Guidance
My guidance leads me in the direction of my spiritual awakening.
Tuesday, January 3, 2023

When circumstances aren't turning out the way I had hoped, I can make an empowering choice. I resist the temptation to label a disappointing outcome as bad, choosing instead to practice acceptance and listen for what my guidance is telling me.

Paying attention to nudges of intuition and insight keeps me in alignment with my soul's journey and patient as it unfolds. I'm aware of my connection to God and trust in divine guidance. I am tethered to something more dependable than the shifting rhythms of daily life. This understanding allows me to release the fear of the unknown or of being in error. Even if the present situation isn't what I had hoped for, I trust my guidance and know my journey is ongoing.

You are indeed my rock and my fortress; for your name's sake lead me and guide me.—Psalm 31:3

Focus
My focus remains on the divine spirit within me.
Wednesday, January 4, 2023

There are so many things in my world that are calling for my attention. I may begin dealing with one situation but find myself distracted by something else. It is certainly easy to do. How do I keep from becoming scattered and confused? I find the answer within myself.

I am a spiritual being, filled with all the divine wisdom and sound judgment I could ever need. If I begin to feel scattered or pulled in too many directions, I stop for a moment, take a breath, and turn my attention inward. My mind settles as I focus on Spirit. Centering myself in the presence of God, I declare divine order is at work in all aspects of life. This awareness keeps my focus on the divine presence within and all around me.

And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?—Micah 6:8

Divine Order
When I cooperate with divine order, everything else falls into place.
Tuesday, January 10, 2023

When I’m having trouble getting started, when I don’t know where or how to begin, I relax and remember divine order is active in my life.

I start by acknowledging God as the one presence and power in the universe. This awareness floods my soul with comforting peace and fills me with quiet confidence. In prayer, I discern my guidance, which leads me on a path of discovery and serendipity. As I follow the direction of my intuitive knowing, I use my divine gifts of imagination and will to picture my path and make the choices to help realize it.

My life, my path, and my steps are in perfect order, and I am grateful.

Our steps are made firm by the Lord, when he delights in our way; though we stumble, we shall not fall headlong, for the Lord holds us by the hand.—Psalm 37:23-24

Comfort
Comfort and peace envelop me in each present moment.
Monday, January 30, 2023

If I feel worried or anxious, I need not wait to feel comforted. Rather than feel overwhelmed or upset, I practice gratitude, finding something to appreciate in each moment.

I find comfort in a birdsong or a gentle breeze. I feel solace as I revisit my fondest, heartwarming memories.

Reading words of reassurance from a friend or loved one or revisiting my favorite spiritual writing lift me when I am facing a challenge. These expressions of God’s love touch my heart.

I connect with God’s comforting love as I pray. In the precious Silence, I affirm peace for myself and all others who need strength and encouragement to keep going. God is our source. I know in my heart God is my enduring comfort through all the seasons of life.

Comfort, O comfort my people, says your God.—Isaiah 40:1

Healing
My faith is making me well.
Sunday, February 5, 2023

Unity cofounder Myrtle Fillmore's healing journey began when she changed her mind. Inspired by the words of a healing practitioner, she took this affirmation to heart: I am a child of God, and therefore I do not inherit sickness.

After two years of persistent health-affirming meditation, prayer, and practice, Myrtle was healed. Her faith made her well. Myrtle Fillmore lived joyously and vigorously for many years.

I take inspiration from this story. I, too, am a living expression of God. I feel my body's quickening response as I claim my inheritance of divine life, vibrantly active in every cell of my body. Good nutrition, exercise, and rest support my healing practice. My faith is making me well.

He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."—Mark 5:34

Divine Order
Divine order is at work in my life and in the world.
Wednesday, February 8, 2023

When I think of divine order, I picture the order that exists in nature and in the universe. I remember the same order exists within me as well. It is active in my mind and body—from its various systems, functions, and movements to the energy and strength that flows freely, animating me. There is also a divine order at work in my everyday life—from the divine guidance I discern when faced with a decision to the steps I choose to take as I act upon those decisions.

