



STRENGTH, COURAGE, AND COMFORT
FOR DIFFICULT TIMES

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Generous gifts from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at *unity.org/donatenow*.

When times are tough, when events are not what we want or understand, many of us turn to God in prayer. But there is still more we can do.

We at Unity have compiled this booklet not only to help you remember the strength of God within you but to help you persevere through hard times while keeping a soft and open heart. From Unity poet laureate James Dillet Freeman's powerful poem "I Am There" to Eric Butterworth's reminder that we are in the flow of life, you will find resources for resilience in any circumstance.

You will also want to take action, to learn specific things you can do to change your outlook and live from a higher awareness. So we have included prayers and practices to help you build faith, find inner peace, create a sense of safety, and access your divine wisdom. You will also find meaningful messages from the beloved *Daily Word* magazine.

No matter what is happening in your life—whether there is chaos and confusion, pain and worry, illness or death—we hope this booklet offers you strength, courage, and comfort in difficult times.

Your Friends in Unity

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Do you need Me?

I am there.

You cannot see Me, yet I am the light you see by.

You cannot hear Me, yet I speak through your voice.

You cannot feel Me, yet I am the power at work in your hands.

I am at work, though you do not understand My ways.

I am at work, though you do not recognize My works.

I am not strange visions. I am not mysteries.

Only in absolute stillness, beyond self, can you know Me as I am, and then but as a feeling and a faith.

Yet I am there. Yet I hear. Yet I answer.

When you need Me, I am there.

Even if you deny Me, I am there.

Even when you feel most alone, I am there.

Even in your fears, I am there.

Even in your pain, I am there.

I am there when you pray and when you do not pray.

I am in you, and you are in Me.

Only in your mind can you feel separate from Me, for only in your mind are the mists of “yours” and “mine.”

Yet only with your mind can you know Me and experience Me.

Empty your heart of empty fears.
When you get yourself out of the way, I am there.
You can of yourself do nothing, but I can do all.
And I am in all.
Though you may not see the good, good is there, for I am there.
I am there because I have to be, because I am.
Only in Me does the world have meaning; only out of Me does
the world take form; only because of Me does the world go
forward.
I am the law on which the movement of the stars and the
growth of living cells are founded.
I am the love that is the law's fulfilling. I am assurance. I am
peace. I am oneness. I am the law that you can live by. I am
the love that you can cling to. I am your assurance. I am your
peace. I am one with you. I am.
Though you fail to find Me, I do not fail you.
Though your faith in Me is unsure, My faith in you never
wavers, because I know you, because I love you.
Beloved, I am there.

***James Dillet Freeman** (1912–2003) was an internationally
acclaimed poet, author, lecturer, and Unity minister. This beloved
poem was written when he learned his wife was dying in 1947.
A microfilm version was left on the moon in 1971 by astronaut
James Irwin on Apollo 15.*



FIND STRENGTH WITHIN

Affirm

Divine love comforts me, and I am strong and courageous.

Pray

Regardless of what challenges may arise, I have the courage and strength to overcome them. I am fully equipped to meet life's circumstances with ease and grace, knowing the indwelling presence of God guides me, comforts me, and reminds me I am not alone.

I find strength as I center myself in prayer. I bring my attention to my heart space and focus on the power that resides within me. I claim my divine authority and listen to my inner guidance.

In the Silence, I find comfort and a knowing that all is well here and now.

I release all worries and fears, and I go forth with a grateful heart knowing God is making a way even when I can't yet see it. I focus my attention on all the things I am grateful for, the goodness of God, and all the blessings in my life. My faith is strong, and I am courageous.



Practice

Start and end your day with prayer. Take a couple of deep, cleansing breaths as you center yourself. Focus your attention on your heart as you breathe. Relax your mind as you remind yourself that God's courage and strength are within you. In the Silence, listen to your inner guidance. Notice there is peace when you are centered in God.

Practice journaling. Make it a habit of writing at least three to five things you are grateful for each day.

Take mindful, intentional walks. Be present to every step. As you look around, be fully aware that everything you see is divine. You might also practice saying *God is strength* as you inhale and *I am strength* as you exhale.

During the day notice your self-talk. Release all limiting thoughts and beliefs.

Keep your faith strong. Remember to stay prayed-up and love and accept yourself in the process.

Rev. Elizabeth Longo
South Florida

FROM DAILY WORD

MAY 28, 1973

I take courage.

If we are in need of comfort and strength, or if some person dear to us is going through a difficult time, let us remember these words from Isaiah, "Take courage!"

Where does courage come from, the courage that establishes us in comfort, that brings us new strength? How do we take courage? We take courage by remembering that God is with us, that we can never be separated from Him. We take courage by turning to God in prayer, by opening our mind and heart to the Christ within us. We take courage, we draw courage from the innermost depths of our being where God abides.

We take courage by taking thought, by speaking words of faith and truth, by recognizing that God's Spirit is within us.

Courage rises up within us to bring us comfort, peace, and poise. Courage establishes us in the calmness and serenity with which we are meant to face life and life's changes. It is good to remember that courage is not something to be added but a quality that is natural to us, a quality that is natural to all God's children.

