Morning Meditation: God’s Unconditional Love for Me

Start each day by meditating on God’s love for me.

1. I am loved UNCONDITIONALLY with all my faults and imperfections.

2. My identity is in Christ and His perfect love for me.

3. I have unsurpassable worth that is not based on the good I've done or the bad I’ve done.

4. I was created by and saved by the Creator who loves me perfectly and is madly in love with me.

5. I can choose to believe how much I am loved. I can trust that His unconditional love is true. I can surrender myself to His love.

6. I don't need to earn His love. I am loved for free.

7. The wounded and deceived parts of my soul don't believe my worth is in God's unconditional love, I can let this go and let his love flow freely into me. Release my fears and insecurities. Accept His grace and unconditional love—even if I don't think I deserve it.

8. Trust in His LOVE and surrender to it. Know that I am loved for free.

9. Set everything else aside- gently let negative, false thoughts go- picture them drifting away on a leaf down a stream.

10. Be still and present - The truth is that God is HERE right now.

11. God is the essence of self-giving love, Agape love. We are enveloped in his LOVE, submerged in it, surrounded by it.

12. God knows everything about me - my regrets, my wounds. He doesn’t love a future, improved version of me. He loves me NOW as I am. No need to measure up or prove my worth.

13. My worth was settled on Calvary when Jesus died for me. I can't lose it, I can't add to it, it just is…

14. What God says is true. He has a perfect, everlasting love for me.

15. God, I trust in your love. I trust in your love…

16. I surrender myself to this eternal love. I place my life in God's hands, my hopes, dreams, and wounds.

17. I surrender to this perfect love and embrace this LOVE as my true - home, worth and identity.

18. I will continue to return my attention to the unchanging fact that God's love for me was embodied and revealed through Jesus Christ, and nothing else matters, nothing else matters…

19. God, please make your love the deepest truth about me. Free me from every lie. Holy Spirit, help me release thoughts like, I'm not enough or I need to do more.

20. Lord, I want to fully understand that I already have your unconditional love- I don't need to acquire it. I just need to let go of everything else.

21. I was created to receive your unconditional love, to share this love, to accept this LOVE.

22. I can bask in the Love of God every morning. To receive God's love is my #1 priority. I must first receive it before I can give it.

23. I will spend time allowing myself to be loved. To be bathed in it, immersed in it.

24. I can start my day by pushing aside my to do's and goals for the day so I can spend time in meditative prayer before my thoughts and agendas "rush in like a pack of wolves" (C.S. Lewis).