Journey
With faith, I undertake my spiritual journey.
Saturday, July 2, 2022

Before I embark on a journey, I take time to prepare. I may pack a suitcase, create an itinerary, and ensure I have the necessary resources for pleasant, stress-free travel.

I prepare to advance my spiritual journey in much the same way. I may revisit favorite sources of inspiration and open my mind to new ones. I may enrich my learning by enrolling in a class or reading the works of a particular author. Maybe I feel the need for deeper scriptural study or a desire for more moments of prayer and meditation.

I am a spiritual traveler, dedicated and committed yet open and flexible. My journey is ongoing, sometimes straight and level and other times full of surprising turns. I trust the journey, knowing I travel with God.

Teach me to do your will, for you are my God. Let your good spirit lead me on a level path.—Psalm 143:10

Independence
I declare independence from limiting beliefs.
Monday, July 4, 2022

My beliefs about myself, the world, and God formed over many years, taking shape through what I was taught, what I observed, and all my experiences.

I am so much more than the sum of those experiences. I am a divine being, endowed with the power to change my beliefs and lead myself into a deeper relationship with God and a fuller experience of life.

Today I declare independence from outworn beliefs that bind me to the idea that I am less than whole, not deserving of an abundant life, or limited because of my personal history.

This is my independence day. I am a child of God, unlimited, loved, and abundantly blessed.

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.—Romans12:2

Inner Peace
I heed my inner voice and find peace.
Thursday, July 7, 2022

Giving myself loving care brings me immeasurable peace. I listen to the signals from my body and mind and respond with self-compassion.

Rather than pushing through fatigue or discomfort, I listen to what my body is telling me. I slow down. I rest. Likewise, if I feel restless or agitated, I release energy by getting some exercise or doing some physical work.

If my mind feels muddled or tired, I take a break and find something fun or enjoyable to restore my equilibrium.

Peace lies in the precious balance between activity and rest. No one can give it to me, and the more I chase after it, the more elusive it becomes. I listen as my body and mind tell me what my soul needs to be at peace.

Her ways are ways of pleasantness, and all her paths are peace.—Proverbs 3:17

Generous
As I give, I share God's abundance.
Sunday, July 10, 2022

The limitless resources of infinite Spirit flow through my loving heart and clear mind as a never-ending supply of divine ideas. I always have all that I need to live abundantly, and I share my abundance with others joyfully and freely.

I give generously of my resources, talents, and skills, happy to support those I care about. I am generous with praise, gratitude, and encouragement. I give generously of my time. I am a good friend, a devoted family member, and a compassionate listener.

Whenever I give without thought of reciprocation, I center myself in the divine flow. I am a grateful, trusting recipient of Spirit's unfailing generosity and a conduit through which all of God's blessings flow.

A generous person will be enriched, and one who gives water will get water.—Proverbs 11:25

Ideas
My ideas shape my life.
Tuesday, July 12, 2022

Through my creative ideas, I have the power to shape my life. When I combine my ideas with my imagination and focused, affirmative thoughts, I fill my life with blessings and contribute to the creation of a world of abundance, peace, and harmony.

In times of prayer, I envision my mind as fertile ground, ready to receive divine ideas. As these ideas grow and flourish, I relax and trust I will receive inspiration to act upon them. Creative solutions blossom when my mind is calm or when I am involved in my day. They may come gently and quietly or as powerful a-ha moments.

However they come, I am receptive to my spiritually inspired ideas, knowing they derive from God and carry the seed of manifest good.

How weighty to me are your thoughts, O God! How vast is the sum of them!—Psalm 139:17

Trust
I place my trust in God.
Sunday, July 17, 2022

Few things are a greater comfort than deep and abiding trust in God. When I trust, I move more confidently through life. I feel the wind at my back and am made strong in the face of adversity.

In the past, I may have felt disappointed when I misplaced my trust. The things of the world are impermanent. Even people come and go. The truth of God as the one presence and power in the universe and as my life is everlasting, unchanged and unchanging through all the seasons of life.

Even as I grow, evolve, and deepen in spiritual understanding, God is always my Source, the inspiration I return to again and again. My freedom to seek and discover lies in the awareness that I can always trust in God.

Trust in the Lord forever, for in the Lord God you have an everlasting rock.—Isaiah 26:4

Forgive
I am liberated when I forgive.
Saturday, July 23, 2022

I bind myself to the past and place limits on my future when I withhold forgiveness and cling to resentment. I want to free myself from these heavy feelings and live with a clear mind and clean heart.