I relax and align with divine order. I feel the presence of God moving in and through me as healing life and a guiding light. I release my concerns, relaxing and trusting this truth and living with faith in it. My thoughts, actions, and life are in divine order.

The earth is the Lord's and all that is in it, the world, and those who live in it.—Psalm 24:1

Relax
Peace fills me as I relax.
Thursday, February 9, 2023

Relaxation is an important part of spiritual living and the gateway to finding deep, lasting peace.

It's also an important early step in being able to bring a peaceful bearing to situations and a serene countenance to my relationships.

I relax by practicing self-care, making time for the things that bring restoring harmony to my life. This could mean doing the things that make my mind and heart feel rested and nurtured. My tensions dissolve as I give myself what I need to feel balanced.

I am a peaceful presence. Where there is tension, I remain calm. Where there is impatience, I feel no need to rush. Where there is uncertainty, I feel no anxiety. Peace is mine as I relax.

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.—Matthew 11:28

Grace
Divine grace supports my every step.
Monday, February 13, 2023

I've known a range of experiences in my life from joyous to heartbreaking and from triumphant to tragic. Along the way, divine grace has been my companion, elevating me in times of ease and keeping me from falling too low in times of difficulty.

Grace is a wonderful gift, a way to feel the love and power of God in a personal way. It is my spiritual safety net, my assurance that no matter what I may go through, I will not go through it alone.

I am secure in faith, held in love, and sustained in strength. I am grateful for these divine gifts and for the grace that makes me keenly aware of divine activity as I navigate the peaks and valleys of my earthly life.

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God.—Ephesians 2:8

Love
I share blessings of love.
Tuesday, February 14, 2023

Today I share the love in my heart. I let those who are closest to me know how I feel about them, how much I value their presence in my life. I let them know how much I appreciate their unique qualities and gifts, the little things that make them like no one else.

How grateful I am to love these dear souls and know I am loved by them. Whether through kinship or friendship, my life is made rich and full by my dear ones and the time we spend together and the memories we create.

I pray all people will know this kind of love, the love of God brought to vibrant life. I will live this prayer by generously sharing the divine love that resides within me, as I bless all the world's people with thoughts of harmony and peace.

Above all, clothe yourselves with love, which binds everything together in perfect harmony.—Colossians 3:14

Aspire
I aspire to help create a world that works for all.
Sunday, February 19, 2023

I hold a vision of an equitable world, a global community that supports and encourages all people to live fully and reach their unique potential. I feel a kinship with those who hold a similar vision and work to realize it.

My past experiences and present perspective show me what is mine to do and how I can contribute to realizing my vision. I trust I will be guided and inspired to find avenues of service where the things I do best and most enjoy doing will be most helpful.

I bless people I may never meet, and I offer my time, talents, and effort to further my vision of a new way of living. With clarity of purpose, I take my place among a growing network of caring, visionary souls.

The gifts he gave were … to equip the saints for the work of ministry, for building up the body of Christ.—Ephesians 4:11-12

Direction
I follow the call of my heart and follow divine direction.
Monday, February 20, 2023

There have been times when I have felt such a strong call to move in a certain direction that I simply could not ignore it. This call is my intuition, nudging me to take action and move toward my highest growth.

When I remember my intuition has its roots in God, in my divinity, I trust in the power of divine direction. I believe I am meant to live a full and vibrant life and use my gifts to express my human and spiritual natures as only I can.

Heeding divine direction can feel scary if I believe I do not have what it takes to do what I am being called to do. At times such as these, I trust the call of my heart not to lead me astray.

I am here to grow, to explore new directions, and to offer the best of myself to the world as I pursue my dreams and live up to my potential.

He leads the humble in what is right, and teaches the humble his way.—Psalm 25:9

Fun
I honor God with my happy heart.
Tuesday, February 21, 2023

Having fun is a wonderful spiritual practice. I draw close to God during times of lightness and levity when my heart feels happy.

