



Living
in the *Kingdom*

Spiritual Preparation for
Easter 2009

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*Living
in the Kingdom*

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Bible references in this booklet are from the
New Revised Standard Version unless otherwise indicated.

Introduction

Thank you for joining us for our annual Lenten journey to Easter. As you read and consider the daily messages of this booklet, remember that you are preparing to celebrate the resurrection of Jesus as well as your own personal resurrection in consciousness. This booklet was created to help you on your quest for spiritual renewal and transformation.

After reviewing many wonderful suggestions from readers, we have chosen to reflect on the parables of Jesus—the stories he told to help his followers better understand God and the kingdom within. By reflecting on these stories and their deepest meanings, we experience the unlimited goodness of God in every aspect of our lives.

The messages that follow are written from our hearts to yours. They are meant to inspire you to new levels of thinking and being. We hope they will help guide you through each day of Lent and prepare you for a life-transforming Easter this year. We have provided a page at the end of each week for you to reflect on any notable events or insights.

Prayer is such an important part of spiritual unfoldment. Know that throughout the Lenten season, your friends in Silent Unity are holding you in loving prayer. If you should want someone to pray with you, we are here for you 24 hours a day. You can call Silent Unity at 1-800-NOW-PRAY (669-7729), visit our Web site at www.unityonline.org, or write us at 1901 NW Blue Parkway, Unity Village, MO 64065-0001.

It is our sacred honor to serve you.

Your friends in Unity



Lenten Days

By Florence A. Hawn

In meditation, prayer, and praise,
I celebrate my Lenten days
In preparation to arise
When dawn first lights the Easter skies.
Dear Lord, in this quiet hour,
Give me Your strength, Your love, Your
power.
Then, I, too, shall be reborn,
Renewed, refreshed, on Easter morn!

1st Day of Lent

Ash Wednesday
February 25, 2009

“Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”—Matthew 11:29-30

On this first day of the Lenten season, my heart feels like a clean page, my life like an unopened book.

I am open to all that God has to teach me today and in these next 40 days. I am ready to learn more about my spiritual nature. I am ready for new understanding of the kingdom of God within me, and I am eager to live more fully in that kingdom.

I prepare myself first by letting go of anything I've done that is less than my highest expression. I forgive myself. Then I mentally ask others for their forgiveness.

Next, I set an intention to take time every day for prayer. This daily appointment with God is important to me and to my continuing spiritual unfoldment. In my quiet times of prayer, I open my heart to God within. I give my full attention to the quiet whisperings of Spirit in my soul.

As I pray each day throughout Lent, I listen carefully for the message from the still small voice within me. I surrender my will and open my mind and heart to new ways of thinking, feeling, and being.

This Lenten season will be a wonderful experience. I listen to Spirit to learn more about myself, and to live more fully in the kingdom of God.

I surrender to God and open myself to magnificent transformation.

2nd Day of Lent

Thursday
February 26, 2009

“And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!”—Matthew 7:26-27

Spirit speaks to me in many ways. If I don't listen to the inner urging of Spirit, I may feel doubtful or uncertain. If I don't act from the truth I know, my life may seem like a house built on sand, with a foundation that shifts perilously in the winds of challenge.

I make sure my life is on solid ground. I reinforce and strengthen its foundation by doing as Jesus taught:

“Have faith in God.”

“Whatever you ask for in prayer, believe that you have received it, and it will be yours.”

“Forgive, if you have anything against anyone.”

Today I keep my mind focused on life-affirming, loving, positive thoughts. As I do, I become strong and secure against the winds of adversity.

In prayer and meditation, I call to mind the words of Jesus. I let them fill my awareness and ring in my heart. They become such a part of me that I express my divine nature in all I do. I create an inner haven of safety and peace.

I listen to Spirit and act on divine guidance.

3rd Day of Lent

Friday
February 27, 2009

“Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock.”—Matthew 7:24-25

The foundation of my life is faith. My faith assures me that regardless of appearances, the unconditional love of God sustains me always.

I build my life on faith, and I strengthen that faith through prayer. I am spiritually whole and complete, strong and secure. With each prayer, my experience of God’s love grows ever stronger.

If winds of ill health, lack, unrest, or indecision blow against me, I stand firm. I do not waver. I have faith that the love of God will see me through any challenge. Divine love carries me through any storm of life with absolute peace in my heart.

Nothing I have done or will do can separate me from the love of God. God’s love erases any past mistake and allows me to begin anew. Because I am centered in God, I am at peace.