Even if I feel my resentment is justified, I can look beyond it and find feelings of hurt, disappointment, and betrayal. I am gentle with myself as I allow these feelings to come to the surface. I practice spiritual surrender as I release the burden of unforgiveness.

I commit to this process, remembering Jesus' words to continually forgive one another. I extend this forgiving attitude inward, freeing myself from past words and deeds that I've come to regret.

Through forgiveness, I am free.

Create in me a clean heart, O God, and put a new and right spirit within me.—Psalm 51:10

Protection
I am safe and secure in God.
Wednesday, July 27, 2022

God and I are one. The power and presence of God is my guiding light wherever I am. Centered in this truth, I feel safe and secure. I walk on solid ground in an awareness of divine love and peace.

When I travel, I affirm my oneness with God—with divine wisdom, love, and grace—and am comfortable in unfamiliar places or around new people. If I feel lost or alone, I reaffirm my oneness with God and know that I am never alone. If I find myself in a situation where I do not feel safe, I once again affirm oneness with the power and protection of God within.

As I remain aware of the presence of God within and around me, I do not fear, for I am secure in love and peace. I live confidently with faith and confidence.

Those who love me, I will deliver; I will protect those who know my name.—Psalm 91:14

Grace
My best efforts are met with grace.
Thursday, August 4, 2022

Whenever I reach beyond myself to offer support and sustenance to another, I am supported as well.

No matter what I offer of myself, my supply is never depleted because the grace of God is my ever-renewing source. In fact, the more I offer myself in love, in the spirit of humble service, the more of myself I have to give.

The gifts of love and compassion are of God expressing through me, a fulfillment of my divine nature. One of the best ways I can experience God is through the expression of my divinity, especially when I use my gifts in the service of others. This is how God's grace spreads throughout the world, one caring heart, one helping hand at a time.

When he came and saw the grace of God, he rejoiced, and he exhorted them all to remain faithful to the Lord with steadfast devotion.—Acts 11:23

Expectation
I move through my day with positive expectation.
Friday, August 5, 2022

I believe in God as the one presence and power that is absolute goodness. I focus my expectations on the highest and best outcomes for me and for everyone in my life.

Sometimes, however, doubts creep in. I still believe in the goodness of God, but that goodness is not always apparent when I consider the circumstances of my life. I may be struggling with a health or a prosperity challenge, or I may feel sad or lost, not knowing which way to turn.

When I discover I no longer expect the best, I turn within and commune with the spirit of God within me. I pray, welcoming my guidance and affirming my spiritual gifts of imagination, will, and strength. I am grateful to feel my positive expectation return and focus my attention on my life and all the blessings to come.

Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom.—Luke 12:32

Glory
The glory of God shines through me.
Thursday, August 18, 2022

I carry a spark of divine illumination within me. That spark burns so bright that I bring the glory of God to everything I say and do.

I am a beacon of light so that others might know a way out of the darkness. I commit to being the presence of divine love in action so that others feel seen, heard, and valued.

I share openly of myself—my struggles and triumphs—offering myself as a testament to the power of faith to transform any adversity into a demonstration of overcoming.

As I perform sacred service, I create a legacy of caring that creates ripples of love and peace. As each ripple expands, new and expansive ideas for a brighter future follow, and the entire world is ever changed as the magnificent glory of God shines through.

So, whether you eat or drink, or whatever you do, do everything for the glory of God.—1 Corinthians 10:31

Joy
I sparkle with joy.
Tuesday, August 23, 2022

My inner joy is a sparkling, precious jewel. Infinite facets of light glimmer and shine throughout the seasons of my life. I am radiant with joy, at one with the divine presence, shimmering with serenity, and glowing with health.

My connection with God in the stillness of my heart is the origin of my joyful nature. I meet even unwelcome circumstances with positive light and energy when I shine the light of joy upon them. Discord and distress wither in the brilliance and radiance of joy.

Joy is my heart's jewel. I embark on each new day eager to shine the light and love of God, and share the blessings of peace and plenty, each one a benediction of joy.

Let your adornment be the inner self with the lasting beauty of a gentle and quiet spirit, which is very precious in God's sight.—1 Peter 3:4

Considerate
I honor God when I am considerate of others.
Saturday, August 20, 2022

As an open channel of God's love, I welcome opportunities to serve and be considerate of others.