Comfort, comfort my people.—Isaiah 40:1

PRACTICING ACCEPTANCE

REV. JIM BLAKE

If you are a sci-fi fan, you will be familiar with the often quoted saying, “Resistance is futile” from the *Star Trek: The Next Generation* series. I wonder whether the writers understood they were peppering the world with an ancient universal truth as well as a powerful life lesson.

You see, resistance to anything that has shown up in our lives really *is* futile. Whatever is before us has already occurred, and there is nothing we can do in this moment to change the fact that this circumstance is now here.

The natural human instinct is to resist anything we don’t want in our lives. As a result, our minds begin to chatter, and often we create our own suffering for hours and sometimes days because we are unhappy with the current situation.

We expend copious amounts of time and energy agonizing over the unwanted situation, wishing things were different, complaining and suffering mentally and emotionally in an effort to resist what is.

Resistance is futile because we really cannot change what is before us. However, we can change everything that happens after an unwanted circumstance shows up.

This is where the practice of acceptance comes in.

Many people misinterpret the meaning of acceptance by assuming we just become doormats to life and endure whatever happens, giving up our power to do anything. That is not at all what this practice is about.

It is actually quite the opposite. The power and practice of acceptance is a method for allowing us to move beyond the needless suffering of the experience and move more quickly to focus on positive action steps to deal with our circumstances.

We can choose to accept the situation, knowing that we would prefer something else to happen, and focus our attention on putting a more preferable experience in its place. There is an old saying, “Change is never painful; only the resistance to change is painful.”

It is important for us to note that even with the practice of acceptance, some life events—although we are not resisting—still can and will be painful.

Serious health issues in ourselves, close friends, or family members; death; or any major loss or change in circumstances can result in emotional or physical pain.

The caution here is that pain and suffering are not the same thing unless we are in a state of resistance. The healthiest approach is to be completely open to the truth of what we are experiencing, fully feel and express our emotions (don't suppress them), and allow them to flow through us.

It is perfectly normal and healthy to express our emotions around serious life events. Our practice is to minimize the resistance and struggle by focusing on positive and healthy steps to recover and deal with these events.

The next time an unwanted circumstance shows up in your life, may you pause, take a deep breath, and be thoughtful about where you choose to spend your time, emotion, and energy. May you spend it not in a state of resistance but in a state of acceptance so that you may live healthier, happier, and more peacefully.

This is our practice, and practice makes progress.

Rev. Jim Blake is CEO of Unity World Headquarters at Unity Village and the author of The Zen Executive: Gems of Wisdom for Enlightened Leadership.

CREATE A SENSE OF SAFETY

Affirm

Remembering my divinity, I move forward gently and courageously.

Meditate

With eyes open, affirm *God is Spirit*, present in its entirety at every point in space at the same time.

Now close your eyes and breathe deeply, slowly moving into a place that feels grounded. Settle into the knowing that you have the strength and courage to create a life you love.

As you breathe in, imagine your body and mind becoming stronger. As you breathe out, feel any uneasiness drift away. For each breath, you courageously harness your inherent strength. You move forward affirming your life is yours to live, and you have everything for a life you love.



Practice

When you feel anxious or wary, take several deep breaths and notice where in your body you feel the discomfort. There is no need to change anything, just notice.

Place one hand on your heart, and feel its beat like a sacred drum of life. Place the other hand on your belly, allowing the muscles to relax into tenderness. Bring to mind a person, place, or animal who invokes a feeling of safety and belonging. Imagine this person or animal is beside you or that you are in that safe place. Breathing naturally, simply let yourself experience that for one to two minutes.

Afterward, notice what you experience in your body.

Slowly look around and locate yourself in the here and now.

Rev. Kelly Isola
Lee's Summit, Missouri

FROM DAILY WORD

FEBRUARY 7, 2015

I live in acceptance, serenity, and peace.

Many people recite the Serenity Prayer to feel at peace: “God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

I deepen my understanding by focusing on each key word in this prayer. As I say “God,” I am turning to a Higher Power for help. Knowing Spirit is in me, I have the courage to move toward my good, and the wisdom to choose when to act and when to let go.

The word “accept” is especially important because it means to let go and trust. Acceptance teaches me to have faith that God is in every situation, and the outcome will be right for all involved. When I live in acceptance, I am safe, serene, and at peace.

Let the Lord your God show us where we should go and what we should do.—Jeremiah 42:3

SPIRITUAL HEALING

REV. ROBERT BRUMET

The first step in spiritual healing is to recognize our own needs for healing. With physical illness these needs may seem obvious. In other situations, the needs may not be so obvious.

Spiritual healing begins when we are willing to be changed. It will not occur if we want others to change or if we want circumstances to change but are not willing to change ourselves. Other people in our lives may need healing as much as we do, but we will never become whole if we focus on their need for healing instead of our own.

Spiritual healing begins as we turn to God for help. We turn to God first because our original nature is spiritual. As spiritual beings, we are expressions of God, never separated from our Source.

We turn to God first and then to human beings as God guides us. Turning to God for help does not necessarily mean that we avoid human assistance. It does not mean that we refuse to change harmful conditions in our lives. We may need to turn to God for help *and* move our feet. God is not a giant in the sky who will solve our problems for us, but God is that Giant within us who will guide us to right understanding and to right action.

