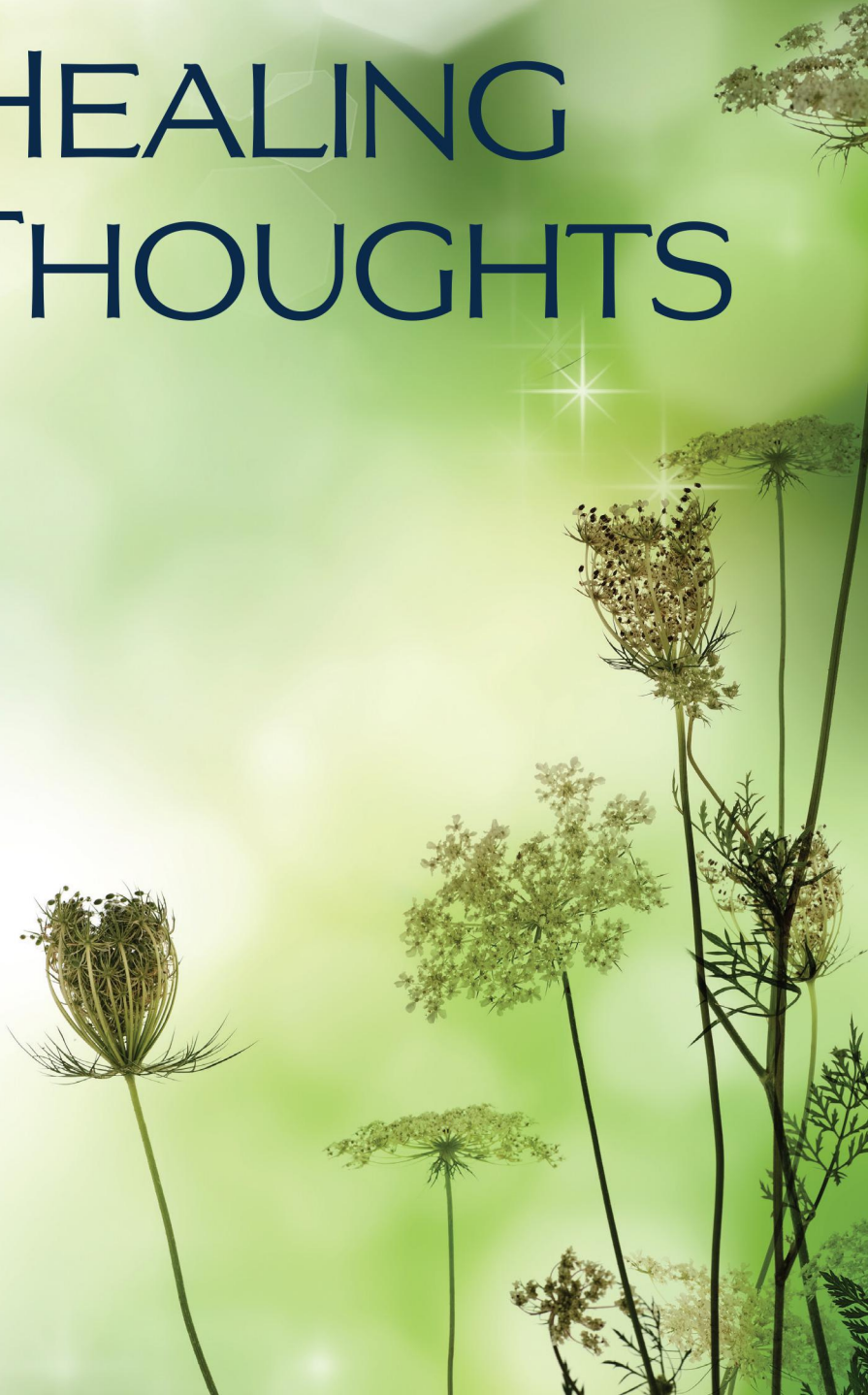


HEALING THOUGHTS



How This Booklet Can Help You

The messages and prayers within these covers are offered as a daily source of inspiration to you and to all of those who are going through a challenge. They also provide a guide for family members, friends, and caregivers who may be helping you or others make it through those challenges.

Like a golden thread of faith, the central message to all is this is you do not have to go through any challenge alone, the spirit of God within is your strength, your life, your courage.