Like a house built upon rock, I stand strong in the love of God.

I live in the presence of divine love.

4th Day of Lent

Saturday
February 28, 2009

“When they could not pay, he canceled the debts for both of them. Now which of them will love him more?” Simon answered, ‘I suppose the one for whom he canceled the greater debt.’”—Luke 7:42-43

Do I feel as if someone owes me something? Do I have “debts” to forgive?

Do I let past conversations or situations play over and over in my mind when I believe I’ve been wronged? And what happens if I hold on to them?

I become tense, irritable, or angry.

What then can I do? I let the love of God I feel within guide my thoughts and actions. I forgive anyone who has mistreated me. Divine love flows through my mind and heart, and I am freed of any ill feeling.

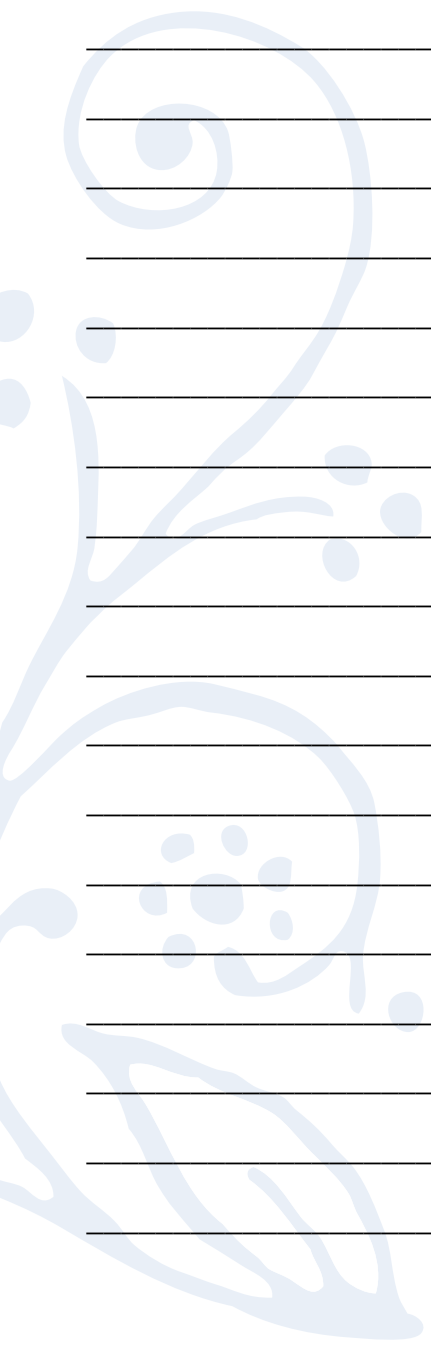
To forgive is to give good thoughts in place of thoughts of injury or injustice. To forgive others is to experience forgiveness for myself as well.

As I forgive, good in all forms comes to me. My mind and body relax, and peace floods my entire being.

I take time today to quiet my thoughts and spend a few moments in the silence of prayer. During this precious time, I immerse myself in divine love. I let go of resentment. I let only good and loving thoughts take root in my mind.

I have a forgiving heart. As I forgive myself and others, I give the people around me the freedom to be more loving and caring.

I forgive, and I am forgiven.



Listen, My Beloved,

I am the wisdom of your heart.

You are wise beyond measure. You are so wise that only loving, helpful, kind words are written on your heart.

Your mind writes only the melodies of harmony and understanding.

Your life is like a book, filled with stories that inspire others to be their best selves.

Let the wisdom of your heart flow through your thoughts, words, and actions to bless each life you touch.

Look within for peace. Look for My presence always. Look for My love in every expression.

Live each day knowing that I love you, My Beloved. Give yourself completely to Me in this moment of sweet silent communion, and let Me show you the way.

“A sower went out to sow his seed; and as he sowed, some fell on the path and was trampled on, and the birds of the air ate it up. Some fell on the rock; and as it grew up, it withered for lack of moisture. Some fell among thorns, and the thorns grew with it and choked it. Some fell into good soil, and when it grew, it produced a hundredfold.”—Luke 8:5-8

Seeds need nourishment and proper conditions to grow.

Each day, I sow seeds for my own spiritual unfoldment: belief in the goodness of God, in the goodness of others, and in the divine order of my life.

I may haphazardly cast some of my seeds without any conscious effort to nurture them. Or I may carefully plant them in the good soil of positive thoughts and affirmations.