Any condition of suffering—physical, mental, emotional, or spiritual—is a condition of disease (dis-ease). We define *disease* as “any departure from wholeness; any harmful or destructive condition; any condition of suffering.” We begin the spiritual healing process by acknowledging our own needs for healing and then turning to God for help.

The next step is to look at our responses to the experience of disease. Often our initial response is “Something is wrong; this shouldn’t be happening!” We may feel resistance and anger. We protest. “Why did this happen to me?” “Why now?” “I did all the right things and now this happens; it’s not fair!”

We need to recognize and honestly acknowledge our responses to the condition without guilt or apology. We must have compassion for ourselves or else we add to our suffering. After becoming aware of and accepting our initial responses, we may then ask ourselves, *Is there another way to see this?*

Spiritual healing begins when we are willing to see our suffering as a stepping-stone rather than as a stumbling block. Healing begins when we can open ourselves to the

possibility of a hidden gift within the suffering. There is no such thing as a problem without a gift for you in its hands.

An oyster's first experience of a pearl is that of an irritating grain of sand that shouldn't be there. Just as the pearl forms from an irritant in the oyster, we can discover great pearls of wisdom from those conditions that irritate us. The potential wisdom is already within us, but it may take an irritant to bring it forth.

In dealing with our irritants skillfully, we discover something within us that we never before could see. Who would believe that the lowly oyster could produce such a great prize as the pearl? Within us lies the potential for the "pearl of the great price." This pearl is the priceless wisdom, power, and freedom for which we would gladly have given all our possessions.

Rev. Robert Brumet is a Unity minister who served on the faculty of Unity Institute® and Seminary. He founded Mindfulness Ministries and is the author of four books. This article was excerpted from *The Quest for Wholeness*.

BREATHE, BECOME CENTERED

Affirm

Centered in my divine nature, I am continually renewed and resourced throughout my day.

Pray

Consciously turning from the activity of my day, I open my heart and quiet my mind. I gently follow my breath and allow my breath to breathe me.

With an inward gaze, I allow myself to rest in the stillness at the very center of my being and welcome an expanded awareness of the I AM, the Divine within that is my true nature and my true name.

I breathe as peace, I breathe as compassion, I breathe as love. I am peace. I am compassion. I am love. Centered in my spiritual nature, I am renewed and resourced as I step into the activity of my day with ease, grace, and equanimity.



Practice

To stay centered throughout the day, set a gentle alarm or reminder for each hour. When you hear the reminder, stop and take a moment, consciously creating space to recenter and realign with your true nature.

Consciously create a practice that will support navigating life's challenges with ease, grace, and equanimity. Such a practice doesn't have to take much time.

For 10 seconds: Focus on your breath and allow yourself to be still.

For 30 seconds: Notice something beautiful around you and appreciate it.

For one minute: Give thanks for something in your life no matter how small.

For two minutes: Pray the prayer on the opposite page or a prayer of your choice.

Rev. DeeAnn Morency
Unity San Francisco
Unity In Marin

FROM DAILY WORD

JANUARY 6, 1936

The courageous Spirit of God in my midst has set me free from all fear.

As I turn to the Spirit of God within me, I lose all sense of fear. I am no longer afraid of other persons and external things. I am not afraid of the world about me. I do not fear the future. All fear is cast from my mind as I turn to the presence of Spirit within me.

The courage of God within me is mighty to overcome all fear. I cannot be afraid when I think the Truth of God and keep unified with His courage. I cannot be afraid when I keep my thought correct and entertain only thoughts of courage. I know that the only fear I can know is that engendered through my own thoughts of fear. I know that I can cast out all fear from my mind through holding to the truth of my innate courage.

The courage of God now inspires me to be courageous. I am inspired to lay hold of my indwelling courage and to react to all situations from the standpoint of courage. The courage of God is now manifested in and through me as my own courage. Turning to Him, I experience His arousing in me of courage and fearlessness.

Being therefore always of good courage.—2 Corinthians 5:6

FROM DAILY WORD

OCTOBER 6, 1997

Through the living, loving presence of God, I am comforted.

Throughout my life, the reasons *why* I seek comfort may vary, but *where* I find strength and assurance will not—I always find comfort in Spirit divine.

Through my prayers and quiet talks with God, I am comforted. And it is in my times of prayer that I am guided to live my life fully and completely in oneness with Spirit. My awareness of God and the actions this awareness prompts keep me living in the comfort and care of God. I receive divine reassurance at all times and in all ways.

Just as my physical body needs a constant supply of nourishment to function properly, my spirit needs the comfort of prayer nourishment as well. I am comforted by the living, loving presence of God within me and within every situation in life.

For I, the Lord your God, hold your right hand.—Isaiah 41:13

MAKE A COURAGE ALTAR

Affirm

The best outcome is already on its way to me.

Meditate

I recognize that I sometimes place my faith in the most negative outcome my mind can conjure. Yet that is not the truth of me, and that is not the truth of my situation. I take a moment to relax into the knowledge that, truly and deeply, all is well. Although I may not see it right now, the best outcome is already on its way to me. I live within divine love and comfort—always present, always there.



Practice

On a small table or a corner of your dining table, make a “courage meditation space.”