As you read each inspirational message, know that it is written especially for you. Allow the Bible verse to speak to your heart and uplift your spirit. As you read the affirmation, read it with conviction and allow yourself to be more fully awakened to the presence of God within you, your loved ones, and your world.

You may decide to start at the beginning of this booklet and read a message daily. Or you may choose to look through the booklet for the most helpful message for what you are facing. Is it healing, loneliness, or change? There is a message of hope and help for you. Know that anytime you need prayer support, day or night you may call the Silent Unity® prayer ministry at 1-816-969-2000.

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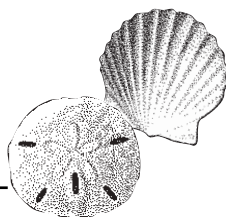
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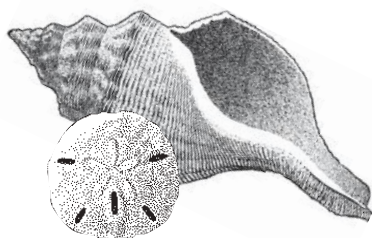
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The Lord's Prayer

Our Father in heaven,
 hallowed be thy name.
Thy kingdom come.
Thy will be done, on earth as it is
 in heaven.
Give us this day our daily bread.
And forgive us our debts, as we forgive
 our debtors.
And lead us not into temptation,
 but deliver us from evil.
For thine is the kingdom, and the power,
 and the glory, forever. Amen.

—Matthew 6:9-13 (KJV)



Loving Presence

“My presence will go with you, and I will give you rest.”

–Exodus 33:14

I may not know what the future holds for me, yet I do know that good waits for me in the unknown: God is there. Wherever I go, God’s spirit is within me and goes before me.

Becoming quiet, I allow myself to experience the loving presence of God with every fiber of my being. Knowing that God will never forsake me, I am relieved of fear and anxiety.

God is powerful enough to have created the sun, the moon, and the stars, and to have sent mighty rivers surging across the ground to forge immense canyons. Yet God is gentle enough to have created the delicate petals of a fragile flower. God created me, and being a part of God’s majesty greatly blesses me.

*As I quiet my thoughts, I experience the
loving presence of God.*

Quiet Talks With God

"If I take the wings of the morning and settle
at the farthest limits of the sea,
even there your hand shall lead me."

—Psalm 139:9-10

God, much of my life may have been a search for meaning and purpose. However, now I know that my search was not about me; it was for You.

I know because I find the peace I long for during my quiet talks with You. When I think about how much You love me, I feel Your spirit stirring within me. Yet I understand that Your presence is beyond shape and form because You are everywhere.

I have grown wiser and learned from my experiences. I have discovered that my journey is not about finding You, for You have been with me all the time.

Dear God, You are here with me now, and I know what a blessing it is to have true peace of mind!

*I feel God's presence with me and
know what true peace of mind is.*

Inner Peace

"And the peace of God, which surpasses all understanding, will guard your hearts and your minds."

—Philippians 4:7

Within the innermost part of my being, there is a sacred place where no outer turmoil can intrude, where no feelings of doubt or failure can reside. Here, within my soul, is the peace of God.

The peace of God surpasses all understanding and misunderstanding. It is a sacred assurance that gently erases concern and brings comfort to my soul. Like the cool, tranquil waters of a mountain stream, divine peace refreshes me.

There is peace within me that I can draw upon at all times because God's spirit is within me. Living in God's presence, I am serene. I understand what a blessing it is to give expression to the peace of God now and always.

*I experience and give expression now
to the peace of God within me.*

God Loves Me

“I have loved you with an everlasting love.”

–Jeremiah 31:3

Do I see myself as limited in some way? I may think of myself as being less than I should be. What a revelation I experience when I understand that God sees me as I was created to be: whole in every way, unbound by events or circumstances.

God loves me the way I am, for I am God’s beloved child. Though I change from day to day, my Creator’s love for me never changes nor is it withheld.

I feel God’s love assuring me that I am never lost or alone. Even in the darkest of moments, God is with me. Turning my attention to God, I feel at peace, for I am in the presence of pure love.

God, my greatest supporter, has absolute faith in me, even if I seem to have none in myself. I soar to new heights on the wings of God’s love.

The love of God fills my heart.

God in Me

“I will strengthen you, I will help you,
I will uphold you with my victorious right hand.”