However I choose to sow seeds of faith, they need nourishment and proper conditions to grow and mature. I plant them in a very special garden—the garden of prayer. This garden is a place of peace, beauty, and love—a place where I find spiritual, mental, and physical sustenance. I pray and maintain healthy conditions for growth by keeping my thoughts and actions positive.

As I spend time in my garden of prayer, my faith grows and blossoms with love, peace, and hope.

I create a rich and rewarding life as I sow seeds of faith and nurture them with prayer.

“The kingdom of God is as if someone would scatter seed on the ground ... and the seed would sprout and grow, he does not know how. ... When the grain is ripe, at once he goes in with his sickle, because the harvest has come.”—Mark 4:26-27, 29

I wonder how a seed knows which way is up and which way is down, which way to send the roots and which way to send the sprout? The seed has the God-given intelligence to do what it needs to do.

If a seed knows which way to grow and what to do, then surely my God-given intelligence and wisdom tells me which way to go as well.

How do I call upon this intelligence? How do I get in touch with this wisdom? Through prayer.

I go to God—the source of wisdom and inspiration within me—for all the direction I need. In prayer, I open myself to divine direction and it comes to me—through my thoughts, my observations, or through the words of a teacher, minister, or caring friend.

In the way that “the earth produces of itself,” I know that when I plant my desire for enlightenment, the answers I seek come from my inner being, from my spiritual resources. I have the God-given intelligence and guidance to make any decision and to face any situation with confidence.

I go to God within for inspiration and direction.

7th Day of Lent

Wednesday
March 4, 2009

“Do you want us to go and gather them?” But he replied, ‘No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.’”—Matthew 13:28-30

Weeds can crop up in my mind as negative thoughts, and when this happens, each one can spread. If I allow negative thoughts and feelings to grow and take hold, they will crowd out my good thoughts and prevent me from becoming fruitful and productive.

Before I can free my mind, I must first discern between weed thoughts and those that are positive and productive.

Weed thoughts—jealousy, anger, envy, and fear—are unproductive and do not reflect my highest self. Positive thoughts are of God—love, health, abundance, and security—all of which assure my well-being.

How do I rid myself of the weeds? As they come to my attention, I recognize them for what they are. If they have a message for me, I take it to heart. Then I let them go. I do not continue to feed them or let them overtake my positive thoughts.

I allow only good thoughts and feelings to grow. I nurture them by making them part of my prayer times and everyday activities.

I nurture positive thoughts and open myself to the abundant blessings of God.

8th Day of Lent

Thursday
March 5, 2009

“The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree.”

—Matthew 13:31-32

A single seed, no matter how small, has the potential to grow into a plant that is healthy, strong, and vitally alive.

Like a seed, I, too, have the potential to grow. I am capable of being healthy, strong, and vitally alive. Yet I also have something more than a seed. I have spiritual potential.

A seed grows into what it came from. A corn seed grows into a stalk of corn. A mustard seed grows into a mustard tree. I, too, grow in the way of my heritage. I am a child of God, created in the image and likeness of God. I am continually growing into the perfect expression of the spiritual being I am created to be.

In prayer, I attune my mind and heart to the loving direction of God. I learn what my strengths and capabilities are and how I can more fully express them. I actively participate in my growth process by reading, studying, observing, and praying.

Just as a tree begins as a small seed, I began my human experience as a small child. Throughout my continuing spiritual development, I know that God is guiding me every step of the way.

I am continually developing and expressing my divine potential as a spiritual being.

9th Day of Lent

Friday
March 6, 2009

“The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.”—Matthew 13:33

Holding positive thoughts and speaking positive words help me see divine order all around me and bring balance to my world. As yeast is to bread, my positive thoughts serve to lift my spirits and my attitude. I rise to a greater awareness of the perfect unfolding of life.

My positive thoughts help me feel and know: *I am in harmony with the mind of God.*

My affirmative words reinforce the truth: *I am in tune with the life of God. I am renewed in mind and body.*

I experience greater order in my work through positive affirmations: *I am led by the wisdom of Spirit, and my work is in divine order.*

My positive attitude creates order in my relationships: *I express divine love, and all my relationships are harmonious.*

I give thanks for perfect balance and order in my life.

My positive thoughts and prayers lift me to a new awareness of divine order in my life.