Put a picture or downloaded image of something that represents strength or bravery to you. Also place an object—anything from a valuable heirloom to a simple rock—on the table to physicalize your thinking, bringing thought into form.

Turn off lights and light a candle. Flame is a symbol for transforming from one state to another state.

Set a timer for five minutes (or more if you like) and start it. Be quiet for what feels like a minute or two, then say your affirmation in your mind. Move from internal silence and back to the affirmation, as you feel it.

Rev. John Connor
Winston-Salem, North Carolina

I'm not asking for much. All I want is a little guidance. A burning bush would be nice. A few words written in the sky. Some days, I'd even settle for a particularly relevant fortune cookie. Please, God, just give me clarity in the midst of my confusion.

But alas, I've yet to discover a message emblazoned on the horizon, I've never seen a burning bush, and my last fortune cookie only gave me lottery numbers.

The truth is that we live in Spirit's wisdom. Like the fish in search of water, we are swimming in wisdom all the time but just don't see it.

Guidance is not something for which we have to grasp. It is something to which we attune.

Attuning to Spirit's guidance starts with asking. I confess that sometimes I forget the obvious. When I am struggling with a puzzling situation, occasionally a trusted friend will say, "Have you prayed about it?" Truth be told, often I haven't. Asking for Spirit's guidance is important because it is a

statement of faith. It immediately declares our sincere intention to hear Spirit, and it sets us up to listen.

Listening is the next step. We live in a fast-moving, multitasking world. In her book *The Seven Whispers*, Christina Baldwin says we need to slow down and move at the “pace of guidance”:

“Speed is some guy running through the airport shouting into a cell phone. Pace is going around the block with a 3-year-old and noticing everything the child is noticing. When we move at pace, we have time to question and time to listen for answers before moving on. When we move at the pace of guidance, it occurs to us to wonder what plans the Divine might have for us, in the midst of the plans we have for ourselves.”

The best way to move at the pace of guidance is to maintain a regular meditation practice. Meditation teaches us to listen, hones our awareness of our inner wisdom, and inspires us to see Spirit everywhere.

Right here in this moment is where the guidance is. To notice the metaphorical burning bush, we must be as observant as a 3-year-old or we will walk right past it.

Guidance comes in many forms. It can be a feather on the path. A book falling from the shelf. A profound inner knowing. A persistent idea.

We cannot predict the form, the timing, or the content, but we can set a clear intention to stay open, awake, and attuned. The message will come in the perfect way and at the perfect time as long as we remain open.

Affirm: I am in tune with Spirit's guidance.

Rev. Patricia T. Bass is a Unity minister in Lenexa, Kansas.

FROM DAILY WORD

APRIL 17, 1962

I go to God in prayer and receive infallible guidance.

Where do we turn when we need guidance? If we want infallible guidance, we turn first to God, for it is in going to God in prayer that we prepare our mind to receive the direction we need. A mind that is at peace is a mind ready to receive the light; a mind that trusts in the good Spirit of God at work in us and in our life is a mind that is free from fear; a mind that is prepared through prayer is able to sift fact from fancy and to distinguish the essential from the nonessential. It sees through the appearance to the completeness and perfection of God.

There is always divine guidance. This guidance can be ours as we ask for it; this guidance will be revealed to us inwardly and outwardly as we wait in faith for the light to shine in our mind. When we pray for guidance, we know it when it comes. When we pray for guidance, we recognize our answer when we see it or find it, for faith reveals the good that has been and always will be in evidence when we seek it.

Thy word is a lamp unto my feet.—Psalm 119:105

DESIGN YOUR DAY

Affirm

I celebrate this new day as I live and express through what I designed.

Pray

I acknowledge, accept, and move through this day fully aware of the presence and power of the God in my life. This awareness opens the door for guidance and direction. Knowing God is Absolute Good, there is no need nor any space for worry, anxiety, or fear, for all is God and all of God flows in and through me. This awareness gives me unspeakable joy, and I am exceedingly grateful. I thank God for the conscious awareness of what is already mine to be and to express.



Practice

Today is a new day, and it comes with the opportunity to be planned and designed by each individual.

The first thing is to determine that you will not entertain any of the experiences of yesterday. They are finished. Give prayerful thought, through the use of mental pictures, to what you want to experience today.

If you want peace, picture light fluffy clouds, as they have a tendency to lift one's spirits high above whatever is occurring at the moment. If you want love to be expressed to you throughout the day, include a picture of a heart as a reminder to open your heart to send love as you go through the day. You may include in your picture whatever you determine is needed or desired for the day. Remember to hold this picture in your thought pattern throughout this, your new day.

Rev. Alberta Ware
Christ Universal Temple
Chicago, Illinois

HEED THE FEELINGS

Affirm

I pause, I breathe, I affirm God's presence in this moment.

Pray

Pausing in this moment, I become aware of the one presence and one power that moves in all of creation. I slip into the awareness of my oneness with God and with all beings.

Connected to Source, I relax my body and my mind. I notice the cadence of my breath and follow the gentle rhythm of it, in and out. I remember there is a perfect rhythm to all of life.

In the spaciousness of the Silence, I listen for the guidance of the still, small voice. I trust my good to be made manifest. I trust Spirit to support and honor the unfolding of life for my highest and best.