—Isaiah 41:10

I have turned to others in times of need, seeking the help and support I cannot seem to find in myself. I am grateful for friends and loved ones, of course, but only God will give me strength to surmount all difficulties. God’s sustaining grace is powerful enough to transform feelings of weakness, loss, or loneliness into feelings of peace, strength, and serenity.

God is in the midst of me, a wise and loving friend. Wherever I am, my friend God is there. Wherever I go, my friend goes with me.

God’s love sustains me through every experience. I am able to meet life with faith and courage.

God is my wise and loving friend.

Eternal Life

“Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water I will give them will never be thirsty. The water I will give will become in them a spring of water gushing up to eternal life.”

–John 4:13-14

Dear God, I know that no matter what my loved ones and I are going through now or what we may face in the future, You are our life and hope.

Your spirit within us is eternal life, and Your love unites us forever. We can never be separated from You or from each other, for we are forever one in Spirit.

No challenge or separation can break the spiritual bond between us. Life is eternal, so I know that my loved ones and I have been, are, and always will be enfolded in Your love and care.

Thank You, God, for life, for my loved ones, and for Your spirit within us.

The eternal life of God lives in and through my loved ones and me.

Sacred Commitment

“Into your hand I commit my spirit;
you have redeemed me, O Lord, faithful God.”

—Psalm 31:5

God, I may have thought that following divine guidance left little for me to do, but now I know that the opposite is true. It calls on me to make a commitment to follow You. This is a commitment I renew each day to keep it strong and constant.

God, I entrust myself and all that is in the past, in the present, and in the future to You. I know that by living this commitment each day, I will discover greater understanding of You, of myself, and of others.

Wherever You guide me, I will follow. Thank You, God, for Your way is the way of peace, love, and life.

I will follow wherever God guides me.

Healing

“Then your light shall break forth like the dawn, and your healing shall spring up quickly.”

—Isaiah 58:8

Healing is about so much more than the physical condition. It is also an on-going renewal of my thoughts. So I keep my beliefs about myself and the way I want to live positive. Such a life-affirming attitude is in tune with my eternal and ageless spiritual nature.

Whatever my expression of healing may be, healing of mind or body, it springs forth from God’s spirit within me. My thoughts affirm the truth about me: *I am an eternal and ageless spiritual being.*

Holding on to an image of wholeness may be difficult. Yet I know that the physical body is a home for the eternal spiritual being that I am. Such an understanding blesses me spiritually and physically.

***I am the healthy and whole being God
created me to be.***

Sacred Stirring

“Call to me and I will answer you.”

–Jeremiah 33:3

God, whenever I feel confused or frightened, You reassure me with the stirring of Your spirit within my soul. Then Your presence surrounds me with a renewed sense of security.

With that sacred stirring, dear God, my soul awakens to You and longs to know more of You. I feel Your glory flowing through me as life and energy.

God, with You guiding me, I am renewed in purpose. My purpose is to live in Your light and be an instrument through which Your life flows.

Each day is a new day in which I am aware of and commune with You. I feel the sacred stirring of Your spirit within my soul as the assurance of Your presence.

God's presence stirs within my soul.

I Am Loved

“God’s love has been poured into our hearts through the Holy Spirit that has been given to us.”

–Romans 5:5

God loves me with an everlasting love. Linger in the warm glow of such unconditional love, I am nourished and encouraged to be loving.

God’s love radiates from within me. Pouring forth from my heart and soul, divine love does a mighty work through me. I am the loving person God created me to be.

I am God’s love in expression as I give my time and undivided attention to others. Sometimes the simple smile or hug I give is more meaningful than even my most carefully chosen words.

With all of my heart and soul, I share God’s love with others. I do this as I remember to act in kind and loving ways toward all people.

*The love of God radiates within me
and from me.*

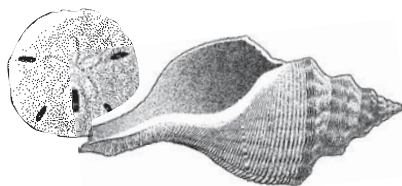
The 23rd Psalm

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
 he leads me beside still waters; he restores my
soul. He leads me in right paths for his name's sake.

Even though I walk through the darkest valley,
 I fear no evil; for you are with me;
 your rod and your staff, they comfort me.

You prepare a table before me in the presence
 of my enemies;
 you anoint my head with oil;
 my cup overflows.