With a humble heart, I feel blessed to be of service. Today I resolve to pay special attention to the needs of others.

I may reach out to a relative, a friend who needs a smile, or a neighbor who needs a helping hand. I may stop to hold a door open for someone or pay for the person behind me in line. Even the act of simply being present and listening can make all the difference.

The spirit of God is within me, just as it is in all people. I am considerate of others' needs, knowing that the love of Spirit can be accomplished through my considerate works.

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves.—Philippians 2:3

Protection
Spirit within is my protection.

Wednesday, August 24, 2022

Coral reefs buffer nearby coastlines from damaging storms, floods, and waves. These reefs serve as a barrier to loss and destruction, allowing the coastline to coexist with the weather and water. The storms and waves may make their way to shore, but with limited impact.

I imagine divine protection as my spiritual coral reef. Even if I feel afraid of life's storms, I can find protection in Spirit. I am one with God. This connection is my shelter.

I am courageous, confident, and resilient. I imagine a barrier surrounding me, keeping me safe. Divine protection strengthens me, steadying me as I bravely face the waves.

When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you.—Isaiah 43:2

Purpose
I pursue my purpose with passion.
Sunday, August 28, 2022

Over the course of my life, I have discovered what has kindled my passions, captivated my attention, and made me feel most alive. My passions lead me to discover my purpose to which I choose to devote my time and my life.

My highest spiritual purpose is to live from my divine nature. My divine gifts of life, love, and wisdom express uniquely through my passions, fulfilling me while demonstrating the truth of my being.

I listen to the still, small voice of Spirit within to discern the best way to fulfill my purpose. I heed its call to learn, discover, and grow. It is never too early or too late to embark upon the journey of a lifetime. I am ready, willing, and more than able.

For this I was born, and for this I came into the world, to testify to the truth.—John 18:37

Guidance
I am guided by my inner light.
Tuesday, August 30, 2022

I am guided by the light of God within that helps me through any decision, no matter how great or small. I merge my awareness with the light of God within and release the concerns of my heart.

In the silence of prayer, I open to wisdom. Sometimes my guidance comes quickly as a whisper in my heart, sometimes later as revelation resulting from conversation with a friend or even as the inspiration from an unexpected sign along my path.

Every day I make choices, some simple, others more complex. My inner light is always shining upon my life's path. With God as my inner resource, I trust my guidance and move forward, sure of every step.

The dawn from on high will break upon us, to give light to those who sit in darkness … to guide our feet into the way of peace.—Luke 1:78-79

Divine Order
I trust in the process of right outcomes.
Friday, September 2, 2022

When I want my crooked road to become straight or my bumpy journey to become smooth, I pray for divine order. While affirming divine order does not specify a desired outcome, it helps me yield to the Divine that is in and through every situation. I remember the apostle Paul wrote how all things work harmoniously toward ultimate good in the presence of love. This beautiful sentiment describes how a simple prayer of divine order works to bring about right and perfect outcomes.

Divine awareness is always a part of me, and I align with it through this prayer. My connection with God leads me to the best possible outcome. I release my worries, and I trust in divine order.

We know that all things work together for good for those who love God, who are called according to his purpose.—Romans 8:28

Joy
Nothing will keep my joy from me.
Tuesday, September 6, 2022

I am a spiritual being. This is true during the lightest times in my life as well as the heaviest. What remains constant throughout all the seasons of life is joy.

Like a well that can never run dry, my joy is a wellspring that keeps me anchored in faith and steeped in peace. I am calm, yet filled with positive expectancy, ready to respond to whatever life brings with creativity, compassion, and zeal.

My joy and all other aspects of my divine identity have their roots in God. Whether my joy is finding expression as happiness, health, energy, or inner peace, I trust its constancy and its

availability. Not subject to the shifting winds of circumstance, I can begin any endeavor with joy. It is my anchor, rooting me in God-centered, faith-filled living.

Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.—Psalm 32:11

Inner Peace
I live from the peace of my heart.
Wednesday, September 7, 2022

Peace dwells in my mind and heart, allowing me to respond with poise and serenity, even in the midst of turmoil.

I give no fearful or anxious energy to outer circumstances. These are like a lake's choppy waves on a windy day. The serenity of my soul is like the water at depth that always remains calm and still. I notice the waves on the surface but let them float away as I focus my attention on the stillness within.

