

We have been conditioned to focus on the negative in ourselves and others. Think of a negative phrase you have said aloud or thought to yourself that stems from a sense of shame rather than your inherent dignity.

Turn it upside down and say, in first person, present tense, an affirmation of your God-given value. For example:

I am alone. . . . I am indwelled by God's presence.

I am unlovable. . . . I am infinitely loved.

I don't have enough. . . . I have everything I need.

I am stupid. . . . I have the mind of Christ.

I am worthless. . . . I am precious in God's eyes, I am honoured, and God loves me.

Repeat the positive statement aloud, slowly, with intention and trust, several times. Then rest silently in the awareness that you are already and forever, without any effort or achievement on your part, a beloved child of God.