10th Day of Lent

Saturday
March 7, 2009

“The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.”—Matthew 13:44

The love of God is always within me. This is the most precious thing of all. It is worth more than anything I possess.

I surrender myself to God, knowing that the unconditional love of God supports me, teaches me, guides me, and fulfills every good desire of my heart.

I am deeply satisfied when I attune myself to the love of God. I have all that my soul longs for. The magnificent presence of divine love fills my mind and heart with peace.

With such great treasure, I am abundantly blessed. I face life confidently. I express gratitude and faith.

Through the power of divine love, I am happy, healthy, and prosperous. I express this love to create harmonious relationships. I am truly free.

Joy—deep and full—wells up within me. I have the greatest gift of all, and I share it freely all those around me.

I am living in divine love. I am living in the kingdom of heaven.

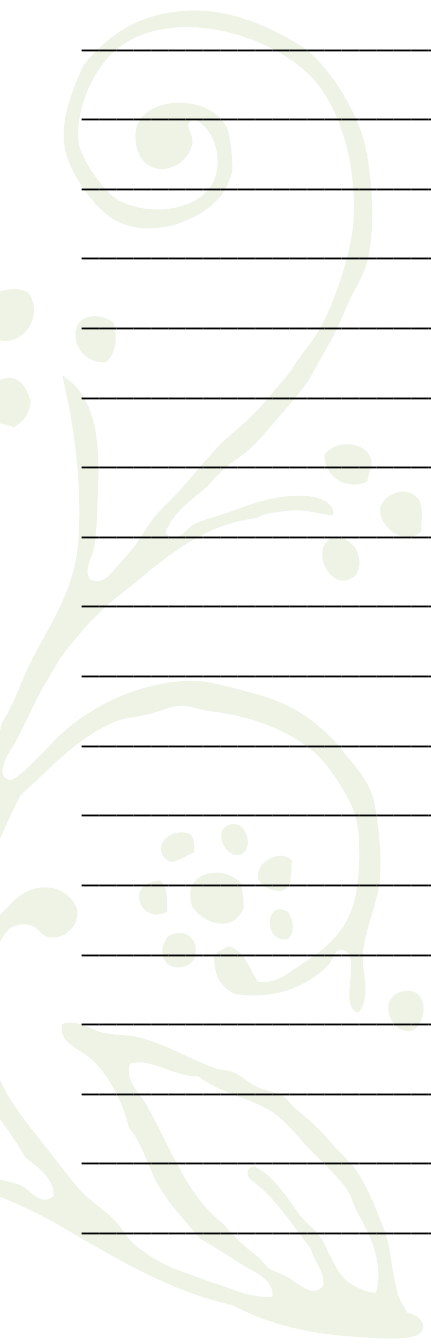
I surrender to God and experience a rich, full life.



The Hope of Glory

By Ric Shumacher

Christ is the light of my mind;
Illumined are my thoughts.
Christ is the love of my heart;
Compassionate are my words.
Christ is the strength of my hands;
Helpful are my deeds.
Christ is the power of my legs;
Effortlessly I walk the path.
Christ is the understanding of my eyes;
Pure is my vision.
Christ in me my all;
Christ in all I see.



Handwriting practice lines consisting of ten horizontal black lines spaced evenly down the page.

Listen, My Beloved,

Let nature be your teacher—the animals, the birds, the plants, the creatures of the sea. Everything has a message for you.

As you look at the things of nature, open your eyes to see, open your ears to hear, and open your mind and heart to receive the message that each one brings.

As you listen to the songs of the birds each morning, hear My love. When you watch the playfulness of animals, see My boundless joy. In the rain that waters the plants, you will find evidence of My loving provision. Look at the schools of fish to understand the importance of togetherness as you move through life.

All around you, Beloved, are examples of My unconditional love and the natural harmony and order of the universe.

You are precious to Me.

You are My Beloved.

11th Day of Lent

Monday
March 9, 2009

“The kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.”—Matthew 13:45-46

Throughout my life, I have searched for something of great value, some intangible, ultimate blessing. And I've been given many wonderful gifts—in the beauty of nature, in family and friends, at work and at home. I am abundantly blessed!

Yet these blessings are but a glimpse of the wonder and goodness of God. They are like the many layers that form a pearl and contribute to the depth of its beauty.

My search has led me to this discovery: The precious pearl I seek is the kingdom of heaven, and it is within me, here and now. All I ever need or want is part of this kingdom, the kingdom that holds the riches of life itself.

