

Followers of Jesus have long been encouraged to 'preach the gospel to themselves every day.'

Why? Because the gospel is "the power of God." (Romans 1:16) It is through the power of the gospel that God both pardons and perfects his people.

Below is a 'gospel prayer' that I have found to be very helpful to me as I try and preach the gospel to myself everyday. I recommend it to you.

Here are two suggestions for how to use it:

- **Pray it.** Allow the gospel truths to move your heart to assurance, thanksgiving, confession, and hope filled requests.
- **Meditate on it.** Find Bible verses that support each idea – there are loads of them!

Father,

**In Jesus, there is nothing I can do
that would make You love me more,
and nothing I have done
that makes You love me less.**

**Your presence and approval
are all I need
for everlasting joy.**

**As You have been to me,
so I will be to others.**

**As I pray, I'll measure
your compassion by the cross
and your power by the resurrection.**

Amen