Practice

Mindfulness is my go-to practice when I need to be courageous. I pause and become aware of the feelings that are moving within, giving each a name. Inviting the feelings into their fullness allows me to acknowledge them.

I remember that my feelings rise for the purpose of informing me of something that is ready to be released, healed, or forgiven. I allow time to inquire within as to what the feeling has come to reveal to me.

Calling upon wisdom and discernment, I forgive and release what is ready to be gone. I allow healing of all that is ready to be transformed. I affirm strength of faith and resilience of character. I rest in gratitude.

Rev. Karen Romestan
Courageous Living in Unity
South Carolina

FROM DAILY WORD

APRIL 6, 1929

There is nothing for me to fear in all this world. I go forth this day unafraid and courageous.

No longer do I fear persons or external things. I erase all belief in fear from my mind. I am no longer conscious of such a thing as fear. I do not react to situations with any feeling of fear.

Knowing the might of Christ, my divine self, the invincible power within me, I go forth this day fearless and courageous. Christ at the center of my being gives me sufficient courage to meet any situation. No situation can appear in my life that I cannot master. No circumstance can cause me to be afraid of it or of its outcome.

I am courageous with the courage of ten thousand. I am courageous because courage is now seeking to express itself in me and to make me strong and fearless. In this consciousness, fearlessness fills me through and through.

Casting out fearful thoughts, I think thoughts of courage. I am so inspired with courage that I cause those about me to rise out of their fearfulness and to manifest infinite courage. I know that when I am courageous, I but express the courage of Christ.

God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.—2 Timothy 1:7

A SEVEN-STEP PRAYER MODEL

REV. HYPATIA HASBROUCK

In your morning and nighttime prayers, you are free to choose any prayers you wish. If you feel the need to establish order among the prayers, you may want to design a seven-step prayer for your use. The seven steps are as follows:

1. Illumination: You affirm the presence of God.
2. Adoration: You offer praise and thanksgiving for God's presence in your life.
3. Forgiveness: You accept God's forgiveness of your errors, and you forgive others and yourself for errors.
4. Acceptance of blessings: You acknowledge the good in your life and accept God's will for your good.
5. Requesting guidance, aid, healing (and others) for yourself: You affirm the presence of the solution to any challenge, supply to meet any need, or the reality of a desired condition.
6. Praying for others: You affirm Truth for specific individuals and for the world.
7. Meditation: You spend a few minutes thinking about some divine attribute or quality such as love, peace, or joy; or you concentrate upon some verse from the Bible or other inspired writing until you feel at one with its meaning.

You can design a seven-step prayer to use for a week, two weeks, a month, or longer. You can retain one or more parts when you write a new seven-step prayer, or you can rewrite all parts. You can change any part at any time. The seven-step prayer is yours, designed by you to fill your prayer needs and to keep your prayers fresh and alive.

Rev. Hypatia Hasbrouck (1921–2001) was the founding minister of Unity of Overland Park, Kansas, and went on to become dean of the Unity Ministerial School of Religious Studies. This article was excerpted from Handbook of Positive Prayer.

FROM DAILY WORD

SEPTEMBER 9, 1948

I am comforted by my faith in the eternal.

God comforts our heart in time of sorrow by revealing to us how great our capacity is for meeting and handling the experiences that come to us. New strength and power seem to rise up within us, enabling us to stand strong, to dry our tears, to face life courageously.

We are comforted not in one moment but hour by hour, day by day, month by month. Comfort is not a finished blessing; it grows in our heart and soul as we look to God and keep our faith in His eternal good.

Even as God comforts us, so can we comfort others in their time of need. To comfort is to strengthen, to inspire, to reassure. Our faith in God, our faith in His presence in those who turn to us, our words and acts that express this faith, are a source of real comfort and enduring help.

The Spirit of truth within us is the holy Comforter that abides with us always, sustaining us and inspiring us.

And I will pray the Father, and he shall give you another Comforter, that he may be with you for ever, even the Spirit of truth.—John 14:16-17

CHANGE THE STORY

Affirm

Behold, I have the power to turn pain into strength!

Pray

In this moment, I surrender. I surrender to the not-knowing and the uncertainty.

As I surrender, I am reminded that in this situation, despite the perceived bleakness of this moment, there is something for my highest good. In my woundedness, I see that I am being forged in the strength of the Christ. I am being remade anew. In this knowing, I claim Truth: *I am the beloved of God, and I am equipped with all the strength I need.*

Now in this awakening of faith, I lift my voice in praise and thanksgiving, claiming a blessing beyond my understanding. I affirm wisdom that I am on the right and perfect path. I choose to be the vibration of love in all my thoughts, words, and actions. In this knowing, I once again take my place and enter the peace-filled kingdom of heaven.



Practice

Today, choose a new ending to your story. As a negative memory comes to mind, instead of reliving it, create a new outcome. As children, our brains cannot understand all the nuances that are happening to us. We often internalize criticism in the form of self-punishment or beliefs of unworthiness.

But today in a fully mature and developed mind, one can see the other nuances that happened in this story. Give yourself permission to see the story from the perspective of the others in the situation. Were they afraid, wanting you to be safe, wanting you to know the rules, or trying to teach you how to navigate this world?