Remaining centered, I remember to live lightly, laugh, and be kind. I do not compare myself to others. I steer clear of negativity—stepping away from people or situations that do not support my feeling of worth or that keep me from living my fullest life.

I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!—John 16:33

World Day of Prayer
I hold the high watch as I pray.
Thursday, September 8, 2022

With a faith-filled and thankful heart, I align my thoughts and feelings with spiritual truth. From this peaceful, powerful place, I hold the high watch as I pray.

When praying with people I know, I visualize them healthy and vibrant. I see them at peace with all their needs met. My vision becomes a living prayer as I affirm their innate divinity.

Broadening my view, I focus on the well-being of all people, all the world's creatures, and our earth home. I envision the vibrations of my heartfelt prayer reaching everywhere as I rest in the peace of God.

As I touch the peace and perfection of God, the oneness I feel lifts my consciousness and raises the vibration of health, love, and life for everyone touched by my prayerful blessing.

Devote yourselves to prayer, keeping alert in it with thanksgiving.—Colossians 4:2

Thoughtful
My kind thoughts and deeds are a blessing.
Sunday, September 18, 2022

Today I bring the love and peace of God to all of my encounters by being thoughtful. More than politeness and deeper than kindness, thoughtfulness means I consider the comfort and happiness of others equal to my own. My intention is to let those in my life know what they mean to me.

I may reach out to someone who needs a encouraging word, letting them know they have what it takes to succeed. I may surprise someone with a kind act, anticipating a need and taking care of something for them before they have to ask.

Each thoughtful word and act lets those in my life know how important they are to me and how worthy they are of my time and attention.

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.—Hebrews 13:16

Kindness
Kindness is the language of my heart.
Sunday, October 2, 2022

I set the intention today to give from my heart—to show compassion and kindness to everyone I meet.

I begin by being kind to myself. I take time for spiritual self-care and prioritize good nutrition, relaxation, and exercise. I am gentle with myself when I come up short, filling my self-talk with words of affirmation and compassion.

Being kind to myself makes being kind to others easy and natural. I am patient and understanding, and I seek harmony and accord in my relationships. I let the small irritations go, remaining calm and pleasant. I look for ways to lighten the load of others and don't hesitate to offer a helping hand. My kindness helps create the kingdom of heaven on earth.

For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me.—Matthew 25:35

Divine Order

I am in the flow of divine life and order.
Tuesday, October 11, 2022

I am inspired by the order I see exemplified in nature and in my life. The growing cycle of plants is a familiar illustration—from seed to sprouts that progress through their inherent sequence to maturity. Likewise, from birth, I have grown physically and mentally from infancy to a striving toddler and beyond. I am blessed that the steps of my growth include my increasing faith and spiritual awareness.

Recognizing incremental growth as universal, I am aware that an orderly flow is happening within and all around me. Whenever I need encouragement, guidance, or peace of mind, I consciously and prayerfully envision myself in the flow of divine life. I nurture my unfoldment with faith, patience, and trust in the activity of God in me.

The earth produces of itself, first the stalk, then the head, then the full grain in the head.—Mark 4:28

Joy
I delight in simple joys.
Sunday, October 16, 2022

Joy, it has been said, comes much more from wanting what we have than from having what we want. Reflecting on this thought, I embrace the simple joys that this day offers.

I enjoy my morning coffee or tea, savoring its flavor and fragrance. Walking through my neighborhood, I greet friends, smile at people I haven't yet met, and enjoy the fresh air. I find satisfaction in taking care of my home, working at my job, or helping a friend. Even if I am not with them today, I feel joy as I think of my connection with the people I care most about.

I know joy whenever I look for possibilities rather than focusing on problems. My greatest joy is my awareness that wherever I am, whatever I'm doing, God is always with me.

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.—Psalm 16:11

Healing
I am in the flow of the healing light.
Saturday, November 5, 2022

Whether I am needing a physical, emotional, or relational healing, I begin by opening my heart and meeting the condition with loving-kindness. In the Silence, I welcome my healing. I relax,

release resistance, and claim my wholeness. My mind and heart are centered in Spirit as I continue to feel the healing light.

I allow the stream of divine healing to cleanse and purify me as I feel myself becoming stronger. I rise above fearful thoughts as I affirm the mighty power of God within me is greater than my current condition.