Surely goodness and mercy shall follow me
 all the days of my life, and I shall dwell
 in the house of the Lord my whole life long.



Tender Touch

"I will turn their mourning into joy, I will comfort them, and give them gladness for sorrow."

—Jeremiah 31:13

Sweet Spirit, at the very core of my being, I feel Your loving presence. Like a gentle breeze on a warm summer day, Your tender touch comforts and soothes me.

In the quiet of prayer with You, I explore the recesses of my soul and bring any feeling of sorrow or despair into the light of Your presence. Here I release all burdens: I let go of hurts; I let go of worries; I let go of any feeling that would keep me from experiencing Your love.

As I let go of concerns, Your love rushes in to comfort me, assuring me that You care. In Your loving presence, God, I am filled with a peace that is beyond compare. Thank You for the comfort of Your tender touch.

*I am comforted and soothed
by God's tender touch.*

This Quiet Place

“I stand in the presence of God, and I have been sent to speak to you and to bring you this good news.”

—Luke 1:19

Even in the midst of noise and clamor, there is a quiet place that I can retreat to, a place where concerns are left behind and I am totally aware of being in the presence of God. This quiet place is nearer than the air I breathe, for it is within my soul.

Turning within, I feel the peace of God surrounding me in a warm embrace. Enfolded in peace, I experience how it feels to have every nerve soothed and my mind swept clean of confusion. Once again I am focused on the presence of God, my source of life and living.

No person or circumstance can disrupt the peace I feel in the quiet with God. I return from this sanctuary of peace renewed, refreshed, and revitalized.

*In the quiet sanctuary of my soul,
God waits for me.*

Divine Plan

“Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long.”

—Psalm 25:5

Some days I may be better at coping with physical and emotional challenges than other days. Yet there may be days when I feel as if I am at the end of my patience and drained of energy. Whenever I am feeling sad or frustrated, I know what will restore my hope and energy: I call on God for comfort and strength.

My faith is in God. Because I hold on to my faith, I will not give up hope or give in to fear. I believe in the divine timing of a divine plan. In the next few moments, blessings might appear that I had not even considered.

Immersed in prayer, I feel the assurance of God’s presence and reassurance that a divine plan is unfolding.

*I hold on to my faith in God and know
that a divine plan is unfolding.*

Lean on Me

“I am the way, and the truth, and the life. No one comes to the Father except through me.”

–John 14:6

During difficult times, I hear God say: “Lean on Me, for I care about you. Let My strength support you, My love carry you. I’m here for you.

“Lean on Me, and I’ll help you through any pain. I’ll be your eyes when you feel you have to turn away. I’ll be your ears when you can’t bear to hear what has to be said. I’ll be your heart, always filled with courage and hope.

“Lean on Me and trust in Me. You know I’ll be there for you through thick and thin, in the best of times and in the most challenging of times. I am your rock, your fortress, your everything.

“Lean on Me and discover complete serenity. You are My child, and I will never forsake you.”

Lean on Me, dear one.

I Trust God

"I trust in the steadfast love of God."

—Psalm 52:8

The greatest boost to my own peace of mind comes as I release all problems and concerns to God. With one simple thought, *I trust You, God*, I open my life to divine solutions. Then the power of God flows through my words and actions and out into every situation.

I trust You, God. When I consider all the magnificence God has created and has allowed me to be a part of, I am filled with reverence. I give thanks for the divine order in life.

I trust You, God. By daily affirming these words, I remind myself to release all past or present concerns. Trusting God, I invite the Holy Spirit to move in my life. I no longer feel an urgency about any situation, for my trust in God has soothed my heart and mind.

I trust You, God.

God Is My Prosperity

“The Lord is my shepherd, I shall not want.”

—Psalm 23:1

Of course I want to be prosperous. I want to have my affairs in order and have enough money to meet my needs. I will have all of this and more when I know and continue to believe that God is the source of all that prospers me.

Keeping my thoughts centered on God, I understand that I am not limited and that there is order in my life. I realize that at all times and in spite of appearances, God is truly blessing me.

God blesses me in many ways. As I keep my thoughts on God, blessings flow to me. I am free from thoughts of lack or limitation. Trusting God completely, I know that I will always have more than enough to meet every need.

*God is blessing me with prosperity
now and always.*

Loving Caregiver

“God is love.”