As you picture the others' fears, hopes, and desires in the situation, you stop victimhood. Releasing the need to blame or shame the others in your story allows you to gain valuable insight. From this awareness you can create a new ending that affirms you are beloved of God.

Rev. Sheree Taylor-Jones
Unity Church of the Hills
Austin, Texas

BUILD FAITH

Affirm

My faith works miracles in my life, world, and affairs!

Pray

As I pray, meditate, and sit in the Silence today, and every day, I focus my attention on a power greater than myself—my faith faculty. My faith sees into the invisible substance of God and draws to me the answers I need for healthy, prosperous living.

My faith sees past the challenges of thoughts of not enough supply for everyone to a divine surplus of supply to fill every demand. I live in an opulent universe that supplies my every need, want, and desire.

I have faith that conquers anything. The faith that moves mountains is mine and is working through me now. My faith lifts up the low places in my mind, making the rough places smooth and crooked places straight. Through my faith, divine adjustments are being made at each step along my pathway. I am grateful!



Practice

In difficult times, a surefire strategy is needed to redirect our thinking, feelings, words, actions, and reactions built on unfailing spiritual principle—faith.

Building up our faith muscles takes dedicated time and practice to become a habit. Then our thoughts automatically turn to that spiritual center within us, which is closer than breathing and nearer than hands and feet. Try this short practice:

1. Select a quiet place away from distractions such as phones, TV, radio, and so on. Put your body in a comfortable, relaxed position, either sitting or lying down. Use quiet meditation music, and take deep breaths to help the muscles of your body relax.
2. Repeat this statement slowly with feeling until you feel a calmness over your body and mind: *My faith sees into the invisible God substance and draws my perfect good to me. I am grateful!*
3. Repeat the statement as often as needed.

Blanche Kimble-Wilson
Chicago, Illinois

COMFORT IN A COFFEE SHOP

REV. RICK BELOUS, PH.D.

My wife had recently died of cancer, and I was now the single parent of two daughters (one 13 and another just 2 years old). I was only half a year into being the minister at my first church, and I was many miles away from relatives and friends.

I was filled with grief, fear, and worries. There was intense grief over the loss of my wife, who was not only my lover but my best friend. There were real fears that I would fail to meet my daughters' needs as a single parent. I also worried about meeting my new congregation's reasonable expectations.

At times these worries became so intense and unbearable that I felt like a drowning person after the ship has sunk to the bottom of the ocean. I did not see any way back to the surface.

One day as I was driving and feeling this intense wave of anxieties, I saw a coffee shop. I pulled over, parked, and went inside. There was an empty table. I put my book bag down on it and got a mug of decaffeinated java. Taking out a notebook and pen, I started writing a prayer letter to God.

I wrote about my intense grief and pain over my wife's death. I poured out my fears and worries about being a single parent. Next, I wrote about my concern whether I could be a good minister for my new church. I added financial concerns as well as worries I had about my health. I also expressed the intense loneliness I felt being so far away from family and friends.

Then something deep inside me suggested I start listing my blessings and things I was grateful for. This list was long. That still, small voice also suggested that I write down a few affirmations that meant so much to me. I wrote:

I can do all things through him who strengthens me.
—Philippians 4:13

Cast all your anxiety on him, because he cares for you.
—1 Peter 5:7

There is only one presence and one power in the universe and in our lives: God the good, omnipotent.—Principle 1 taught in Unity

I release my worries to Spirit and know that all is in divine order.—My affirmation

All of this came alive for me, and I started to feel good. No, not just good but great! I said to myself, *Are they putting something in the coffee these days?* Then I remembered I had ordered a decaf.

Yes, something had changed, and it was me. I was amazed. Nothing—absolutely nothing—had changed in the outside world. But something changed inside of me, and that made all the difference.

In the following months, there were times when the fear and worry would start creeping back. So I would literally go back to the same coffee shop, order more java, and write another prayer letter to Spirit. This healing medicine kept working and still does to this day.

Rev. Rick Belous, Ph.D., is minister at Unity of Roanoke Valley, Virginia, and president of Spiral Pathways.

FROM DAILY WORD

MARCH 22, 2021

I am comforted by the presence of God within.

As I look to the presence of God's love within me, I find comfort in the midst of troubling circumstances. In a moment of peace, I catch a vision of life that is eternal and changeless, and I feel renewed. I feel the presence of God fully, and this presence reassures me and lifts my heart. I am surrounded by and enfolded in the energy and peace of infinite Spirit.

I wish to carry the comfort of this enveloping peace with me throughout the day. I resolve to think loving thoughts and use kind words to share the comforting love of God. As I close my eyes and let waves of appreciation and gratitude wash over me, I am immersed in a feeling of deep well-being. This act of reminding myself of my divinity comforts my heart.

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

ASK YOUR HEART

Affirm

I am a peaceful presence in the world.

Meditate

As I take a deep, full breath, I release any cares or concerns and focus my attention on my heart space. There is a peace that lives within me, in my heart, and I focus my attention on that peaceful presence now. My body is relaxed, and I am quiet and still.