This is the pearl of great value: the kingdom of heaven. I dedicate my time, my thoughts, my love, and my actions to making it a more visible part of my world. I dedicate myself to consciously living in the kingdom of God. I fully embrace this life-changing realization: The kingdom of heaven—the perfect love and peace of God—is within me.

Every moment, I live in the kingdom of heaven.

12th Day of Lent

Tuesday
March 10, 2009

“Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad.”—Matthew 13:47-48

My mind is a veritable “net” of ideas—gathering all kinds of thoughts. Just as the waves in the ocean rise and fall upon the shore, ideas flow in and out of the net of my mind.

Ideas come to me gently in moments of silence, in my dreams at night, and even in the midst of hectic activity. Ideas come to me in so many ways that I sometimes wonder if they are fabrications of my mortal mind or the true direction of Spirit.

When I seek clarity and a sure sense of direction, I turn to God in prayer. Prayer gives me an opportunity to discern the ideas I receive and to see things objectively. Through this spiritual sorting activity, I make wise judgments and choices.

When I pray, I go to a quiet, peaceful place—the sea of my mind—where divine ideas gently wash ashore—one at a time—so that I can receive them, bless them, and use them.

What a blessing it is to spend time with God in prayer. What a blessing it is to open my mind to receive the ideas of God.

I embrace the inspiration that comes to me, and I am gently swept to new heights of understanding by God’s love.

I let go of any negative thought or idea and open myself fully to the inspiration of Spirit.

13th Day of Lent

Wednesday
March 11, 2009

“Should you not have had mercy ... as I had mercy on you?”

—Matthew 18:33

Forgiveness is a two-way street. Can I expect to be forgiven without being willing to forgive?

Speaking the words or even thinking “I forgive you” can be very simple and easy, or it can be a painful and drawn out. Regardless, every act of forgiveness is an expression of healing love.

When I want to express forgiveness, I first feel the love of God in my own life. I think about a rainbow stretching across the sky. Like a ribbon of love, it appears seemingly out of nowhere and has no end.

As I paint rainbows of divine love in all my interactions, any words hastily spoken quickly dissipate like the clouds of a passing storm.

I am forgiving. I express the love of God to others by letting go of the past. As I let divine love flow from my heart to others, I am compassionate and understanding. I am loving and forgiving.

Just as the sun shines through raindrops to create a beautiful spectrum of color, I let God’s love shine through me as a beacon of love to touch the hearts of others.

I let the love of God flow from my heart to others.

14th Day of Lent

Thursday
March 12, 2009

*“The kingdom of heaven may be compared to a king who gave a wedding banquet for his son. ... Then he said to his slaves, ‘The wedding is ready, but those invited were not worthy. ...’ Those slaves went out into the streets and gathered all whom they found, both good and bad; so the wedding hall was filled with guests.”—
Matthew 22:2, 8, 10*

The kingdom of heaven is like a wedding feast, and I am an invited guest.

This is truly the activity of God’s grace. I have been invited to the feast of life where everything I need has been provided.

If I choose not to accept and enjoy God’s abundance or if I divert my attention elsewhere, I may feel like something is missing in my life—something pure and wonderful.

Today I accept God’s invitation to the feast of life. I accept the invitation to be part of all that is good and holy. I open myself now to receive the bountiful goodness of God. I open myself to prosperity, wholeness, fulfilling relationships, and rewarding work.

As I enter into the fullness of life, I realize how much there is to enjoy and how much I enjoy being alive! I center myself in God and am filled with compassion and understanding, happiness, and peace.

Life is a wedding feast. In the banquet hall of life, I find all that I need to be truly complete.

I say “Yes!” to the goodness of God.

15th Day of Lent

Friday
March 13, 2009

“Who is my neighbor?”—Luke 10:29

Loving my neighbor is important. But who is my neighbor? Is my neighbor the friend who lives next door? The family down the road whom I barely know? A demanding relative? The single mother across town? Or someone on the other side of the globe?

And how do I show love for my neighbor? How do I love someone who is not easy to love? How do I express patience in difficult situations?

As always, I go to God within for the answer. I know that God will guide me to be a good neighbor in the best way I can.

Through God’s guidance, I find appropriate ways to express divine love by giving of myself, my time, and my talents.

I offer friendly smiles to everyone I meet.

I take time to listen to family and friends.

I encourage those who are exploring their own talents and abilities.

I contribute from my resources as God guides me.