—1 John 4:8

I think about those precious people who go about helping me quietly. They give a gentle touch, have intuitive understanding of my needs, and express compassion without fanfare or effort.

Surely it is love, love for God and for humankind, that inspires them to be caregivers. They see me as the special, individual creation of God that I really am. They see my body as the visible form that holds invisible Spirit.

If I am a caregiver myself, I know that I, too, am giving from the love of God within. The love I give to others flows first through me to strengthen and inspire me.

I enfold all caregivers in my prayers and give thanks for the gift of love. What better gift could I give than the very love out of which I was created?

I give thanks for all caregivers.

Forgive

“Forgive, and you will be forgiven.”

—Luke 6:37

Which brings greater healing to a troubled soul: giving or receiving forgiveness?

Whether or not I receive the words of forgiveness I long to hear, I can always give forgiveness, to myself and others. The very act of forgiving cleanses away irritating thoughts and begins a soothing, healing activity.

As I remain willing to give and receive forgiveness, the days seem brighter. My relationships are enhanced by the love and harmony conveyed in forgiveness.

As I step forward to forgive, I may even find that others are willing to meet me halfway. We are drawn together by our willingness to forgive. Such cooperation enhances my already stable relationships and restores the ones that need to be healed!

*I am willing to forgive
and to be forgiven.*

Let Go, Let God

“Trust in the Lord, and do good... And he will
give you the desires of your heart.”

—Psalm 37:3-4

I have learned not to give up when a door closes in my life because I know that God is opening a window to new opportunities.

So if I come to what seems like the end of a relationship or way of life, I trust God and let go of all anxiety about such a change. Then I let God open the way to the new blessings that are in store for me.

As I let go, God shows me the way. God gives me strength and courage to take the first step in a new direction or to go back one step, if that is necessary.

As I let go and let God, I release fears and concerns about the future. God is in charge, and I know that God is guiding me to the place where I will find the greatest peace and fulfillment.

*As I let go and let God, I experience
true peace and fulfillment.*

Flexible

“The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.”

—John 3:8

There is great strength in tenderness. It’s amazing, for instance, how a tender sapling survives a hard wind by being flexible and by moving with the wind instead of resisting it.

So I know that when I feel the winds of challenge and change rushing at me, I can remain flexible by using the wisdom God has given me. I don’t waste my energy and time trying to control circum-stances or people. I know that God gives me the understanding which enables me to overcome challenges.

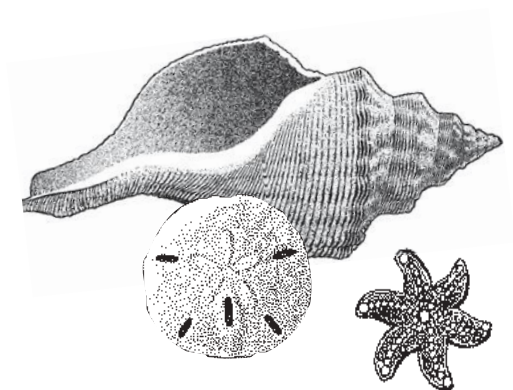
I am a creation of God living in a world created by God. Because I am flexible, I know I can be tender and strong, resilient and grounded. And praise God, I am.

Because I am flexible, I am tender and strong, resilient and grounded.

Prayer for Protection

The light of God surrounds me;
The love of God enfolds me;
The power of God protects me;
The presence of God watches over me.
Wherever I am, God is.

—James Dillet Freeman



Vital Connection

“God is with you wherever you go.”

—Joshua 1:9

Life is not always easy, but God is always with me to help me along the way.

Although I probably don't remember details, I think back to what it must have been like as a toddler learning how to walk. I probably felt some fear; yet I let go of my parent's hand in order to experience the freedom of moving about on my own. The spirit of God was inspiring me on.

As an adult, I know that letting go of a child, a spouse, or a parent is never easy. When a separation comes, I may feel a tug on the vital connection that has kept us close. If the separation is more than temporary, I may feel as if it is the hardest thing I have ever done. But this I know: God is always with us. My loved ones and I will never go through anything without the love and comfort of our Creator.

*The spirit of God is a vital connection
between my loved ones and me.*

My Heart

“God is the strength of my heart and my portion forever.”

—Psalm 73:26

My heart is a powerful muscle that continually circulates life-sustaining blood throughout my body. In an awe-inspiring way, it works in conjunction with other organs to support life and new growth.

