

Your Christian Meditation

“Above all, clothe yourselves with love...”

– Colossians 3:14-17 NLT

“If I give everything I own to the poor and even go to the stake to be burned as a martyr, but I don’t love, I’ve gotten nowhere. So, no matter what I say, what I believe, and what I do, I’m bankrupt without love...”

– 1 Corinthians 13:3-7 MSG

“But his delight is in the law of the LORD and on his law he meditates day and night.”

– Psalm 1:2 ESV

Try it: Set a timer for five minutes each morning! Allow yourself to relax – play music or enjoy the scent of a diffuser. Whatever allows you to relax in His presence – mind, body and soul. Invite His Spirit to empower you during this time.

Three Powerful Truths

1. I am Accepted in Christ

- John 1:12 (God’s child)
- 1 Corinthians 6:17 (United with Him)
- Ephesians 2:18 (Direct access to God through Christ)

Journal: Write your thoughts here after meditating on these passages.

2. I am Secure in Christ

- Romans 8:1-2 (Free from condemnation)
- Colossians 3:3 (Hidden with Christ in God)
- 2 Timothy 1:7 (I have been given a Spirit of power)

Journal: Write your thoughts here after meditating on these passages.

3. I am Significant in Christ

- John 15:16 (Chosen)
- 2 Corinthians 5:17-20 (Minister of reconciliation)
- Ephesians 2:10 (I have purpose)

Journal: Write your thoughts here after meditating on these passages.