

Loved First, Chosen Always

From trying to earn God's approval to resting in his relationship

Time:

7-10 minutes

Themes:

Grace

God's Love

Purpose

Scriptures

Romans 5:8

Ephesians 2:8-9

Ephesians 2:10

1 Corinthians 1:27

1 Samuel 16:7

2 Corinthians 12:9

Proverbs 3:5-6

James 5:16

Romans 3:23-24

Ezekiel 36:26

Luke 19:5-8

Romans 2:4

Parking lot

Write down distracting thoughts here:

Notes:



Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to quiet your heart and show you his love for you today.



Thought starter

It's very common to treat our relationship with God like a performance review. We assume if we fix our behavior, God will move closer. But God's love for us isn't influenced by what we do or don't do. He just loves us. It's who he is, and he gives us his love and forgiveness as a gift. We can relax in his love instead of striving to earn it.

Here's what we'll learn in this Quick Quiet Time:

- No one can earn God's acceptance. He gives it out as a gift.
- God runs towards our mess, not away from it.
- Repentance is a response to God's love, not a bid for it.



Don't fall for the "earn it" myth.

Romans 5:8 NLT

But God showed his great love for us by sending Christ to die for us while we were still sinners.

Ephesians 2:8-9 NLT

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done.



View on web ↗

Notes:

Ephesians 2:10 NLT

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

**Truth bomb:**

God didn't wait for us to be lovable. He loved us first.

- We don't earn love from God. We receive it.
- Our worst moment didn't scare him off.
- In those moments, shame says, "Hide." But God says, "Come here."

**Reflect**

- Where do you feel like you have to "clean yourself up" before talking to God?

**God chooses outcasts.****1 Corinthians 1:27 NLT**

God chose things the world considers foolish in order to shame those who think they are wise...

1 Samuel 16:7 NLT

People judge by outward appearance, but the Lord looks at the heart.

**Truth bomb:**

God consistently pursues people the world disqualifies.

- God's love—not our spiritual résumé—qualifies us for his plan.
- The place we feel least usable is often where he plans to shine most.
- When we feel like the last pick, we are probably God's first choice.

Metaphor moment: The deleted file

We think our past corrupts our story beyond repair. God restores the file, he doesn't delete it.

Notes:



The receipts

God picks the underdog and the outcast throughout the Bible, over and over again. Here are a few examples:

Person	What the world saw	What God saw
David 1 Samuel 16-31	The overlooked youngest kid in the field.	A courageous leader who would be the chosen king of Israel.
Rahab Joshua 2	A prostitute.	A hero of faith who would be written into Jesus's lineage.
Gideon Judges 6-8	An insecure man hiding in a winepress.	A "mighty hero" who would deliver a nation.
The Samaritan woman John 4	A social outcast with a messy past.	The first to evangelize her entire town.
Peter John 18, Acts 2	A hot-headed denier who failed publicly.	The rock and leader of the early church.
Moses Exodus 2-15	A murderer, runaway, and poor speaker.	A deliverer who would confront Pharaoh and lead millions.
Joseph Genesis 37, 39-42	A slave, prisoner, and forgotten man.	A ruler who would save nations and restore his family.
Hannah 1 Samuel 1-2	Barren, dismissed, and mocked.	A mother whose son would anoint kings.
Mary Magdalene Luke 8, 24	A woman with a dark spiritual past.	The first witness of the resurrection.
Timothy 1 & 2 Timothy	A man too young, too anxious, too inexperienced.	A shepherd of churches and Paul's spiritual son.
Elijah 1 Kings 19	A man hiding in a cave, exhausted and done.	A prophet that God would refresh and recommission.
Naomi Ruth	A woman who renamed herself "Bitter."	A restored matriarch who would be woven into Jesus' lineage.
Paul Acts 9	A persecutor and enemy of Christians.	A world-changing apostle who wrote much of the New Testament.

Notes:

**Stop earning approval and start resting in the relationship.****2 Corinthians 12:9 NLT**

“My grace is all you need. My power works best in weakness.”

Proverbs 3:5–6 MSG

Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do...

James 5:16 NLT

The earnest prayer of a righteous person has great power and produces wonderful results.

Romans 3:23–24 ERV

All have sinned and are not good enough to share God's divine greatness. [24] They are made right with God by his grace. This is a free gift. They are made right with God by being made free from sin through Jesus Christ.

**Truth bomb:**

We are loved on our worst day as much as our best.

- God moves toward pain and weakness, not away from it.
- Our value is fixed, and it's based on the cross.

**Respond**

- **Stop hiding:** What do you try to keep hidden from God?
- **Start talking:** Decide to share your whole self with God in prayer.



Notes:

**Repentance is a response to the love God already gave.****Ezekiel 36:26 NLT**

"I will give you a new heart... I will take out your stony, stubborn heart and give you a tender, responsive heart."

Luke 19:5-8 NLT

When Jesus came by, he looked up at Zacchaeus and called him by name. "Zacchaeus!" he said. "Quick, come down! I must be a guest in your home today." [6] Zacchaeus quickly climbed down and took Jesus to his house in great excitement and joy. [7] But the people were displeased. "He has gone to be the guest of a notorious sinner," they grumbled. [8]

Meanwhile, Zacchaeus stood before the Lord and said, "I will give half my wealth to the poor, Lord, and if I have cheated people on their taxes, I will give them back four times as much!"

Romans 2:4 NLT

Can't you see that his kindness is intended to turn you from your sin?

**Truth bomb:****Repentance starts with understanding God's kindness.**

- Jesus called Zacchaeus and went to his house while Zacchaeus was still known as a "notorious sinner." He didn't wait for Zacchaeus to clean up his act first.
- Zacchaeus's encounter with Jesus changed his mind about money and greed—and his actions followed.
- The Greek word for "repentance" is *metanoia*, which means a change of mind. It's a shift in how we see God, ourselves, and sin.
- Repentance is turning back to God, not quitting a behavior or trying to be good.
- We are changed inside out by God's love, and he gives us a new heart.

Notes: **Final thought**

God has never waited for perfect people, and he isn't waiting for us to clean ourselves up before he leans in to listen. Even at our worst moment, our story isn't ruined, and our value isn't up for debate. God's arms are wide open. We are loved — fully, freely, and forever.

Bring the inspiration with you

Scan this QR code to download wallpapers for your phone to remind you that you are loved first and chosen always.