I spend time in prayer and see myself and others filled with the love of God.

Perhaps most important, I continually look for new ways to express the love of God through my thoughts, words, and actions.

I take every opportunity to be a good neighbor by welcoming each person into my life.

16th Day of Lent

Saturday
March 14, 2009

“When the unclean spirit has gone out of a person ... it says, ‘I will return to my house from which I came.’ When it comes, it finds it swept and put in order. Then it goes and brings seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first.”—Luke 11:24-26

During this Lenten experience, I take every opportunity to release any negative thought or feeling and to be more receptive to the goodness of God.

I know the importance of letting go of habits or ideas that are unhealthy or no longer serve me. Equally important is the process of putting my mental house in order—filling my mind with positive thoughts. As I replace negative thoughts with positive, life-affirming thoughts, I open my life to unlimited blessings.

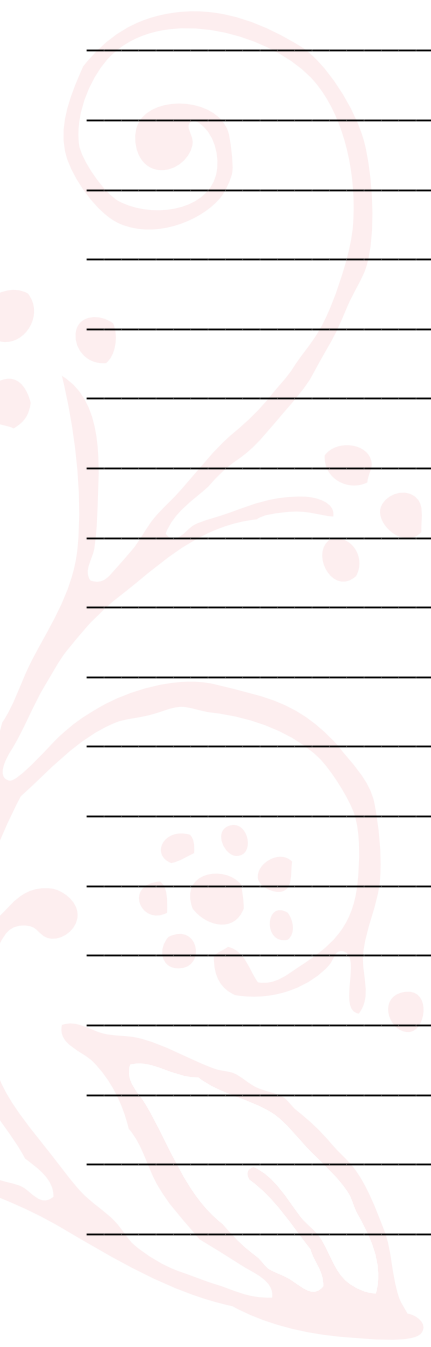
If I were to take a glass of dirty water and empty it, there would be nothing left in my glass. I could, if I wanted, put dirty water back into it.

If, however, I added clean water to the glass, I would eventually flush out all the dirty water. Only clean, pure water would remain.

I can turn any experience into a positive one by adding my faith, prayers, and positive thoughts and ideas. By doing so, I eliminate negativity and replace it with only goodness.

From this moment on, I allow my mind to be a receptacle of positive, life-affirming thoughts. As I do, I am purified, blessed, and made whole. My house, my life, is a place for positive, fulfilling experiences.

I release that which no longer serves me and open the way for good to flow into my life.



Listen, My Beloved,

I am always with you!

When the sun rises each morning, I am with you.
When it sets in the evening, I am with you.

My love fills you and lifts you to new heights of awareness every moment of the day. The light of My love brightens every corner of your world and gives life to you and to everything around you.

Let Me be your Guide. Let Me be your Teacher. Look to Me for direction—to know what to do, how to act, what to say. Let Me lead you gently through life. Live easily in the glory of My love.

Listen, My Beloved. Listen for My quiet whispers of love and reassurance in the silence.

As you open your mind and heart to Me, know that I am your inspiration, your constant companion.

I am the goodness your heart desires and the unconditional love that sustains you day by day.

You are Mine, Beloved, and I am with you always.



In the Presence of God

By Anna Toohey

Today I live quietly ...
No hurry, no bustle,
No fretting, no worry.
But calmly, peacefully,
I walk in the presence of God.

Today I live quietly ...
No heartaches, no confusions,
No doubts, no fears.
But calmly, serenely,
I walk in the presence of God.