So I bless my heart and give thanks to God for its healthy, strong beat. I envision it as strong and steady, yet filled to overflowing with divine love.

As vital as my heart is to my physical well-being, it is even more important to my spiritual life and growth. My heart is a soul center of love and peace, for through heartfelt acts of kindness, I share God’s love with others.

The more love I pour forth from my heart as an instrument of God’s love, the healthier I feel in mind, body, and spirit!

*My heart is an instrument
of God’s love.*

Sweet Memories

"I thank my God every time I remember you."

—Philippians 1:3

Some of the blessings that make life so sweet are the special people who share my good times and brighten my days. It is often these people who cheer me on when my own enthusiasm seems to wane.

It is to these people, the ones who give comfort and support, often without being asked, that I express my heartfelt thanks. I love them and appreciate all they have done to make my life happier and more complete.

The sweet memories of these individuals will continue to bless me. Whether they are still an active part of my life or they have gone on to continue their individual journeys, they hold a special place in my heart. I remember our times together, and I include these loved ones in my prayers.

*Remembering my loved ones in prayer,
I send them a blessing.*

Divine Strength

“Consider the lilies of the field, how they grow;
they neither toil nor spin.”

—Matthew 6:28

What can I say to people who are having a hard time? Do I say anything to them other than to offer an encouraging word? Perhaps the answer lies in my own faith in God, faith that God is guiding them and that the right outworking is even now coming about.

Whether I am conscious of it or not, God's will is actively at work in my life and in the lives of others. As we each recognize this truth and work with God rather than worry about what might happen, we will find that our lives are so much smoother.

So I know for myself and others that we are eternal beings united in spirit and strength. God offers each of us comfort and strength, and because God is with us, each day is brighter than the day before.

God is my strength.

Divine Order

“And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm.”

—Luke 8:24

God, the second I realize I am letting myself be drawn into any disorder around me, I know to become quiet. Then I give my full attention to You.

Out of my quiet time, a realization of calm rises within me. The people, noise, and confusion that seemed right in my face have retreated. I feel such relief that I breathe easier. I begin to relax, and I feel the tension in my arms and shoulders melt.

Fully conscious of You, I recognize that Your order is continually supporting me. My responsibility is to be aware of the order that is here and to flow with it. What a wonderful surrender this is. I am giving up worry and stress and allowing myself to be immersed in Your order and peace.

In a time of quiet, I am immersed in the order and peace of God.

Enfolded in God's Presence

"I keep the Lord always before me; because he is
at my right hand, I shall not be moved."

—Psalm 16:8

What relief I feel knowing that God is with me at all times. My Creator is the holy presence within me, a presence even more constant than the beat of my heart.

So if I ever feel lonely or lost, I imagine God taking my hand. A spiritual connection is always there, but when I am totally aware of it, I am blessed with peace. The touch of God calms me and is more real to me than any other experience.

The spirit of God is always within me, surrounding me, and going before me. Because I know that I am enfolded in God's presence, I also know that I am safe and secure. I live from a spiritual awareness that enriches every thought I think and every experience I have.

*Enfolded by Your presence, God,
I am safe and secure.*

Beacon of Love

“I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples.”

—John 13:34-35

Like the comforting glow of a lighthouse in the midst of a storm, God’s spirit shines out from me as a beacon of love to others. I let the love of God influence all that I think, say, and do. Then I am sure to relate to others with love and understanding.

Because I am allowing the love of God to flow from me, I am fulfilled. I feel good about myself and the world around me. What a blessing it is to be calm and relaxed as I deal with the pressures of everyday life.

Love has its way in me and in my life. My days glow with love, the love of God I both give and receive.

I am a beacon of love wherever I am.

Healing Words

“The tongue of the wise brings healing.”

—Proverbs 12:18

There is great power in words. At times it is as if the very cells of my body are listening to what I have to say. I feel the words throughout my body as I say them, and I feel their effect linger in my body long after I have spoken them.

So I make a conscious effort to speak words that are messages of healing to my heart and lungs, to my joints and muscles, to my nerves and digestive system. I feel a response as I encourage my heart to beat in perfect rhythm and my lungs to take in oxygen and send it to all areas of my body.

My message to and for myself is one of health and healing and has as its source the spirit of God within me. I bless my body and soul with healing words of life and give thanks for the blessed results.