Fun can be as different and individual as the people having it. For some, it's big and boisterous, and for others it's intimate and quiet. No matter how I choose to have fun, I'm giving myself a great gift when I make time for it.

I feel worrying thoughts fade from my mind as I lose myself in the activities I enjoy most. I am elevated, lifted to a place of clarity and peace. Here, I gain a new perspective, discerning the presence of God and trusting that the Divine is in and through all things. In my enjoyment and bliss, I realize I am never alone.

I know that there is nothing better for them than to be happy and enjoy themselves as long as they live.—Ecclesiastes 3:12

Wednesday, February 22, 2023

Today is the beginning of Lent, a powerful time of renewal. I welcome the Lenten season with willingness to shed old ways of thinking. I open to new life as I shift my focus to life-affirming ideas and a renewed awareness of my oneness with God.

I let go of limitations. I release habits that no longer serve me and commit to the revival of my soul. I have the courage to take a deep dive into the still waters of Spirit as I welcome a new vision for my life. I give the past no power as I rise above life-inhibiting judgments and resentments. I am free to begin anew.

During the next 40 days I will focus on life-affirming truths as my Christ light guides me to embody my spiritual gifts of love, compassion, wisdom, understanding, and discernment.

So we do not lose heart … Our inner nature is being renewed day by day.—2 Corinthians 4:16

Let Go, Let God
I bravely release outworn behaviors and embrace my bright, brilliant future.
Sunday, February 26, 2023

Holding on to what no longer serves me because it is familiar and I've grown accustomed to it may stall my growth. I evolve much more quickly when I trust my guidance and release old patterns and behaviors.

In my heart, I know that when I move away from a dysfunctional relationship, a negative attitude, or unhealthy way of living, I move toward something greater—peace, safety, harmony, freedom, and fulfillment.

I let go of anxiety or fear and open myself to happiness and security. I breathe in freedom. My heart becomes buoyant and my steps lighter. I set my intention today to release anything I have been fearful of letting go so that I can confidently move forward, open to infinite good.

Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.—Matthew 18:18

Prosperity
The infinite abundance of God is my spiritual inheritance.
Monday, February 27, 2023

Worldly conditions may change from day to day, and my fortunes may ebb and flow, but my connection with God is steady and sure. With God as my source, I am one with the world's abundance.

As a divine being, I have access to divine ideas, the seeds of my prosperity. In prayer, I release my limited pictures and specific outcomes so the greater good can manifest. Through forgiveness, I let go of anything preventing me from knowing the compassionate love of God as the root of my abundance. I am aligned with the presence of God within. My focus is not on the things of the world—it is on the Divine and my place in the flow of infinite prosperity.

And God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.—2 Corinthians 9:8

Joy
One with God, I am filled with limitless joy.
Tuesday, February 28, 2023

Joy fills my soul. Affirming these words each morning sets my intention for a positive day of ease and grace.

As the day progresses, I may get swept up in activity or knocked off my spiritual center. When this happens, I take a brief break and affirm: Joy fills my soul. I take these words into my heart and return to joy.

At the end of the day, I wind down and relax, once again affirming: Joy fills my soul. Like a healing balm that soothes me from the inside, these words fill my mind and body. I focus my thoughts on joy and love—love for myself and joy for life.

Joy truly does fill my soul. I am one with God. This is my truth, today and every day.

They lift up their voices, they sing for joy; they shout from the west over the majesty of the Lord.—Isaiah 24:14

Divine Order
I cooperate with divine order and know peace.
Monday, March 6, 2023

Divine order is not something I need to pray for or try to bring into my life. It simply is. I need only look around me and notice the rhythms of the natural world in easy, effortless harmony.

Today I bring that harmony into my mind and heart. I appreciate divine order in the intricate functioning of my body, the beating of my heart, and the respiration of my lungs. I also appreciate how divine order operates in my mind, as my dreams and ideas manifest into thoughts and feelings, which, in turn, manifest in the physical world.