Using the power of my imagination, I envision any thought or feeling that arises in this time to be coming from that place of peace within me and returning back to it again. Each thought and feeling is temporary. I am established and grounded in the calm peace of my soul.

Rev. Dale Worley
Unity of Savannah, Georgia



Practice

- 🌀 Find a green space.
 - Find a place where you feel connected to nature—your yard or porch, a park, beneath a tree. Even if you are in a room with living plants, feel your connection to the earth.
- 🌀 Practice conscious breathing.
 - Don't try to control your breathing, just allow yourself to be aware of it. Sit up straight and let yourself breathe as deeply and fully as feels comfortable.
- 🌀 Listen to your heart.
 - As you slow down, ask your heart what it has to offer you. You might even put your hand on your heart. Be open to any guidance you receive. If you have a specific question in mind, ask your heart for the answer, then be still.
- 🌀 Speaks words of Truth.
 - After a few moments in stillness, you may want to affirm some words from the meditation or speak the affirmation. Use whatever words resonate with you. Speak them aloud or hold them silently in your heart.
- 🌀 Extend gratitude.
 - When you feel complete, let yourself feel gratitude for this experience and anything you received. Resume the activities of your day, knowing that you carry this experience of peace with you in all situations and interactions.

FROM DAILY WORD

JUNE 9, 1980

I am strong and of good courage.

It is always possible to overcome fear, to stand strong, to be of good courage.

Good courage. What kind of courage is good courage? Good courage is firmness of mind and will in the face of difficulty. Good courage is more than bravado; it is courage that comes from the depths of our soul and being, the courage that our heart feels because we know that God is with us.

Good courage inspires us to act if action is necessary.

Good courage inspires us to stand still if this is where our answer lies.

Good courage meets our fears gallantly and says, "You are nothing!"

Good courage steadies us in our resolve; courage keeps us confident.

In any time of need or difficulty, at any time that fear shows its face, we can be strong and of good courage.

Be strong and of good courage; be not frightened, neither be dismayed; for the Lord your God is with you wherever you go.—Joshua 1:9

Life is a flowing experience, and the only certainty is change. In fear and in greed, in joy and in sadness, there is a human tendency to hold on. When life is equated with things or with relationships or with moments of fulfillment, the threat of their loss or change is too much to endure. Thus the discovery of the flow of life is the greatest awakening of consciousness we can achieve.

The Psalmist sings: “Even though I walk through the valley of the shadow of death, I fear no evil” (Psalm 23:4). We need to give special emphasis to the word *through*. There are times when we seem to be dwelling in the valley. But the Psalmist says, “Though I walk through the valley ... I fear no evil.” He knows that the valley is open at both ends, that life is a flowing experience, and that the dark shadows of the valley will eventually give way to the light of a new day and a new experience ...

If you are faced with a challenge, refuse to be panic-stricken. Life has not ended for you. Life flows on. Declare for yourself: *I accept the reality of this situation, but not its permanence.* Certainly, there is no point in hiding your head in the sand. The experience is there to be met. Determine that you will meet it, but on your own terms. Do not let the outer happening squeeze you into its box, but open your mind to the flow of wisdom, love, and good judgment by which you can deal masterfully with it ...

When you find yourself in any seemingly hopeless situation, it is wise to shun the tendency to emphasize the darkness of the tunnel rather than the fact that the tunnel has light at both ends. When you dwell on the darkness and futility of a situation, you will soon become bogged down in the slough of despond. Keep in the consciousness of the flow of life: “This, too, shall pass.”

***Eric Butterworth** (1916–2003), a Unity minister in New York City, was the author of hundreds of essays, articles, and best-selling books. This article was excerpted from In the Flow of Life. To read more and hear recordings, visit the Eric Butterworth Collection at ericbutterworth.com.*

FROM DAILY WORD

OCTOBER 17, 1980

There is one life, one healing power, flowing in and through us all.

Think of yourself and those for whom you are praying as in the flow of life, God-life. In the flow of this life there is healing. In the flow of this life, strength is renewed, cells are revitalized, disease is eradicated.

If someone seems to be in great need of healing, hold to the realization that this dear one is in the flow of God-life. The flow of God-life cannot be impeded nor obstructed. The flow of God-life brings ease of body and peace of mind. The flow of God-life brings warmth and assurance of divine love.

There is one life, one healing power, flowing in and through us all. This is a strengthening realization to hold to, a powerful realization that has profound effects on mind and body.

We are forever in the flow of life, forever renewed by mighty currents of healing power that flow like a river from God, our Source.

Then he showed me the river of the water of life, bright as crystal, flowing from the throne of God.—Revelation 22:1



TRUST THE GOOD

Affirm

Miracles are happening through me right now! I give thanks.

Pray

In this holy moment, I return to the powerful place of trusting that God is all there is—my source of strength, compassion, and comfort. I answer the call to courage and stand strong in fearless faith.

I trust that all that matters to me is known and is working out on my behalf, for my highest good. No matter what appears in the outer world, I will turn within and feel inner peace.

Truly, there is nothing to fear for perfect love is here. I let go and know that God is great, I am good, and all is well.



Practice

Sit in a quiet space for 10 minutes with your hand(s) on your heart. Rest your eyes and breathe in three counts, hold three counts, and exhale for six counts. Repeat three times.