*My every word of life and healing
blesses my body and soul.*

Reassurance

“How precious is your steadfast love, O God!

All people may take refuge in the
shadow of your wings.”

—Psalm 36:7

How calming it is for me to know that in the times when I need the most assurance, God is with me. My Creator knows me even better than I know myself and gently and lovingly encourages me on.

At any time of the day or night, I can move beyond fear and concern to knowing that I am in the presence of God. Then I feel the soothing love of God surrounding me and calming me.

As my loving parent, God is always ready to comfort and strengthen me. God is my life, my hope, my all. The presence of God is forever an inseparable part of who I am and how I came to be.

*God is my strength and my comfort
in any time of need.*

Child of Light

“Weeping may linger for the night,
but joy comes with the morning.”

—Psalm 30:5

When I am sad, I may think there is nothing I can do to help myself get back up from a downward spiral. Remembering a loss or grief from the past, I may find many reasons to continue being sad.

But God created me for joy, and I know in my heart that if I quit dwelling on what is making me sad, the feelings of sadness will eventually go away. Why? Because I have the spirit of God within me, and it is in my nature to express the joy of Spirit.

So even in the midst of sadness, I can find relief. Just as the light of day surely follows the night, morning will dawn in my life. My faith is in a life that is eternal and in the wonder and joy of the life which God has created for me.

My light breaks forth as the morning.

Prayer of Faith

God is my help in every need;
God does my every hunger feed;
God walks beside me, guides my way
Through every moment of the day.

I now am wise, I now am true,
Patient, kind, and loving too.
All things I am, can do, and be
Through Christ, the Truth that is in me.

God is my health, I can't be sick;
God is my strength, unfailing, quick;
God is my all; I know no fear,
Since God and love and Truth are here.

—Hannah More Kohaus



Keep On Keeping On

“Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labor is not in vain.”

—1 Corinthians 15:58

When things get rough, as they sometimes do, I may think about giving up. However, from deep within I receive the encouragement to keep on keeping on.

I remember that God is ready to help me through every challenge which may come my way. God loves me and has prepared me for life and continues to prepare me for all stages of life.

My faith is in God, and I commit myself to following the guidance and inspiration that I receive. Then I will begin to see that any challenge is an opportunity for me to learn more about myself and the true desires of my heart.

I keep on keeping on and experience the joy of living!

Yes, God, I will keep on keeping on.

Spirit of Life

“O Lord my God, I cried to you for help,
and you have healed me.”

—Psalm 30:2

The promise of spring lies beneath the barren soil of winter. Such promise is a reminder of the healing, renewing power of God that is within me and all creation.

My own need for healing may go beyond the physical and what can be seen in the outer. Perhaps I am in a relationship that needs the healing love of forgiveness. Or maybe I need to be healed of emotional pain that has become a real challenge to my peace of mind.

Whatever the healing need is, God is the answer. The spirit of God within me is the life force that nourishes, heals, and renews me. The spirit of life soothes my body and soul. I am being healed and made whole: mind, body, and spirit.

God is the answer to every healing need.

Laughter

“Let us come into his presence with thanksgiving;
let us make a joyful noise to him with
songs of praise!”

—Psalm 95:2

It is wonderful how the memory of a funny story or a particular incident can bring joy to my heart and laughter to my lips years later. Laughter has the power to turn a seemingly sad day into a happy one. It is good for me and also for those with whom I share my laughter.

When I laugh, I feel the positive effects throughout my body. As I relax, any tension I may have felt dissipates. I am positive and upbeat.

Sharing as much joy as I can each day through laughter and smiles allows me to be an ambassador of goodwill. What a privilege it is to share the gladness of my soul with others!

*Through laughter, I share the gladness
of my soul.*

Free

“As servants of God, live as free people.”

—1 Peter 2:16

I may believe in the freedom of others but sometimes have a challenge believing in my own freedom. I gain the freedom to do what I desire to do when I stop letting my own negative thoughts control me.

If I feel that I have lost the willpower to overcome some dependency, I reclaim it now. I do not wait for someone to rescue me or do what is mine to do. I claim my freedom from negative habits and tendencies as I let the power of God's spirit within set me free and keep me free.

When I truly realize that I can never be alone in anything I do, I have the courage to claim my freedom. I am free to say “no” to someone or about something when my decision is the result of divine guidance. Yes, I am free, for the power of God within has set me free!