Today I live quietly ...
No hatred, no malice,
No frustrations, no weakenings.
But calmly, triumphantly,
I walk in the presence of God.

17th Day of Lent

Monday
March 16, 2009

“Take care! Be on your guard against all kinds of greed; for one’s life does not consist in the abundance of possessions”—Luke 12:15

I know that prosperity is my birthright and that God’s will is for me to live abundantly. But what is true prosperity?

Prosperity is much more than the possession of material things; it is living in the kingdom of God. This is where the fullness of life is—in God.

How do I live in the kingdom of God when there are so many distractions going on in my life and around me?

I begin by praying. I take time each day to center myself and to think only of God. Whether I am working, playing, or studying, at home or at the office, at a friend’s house or at school, I remember through prayer that I am always in the presence of God. I am always living in the kingdom of God.

In the kingdom of God, I realize how very blessed I am. I give thanks for every blessing—good health, peace of mind, wisdom, and joy. I revel in the beauty of a bird’s song, the lilting voice of a child.

These blessings and more are mine, by the grace of God. They are more precious than any material possession, and they are part of me now and forever.

I give thanks to God for every blessing in my life.

18th Day of Lent

Tuesday
March 17, 2009

“He said to the gardener, ‘... For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?’ He replied, ‘Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.’”

—Luke 13: 7-9

Today is a new day, an opportunity to begin again. Today I have an opportunity to become more attuned to Spirit and to learn and grow in understanding and faith.

In quiet moments of meditation, I contemplate my oneness with God. I know that I am a spiritual being living in a spiritual world. I can change the direction of my life at any time.

How? By changing my thoughts. Changing my expectations. Changing my attitudes.

The tree of my life is so bountiful! It is nourished by love, forgiveness, and peace and by my unwavering faith in God. It is filled with the fruits of abundance, health, and harmony.

I expect only good to come from the faith that I have nurtured. I claim my good with gratitude. I enjoy the fruits of Spirit that are always available to me.

My attitude is positive and faith-filled. I see the order and goodness in every situation, and I am grateful. My life is full and productive. I am blessed.

I am patient and gentle with myself as I develop spiritually.

19th Day of Lent

Wednesday
March 18, 2009

“When you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, ‘Friend, move up higher’; ... For all who exalt themselves will be humbled, and those who humble themselves will be exalted.”—Luke 14:10-11

I am a child of God. Today I see the world through the eyes of a child. Children are naturally humble, for they rely on others to meet their needs. In doing so, they have a wonderful faith and enthusiasm for life.

Jesus said, “Whoever does not receive the kingdom of God as a little child will not enter it.” Seeing the kingdom of God from a child’s perspective gives me a humble yet joyful outlook. From this viewpoint, I am more receptive to the guidance and wisdom of God. I am more open to divine blessings that are always available to me.

With humility, I see my life and the world in a new light. I am willing to learn and grow in spiritual understanding and to trust the people who are here to help me.

When my heart is humble, it is easier to ask for help. I know the best help available comes from God. With God’s help, my needs are met in far better ways than I might have ever imagined.

I embrace each day with a humble spirit and accept the good that is mine.

20th Day of Lent

Thursday
March 19, 2009

“Which one of you, having a hundred sheep and losing one of them, does not leave the ninety-nine in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, ‘Rejoice with me, for I have found my sheep that was lost.’”—Luke 15:3-6

I am important to God and to this world. I have a special role to fill and unique talents to give.

If I should ever doubt my value, I look at the world around me. I can see how integral a drop of water is to the ocean, an individual leaf is to a tree, or a single cell is to the body. These things remind me that I am of God, and that I, too, have a unique place in the world.

Jesus said, “You are the light of the world.” Each day I am more deeply aware of the light of God within me, and I radiate this light to the people around me. I begin each day remembering that I am divinely loved and cared for.

I give thanks that I am blessed with unique talents. As I look for ways to express my uniqueness, I creatively give to the world and the people around me. I am God’s beloved. I radiate my light to the world and know that I am important. For this realization, I am truly grateful.

I have a special place in the world.

“Or what woman having ten silver coins, if she loses one of them, does not light a lamp, sweep the house, and search carefully until she finds it? ... Just so, I tell you, there is joy in the presence of the angels of God over one sinner who repents.”—Luke 15:8, 10

How comforting it is to know that God loves me with a love that knows no boundaries.

The love of God lights my way. It shines brighter than the sun to illumine my path.