I become peaceful as I receive my healing. Moment by moment, I cleanse my mind and body with prayer and by affirming wholeness. I am restored to my natural state of health.

He heals the brokenhearted, and binds up their wounds.—Psalm 147:3

Joy
My mind and heart are full of joy today.
Thursday, November 10, 2022

There is nothing like the dawning of a new day. It is a new beginning, a clean slate on which to write a new page of my life. It is up to me to choose what to write, and today I choose to fill it with expressions of joy.

Each day is a gift, no matter what is happening around me because I am always blessed. I am a joyous expression of the wondrous spirit of God. With every new day, I renew my commitment to sharing joy wherever I go and whatever I do.

The people I meet are lifted up by my positive presence. The joy in my heart radiates from me in my words and actions. Others may feel prompted to share joy with still more people. I am a link in the never-ending chain and am ever grateful for each opportunity to share my joy.

He will yet fill your mouth with laughter, and your lips with shouts of joy.—Job 8:21

Weave
I weave meaning into my life's story.
Wednesday, November 16, 2022

I am creating my life's story, gathering my many experiences—my treasured memories and happy, joy-filled times as well as my challenges and defeats—by weaving the events of my life into a single narrative and finding the meaning within.

I have the freedom to weave new experiences and characters into my life's story as I learn and grow. As the story progresses, I may change how I think about myself or choose another direction to follow.

No matter how my story unfolds, I am creating meaning from what happens in my life. I take the elements of my past and present and weave a pattern that leads me to a brilliant future of love, possibility, gratitude, and joy.

I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.—Jeremiah 31:33

Divine Order
As I pray with others, I trust the unfolding of divine order.
Saturday, December 3, 2022

I remember the many ways divine order has been at work in my life. Looking back on my more challenging periods when I was desperate for a resolution, I can see in retrospect the perfection with which the situation unfolded and ultimately resolved.

I recall those times now when I see a dear one struggling in a similar way. Rather than give in to worry, I trust divine order is at work in their life, just as it is in mine.

Understanding this, I pray with them, but not for a specific result. I pray affirming divine order and the patience to allow it to unfold. I pray that my dear ones receive the grace of unexpected blessings and the deep serenity of knowing God is with and within them.

Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”—John 8:12

Guidance
Divinely guided, I direct my life.
Monday, December 12, 2022

Listening to my inner guidance keeps me flexible and adaptable no matter how outer circumstances change.

I do not worry or despair when this happens. Instead of rigidly insisting on how I think my plans should progress, I rely upon divine guidance to help me navigate a shifting landscape. I trust my inner wisdom to help me discern the way forward, understanding there are possibilities I may not be able to perceive.

God within is my unfailing guide, leading me ever onward to my best and highest.

I pause and center my awareness in my heart, allowing time and space for the next move to become clear. When it is time to move forward, it is with the assurance I am divinely directed.

If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you.—James 1:5

Let Go, Let God
I open my hands and my heart, releasing expectation.
Friday, December 30, 2022

Sometimes I am so certain that what I wish for is what I need, I lose sight of the larger picture, which contains so much more than I can perceive.

Today I release demands and specific agendas I may be holding on to. I loosen my grip on my insistence on a preferred outcome. Instead, I simply allow the situation to unfold and let myself be pleasantly surprised.

I prepare for the best by listening to my guidance, and I ready myself to flex and flow with whatever surprises may be in store, trusting the Divine will be in every detail. I affirm: I am open, receptive, perceptive, and present to serendipity. I let go and let God, and in grateful expectation, I revel in unexpected blessings.

I am going to send an angel in front of you, to guard you on the way and to bring you to the place that I have prepared.—Exodus 23:20

Understanding
My compassion flows from understanding.
Thursday, December 29, 2022

Each person is born with innate wholeness and goodness. When I see myself and others through the lens of this understanding, I can more easily practice forgiveness and compassion. I may not agree with others' beliefs or behaviors, but I can perhaps empathize with their feelings. I know people have struggles that I cannot know, like the tip of an iceberg whose totality is not visible. I cannot know what is occurring beneath the surface.

Understanding allows for peaceful coexistence. I am kind, yet free to place boundaries that ensure my well-being. Icebergs are not bad, but a ship that passes too closely may sustain some damage. I can choose when to steer away if that is best for me, maintaining peace through understanding of myself and others.

Give me understanding, that I may keep your law and observe it with my whole heart.—Psalm 119:34