*I believe in the power of God
to set me free!*

Divine Creation

“In him was life, and the life was the light of all people.”

—John 1:4

If I am not feeling well, I remember that I am much more than what a temporary physical condition may be indicating.

I am a divine creation! The truth of my being does not lie in how my body looks or acts; this truth is within my soul. I am a divine being, eternally alive with the life of God.

The life of God regenerates my mind and heals my body. As I rest quietly in an awareness of God’s presence within me, I feel new energy rising from within.

Every thought of healing is a prayer. So I keep my mind centered on the presence of God. My very thoughts enliven me. Thought by thought, prayer by prayer, I become stronger and healthier. As a divine creation, I am a holy and whole being.

*I am a divine creation of
spirit and life.*

Preparation

“For everything there is a season ... a time for every matter under heaven ... a time to plant, and a time to pluck up what is planted.”

—Ecclesiastes 3:1-2

A change of seasons is a time when all nature seems to be caught for a moment somewhere between what *was* and what *will* be. This in between time is important, for it is a time of slowing down and preparing for the months ahead.

I, too, may experience times when I need to slow down because I am not yet ready for what lies ahead. For me, this is a time of preparation. During this time, I am getting the rest I need and renewing my strength for whatever may lie ahead.

God is always with me, constantly renewing my mind and spirit. Each time I pray, I am recharging my spiritual battery and preparing myself for whatever is yet to be.

***Rested and renewed, I am prepared
for what is yet to be.***

God Comforts Me

“As a mother comforts her child, so I will comfort you.”

—Isaiah 66:13

In the stillness of my soul, God re-assures me that I am loved. No words are spoken, for they are not needed. God communicates with me in a language that is understood by my soul. The comfort of God satisfies the longing of my soul.

This feeling of being loved and cherished stays with me throughout my day, my week, my lifetime. God’s love for me is eternal.

I am comforted, for I am loved. In faith, I ask God for strength. In love, God reassures me that unlimited strength is always within me.

Any concern is replaced with the assurance of divine comfort. God is my source of everlasting peace.

*God comforts me and satisfies
the longing of my soul.*

Harmony

“Above all, clothe yourselves with love, which binds everything together in perfect harmony.”

—Colossians 3:14

God, sometimes when I feel sad or disappointed, I imagine myself being held in the warm embrace of Your unconditional love. I feel safe and peaceful. In these moments of solitude with You, I feel a soul connection with my loved ones and friends.

This awareness lingers with me to become a part of my interactions with others. I know what to do to encourage harmony. I know when to speak and when to listen, doing both with love and understanding.

God, I know You are with me to bring harmony to every situation. My heart's desire is to express love and harmony every day of my life.

Through the love of God, I share a soul connection with others.

Safe and Secure

“You will be protected and take your rest in safety.”

—Job 11:18

It's only natural to feel safe in familiar places where I am surrounded by the people and things I love. It is here that I feel most comfortable and secure, at ease with myself and those around me.

I take this same feeling of security with me wherever I go when I realize that God is always with me. God is a mighty presence in my life, an unlimited source of strength and courage. I can draw upon this strength at any time by turning to God in prayer.

In prayer, I feel God's peace. At peace in mind and heart, I have no room for fear. With confidence, I release feelings of anxiety and trust God's perfect order to bless me in every situation.

*I am safe and secure
in God's loving presence.*

Child of God

“Happy are those who take refuge in him.”

—Psalm 34:8

God, right now in this moment, I realize that You are with me. I know the truth about myself: I am Your child. Any thoughts or feelings of unworthiness are washed away in Your presence.

I love You, God. Although I may wonder how I could possibly be worthy of Your love, I embrace it with such gratitude that I discover how to love myself. I understand that what I love about me is the pure, compassionate essence of life and love that You are within my soul.

God, I live my life in celebration of Your presence within me and all around me. I feel worthy. Out of this awareness a new, more confident me arises. I dedicate myself to being more of a blessing in my world.

*I am worthy of being blessed
and of being a blessing.*

Notes:

How May We Serve You?

Through prayer, publishing, and events, Unity is always here to support you in expressing your divine potential for a healthy, prosperous, and meaningful life.

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Call Silent Unity at 1-816-969-2000 for personal prayer anytime, day or night, or visit silentunity.org to submit your prayer request online.

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