this: "Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

I am a valuable person because God designed me (Ps 139:13) and loves me.

God gave me intelligence, and wants me to use it for good purposes (1 Cor 14:19).

I can be generous with my money, and God will take care of me (Matt 6:2-4,19-24).

I will forgive people who wrong me. Jesus died for me; I should have the same attitude (Phil 2).

I have a Church where there are people willing to love and forgive me (Phil 2).