Divine order is the truth of my life, just as it is the truth of all life. I trust this order is mine to use to create the life of my highest imaginings, bringing my dreams to vivid life.

All things came into being through him, and without him not one thing came into being.—John 1:3

Protection

God within is my strength and my shield. I am powerfully protected.
Tuesday, March 7, 2023

As long as I am alive, I will have hopes and fears, joys and sorrows. There will be times I sail right through and times I will need every ounce of courage I can muster to take even a single step. This ebb and flow is part of being human.

Each situation becomes easier to face when I remember that all of life is happening through God, and God is with and within me. With God, I am never alone and never without options and possibilities.

I remember I have overcome my prior challenges through the power of indwelling Spirit, making me stronger and more capable with every trial. I imagine the presence of God within as impenetrable armor around me. I am strong, powerful, capable, and protected.

The name of the Lord is a strong tower; the righteous run into it and are safe.—Proverbs 18:10

Possibilities
I give thanks for infinite possibilities.
Wednesday, March 8, 2023

Today I become aware of infinite possibilities. I let my mind wander and open to the good things that can happen. I consider a long-held dream and imagine what it would feel like for it to come true.

My aspirations reflect God within expressing uniquely as me—infinite wisdom inspiring my mind and guiding my steps into each new adventure, expanding my soul.

I imagine the best and live my life as though my deepest heart's desire is already at hand. My vision becomes my reality as I put my faith in the power and presence of indwelling Spirit. Through imagination, I dream. In faith, I believe in possibilities. With order, I make my vision a reality.

But Jesus looked at them and said, "For mortals it is impossible, but for God all things are possible."—Matthew 19:26

Forgiving
I find peace and contentment in forgiving.
Wednesday, March 15, 2023

Holding on to a painful memory is a burden to my mind and body. Forgiving helps me heal and move forward.

To forgive, I quiet my mind and become aware of the love that is always a part of me. Turning within, I touch a place of understanding that is beyond hurt. Centered in peace, I begin to release pain and negative thoughts.

I can forgive. Even if I find it difficult to get past a specific act, I can begin by recognizing the spiritual truth of the one who hurt me. Silently, I pray: I forgive you. I release you in love. Surrounding people and situations in love opens the way for release. I trust this process and pray as often as necessary. I release all into divine love, more powerful than any circumstance.

Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven.—Luke 6:37

Guidance
I am one with the powerful, indwelling light of God.
Tuesday, March 21, 2023

The light of God is within me, a beacon of hope, peace, joy, and love. I might not always see or feel it, but this light is guiding me on the path of life.

Just as storm clouds may temporarily block the sun, it is always there. After the storm passes and the skies clear, I can feel the sun's full, warming rays once again.

In a similar way, if the storms of life cause me to experience stress or concern, I rest assured the light of God is still within, guiding and inspiring me. My role is to hold to the truth that even in a storm, the full light of God will become apparent. Every storm is temporary. There is always another day, a new day filled with light and love. This light is my guide as I walk the path of life.

It is you who light my lamp; the Lord, my God, lights up my darkness.—Psalm 18:28

Silence
I am still and silent within the sacred energy of God.
Thursday, March 23, 2023

The world is filled with sounds—some are soothing, others jarring. Over time, I may become accustomed to the voices, animals, and other sounds of daily life I may no longer consciously notice.

In a world awash with activity, I make an effort to still myself and quiet my mind, leaving the noises of my life behind to rediscover precious silence. I need not wait for a perfectly quiet environment to feel this serenity within.

Free from distraction, I now feel the presence of God anew. Silence surrounds me as the activity of the world falls away and blessed peace envelops me. Spiritual silence is mine even in the midst of busyness and noise. I find it each time I reach within myself and touch the presence of God.

But the Lord is in his holy temple; let all the earth keep silence before him!—Habakkuk 2:20