Envision a gold ball of light at the top of your head. It moves to your forehead; down to your throat, heart; above your navel, to your abdomen, hips, thighs, and legs, covering your feet. See the light change from gold to white and return from your feet to the center of your body and back to your head.

Let the white light encircle your head as you repeat three times: *I am divine love. I am pure light.*

Return your awareness to the present.

Veronica Walker-Douglas
Christ Universal Temple
Chicago, Illinois

YOU'VE MADE IT THROUGH

Affirm

With courage and strength, I know I can do it, because I have done it before.

Pray

Taking a deep breath, I open myself to fully recognize the divine presence that I am. Every fiber of my being is aware that within me is all I need, for I am always one with God. Divine strength is in me and as me. I trust it and anchor myself in this Truth. No fear, anxiety, or circumstance can keep me from my highest good. I walk in faith and courage knowing divine strength is my comfort and guide.



Practice

Sometimes we don't give ourselves enough credit. Think about it. You have been through a lot—a lot of difficulties and a lot of challenges. You might have gone through moments where you felt lost and unsure.

Yet here you are. You've made it through. You have shown the capacity for strength and courage. Yes, you can lean on spiritual teachings. You can lean on those around you who are cheering you on. But you can also simply remember that you've already shown resiliency and you are an overcomer.

So give yourself credit and know “you've got this” because you have already expressed it.

(Continued on the next page)

PRACTICE CONT.

Write down five events or circumstances when you expressed your strength and courage in a time of need and lived to tell about it. What made it possible for you? How can you embody it again now?

1.

2.

3.

4.

5.

Rev. Juan del Hierro
Unity on the Bay
Miami, Florida

FROM DAILY WORD

MAY 19, 1952

The mighty spirit of God within me is infusing my entire being with infinite, inexhaustible strength.

God within me is my strength. Through His Spirit within me I can do all things well.

God is my mental strength. God is my emotional strength.
God is my physical strength. God is my strength of character.

No negative condition in life is stronger than God's Spirit in me. The moment that I turn my attention and faith to the Spirit within me, that moment I receive all the strength I need to accomplish whatever is before me.

God gives me the strength to raise my thoughts, the strength to go forward through every "valley of the shadow" with courage. The strength of God in me is victorious over every negation. I cannot fail.

The mighty Spirit of God within me is infusing my entire being with infinite, inexhaustible strength.

Jehovah is the strength of my life; of whom shall I be afraid?—Psalm 27:1

FROM *DAILY WORD*

SEPTEMBER 10, 1959

I would comfort the troubled as God has comforted me.

I would comfort those in need of comfort. I would stand by a dear one or a friend, and know that because I stood with him, he is stronger. I would speak a calming word and see a look of peace return to his face. I would assure him of God's love, and of my love, that he might be renewed in a feeling of security and well-being.

I would comfort the troubled, never asking why they are troubled. I would be patient and listen to those things they need to tell me. I would be wise and let them withhold those things they feel they cannot reveal. I would never censor; never let them feel that they have failed or that God has failed them. I would encourage and uplift. I would point the prayer road to peace, but let them choose it for their way.

Because I know God as a comforting, strengthening, calming, loving presence, I know I have His help when I am called to comfort others.

Blessed be the God ... of all comfort; who comforteth us ... that we may be able to comfort them that are in any affliction.—2 Corinthians 1:3-4

A PRAYER OF LOVE

I am loved beyond measure, safe in this and every moment.

Infinite love is an ever-present companion and guide, whether I am basking in sun-drenched moments of joy or moving through the shadows of challenge.

Sometimes the Christ light within is plainly seen; at other times, I must look deeply to find its solace. In every situation, this indelible message of love is always with me.

When the clarity of my human understanding fails, I trust the opaque splendor of the Divine at work.

I am loved beyond measure. I choose love in every moment.

—Rev. David Brian Adams

A PRAYER OF STRENGTH

There is a spiritual power located within the innermost part of your being, known as strength.

It has been invested for your use, and it awaits your call.

Decide here and now not to allow the distractions of the day or the surrounding appearances to block your conscious awareness of your spiritual strength. Call it forth and continue to move forward without fear or concern.

You are a strong spiritual being.

—Rev. Alberta Ware

A PRAYER OF WISDOM

The wisdom of the Source of the universe flows through and as me.

In each moment of my life, I pause to remind myself of this truth.

During moments of fear, the wisdom of God flows through me and I bring peace to the situation.

During moments of confusion, the wisdom of God flows through me and I am equipped to know what to do.

During moments of unknowing, the wisdom of God flows through me and I take the necessary actions.

—Rev. Sheree Taylor-Jones

A PRAYER OF PEACE

Today may we be the peacemakers.

The greater the disturbance before us, the more peaceful and calm we become.

May we each be established as humble, unassuming pillars of serenity, so that as anything not of peace enters our presence, it will dissipate.

As I meet any experience today that raises an emotional response, I pause, breathe deeply, and affirm that what is before me is a temporary disturbance. I let it pass through me as I return to my still center of peace, calm, compassion, love, and understanding.

May we subtly and gently drift about the world today spreading peace, peacefully.

—Rev. Jim Blake

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