The love of God is the warmth of my heart. Like the warmth and protection offered by a glowing hearth, I feel safe and secure in this love.

In every situation, I am one with the love of God. It glows within me and through me.

Divine love within me rejoices when I do my best. This same love upholds me when I strive to do better. If I am facing a situation that seems to be more than I can bear, God's love sustains me and renews my strength and confidence.

If I should lose sight of my course, I find reassurance and guidance in prayer. I remember I am valued by God. As I follow a path of divine love and wisdom, I know what to do and I do my best.

I feel the love of God in me now. My heart is filled with gladness beyond words and with a deep inner knowing that I am forever in the presence of God. I am always divinely guided, blessed, and fulfilled in every way.

With an open mind and heart, I follow the path of wisdom.

22nd Day of Lent

Saturday
March 21, 2009

“But when he came to himself he said, ‘How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger!’”—Luke 15:17

When the prodigal son remembered his true identity, he was on the road to recovery. He was on his way back home.

Bringing to mind my spiritual nature, even briefly, returns me to the right path. Just one reminder of my identity as a child of God strengthens me and enables me to face the challenges of the day.

What a comfort this knowledge is! Whenever I feel separate from God, prayer can bring me back to the realization of my oneness with God. In prayer, I am calm and sure, faith-filled and focused.

By staying attuned to God, I know that whatever healing is needed has already begun, the seeds of prosperity have been sown, and the path to fulfillment is being revealed. I welcome each blessing into my life!

Regardless of what is happening around me, I know that God is within me, guiding me to wise choices. When I trust God, I am strengthened and directed. I am supported in my decisions. I face any change or any challenge with faith and assurance.

Focused on God, I remember my true identity as a child of God and come back “home” to receive wondrous and wonderful blessings.

I am one with God. My path to fulfillment is now being revealed.

Handwriting practice lines consisting of 20 horizontal black lines.



Easter Blossoms

By Mildred N. Hoyer

In a winter of darkness,
Three earthbound bulbs lay,
Then burst into bloom
At dawn Easter Day.
They shed their fragrance
Around, above,
The blossoms of light,
Of life,
Of love.



Listen, My Beloved,

You are filled with wisdom, the wisdom of the ages. Let your mind be filled with faith and understanding and your heart with peace and compassion.

Turn within to Me, and you will see your way clearly. Walk in the light of My love. Live in the way I created you to live—in peace and harmony with others.

Remember, you do not live alone. You live in a world with others like you, who want to live in peace and harmony and understanding, who want to take care of the planet and one another.

Open your heart to Me, My Beloved, and you will be guided to make wise decisions and good choices that bless others as well as yourself.

Open your heart and feel the blessing of My love guiding you as you create a world of harmony, joy, and peace.

23rd Day of Lent

Monday
March 23, 2009

“Then the father said to him, ‘Son, you are always with me, and all that is mine is yours.’”—Luke 15:31

The world and everything in it has been created perfectly for me to experience and enjoy. Everywhere I look, I see God’s goodness. I see it in the beauty of nature, the smile of a loved one, the joy of a happy child.

I live in the prosperous flow of God’s goodness. God has provided everything I ever need, no matter where I am. I am overjoyed with the bounty always available to me.

My mind and heart are filled with abundance. I find joy in living in the awareness of the God’s abundance. My cup truly overflows.

I give thanks for the people and experiences that teach me, bless me, and make my life rich and full. I rejoice in every person’s accomplishments and blessings. I embrace every experience, knowing that it is part of God’s plan of goodness for me.

What a blessing it is to know that the abundance of the kingdom of God is mine to experience every day!

I gratefully receive the bounty of God.

“But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him.”—Luke 15:20

God loves me exactly as I am.

The unconditional love of God is so great and all-encompassing that I can neither define it nor fully comprehend it. In my human understanding, this love is beyond imagination.

I am made in the image and likeness of God. Even though I may allow thoughts of worry or doubt to clutter my mind or see myself as flawed or imperfect, this is not the truth of my nature. The truth is that I am created from the perfect idea of God, and God perceives me as that perfect creation.

I am a child of God, here in this life experience to be loved and nurtured. I am blessed with a creative spirit, an intelligent mind, a perfect body, a glorious life. Regardless of how I see myself, I know deep within my heart that God loves me unconditionally.

I take time today to rest in the awareness of the unconditional love of God.

I am secure in the love of God.

I am the perfect creation of God.

25th Day of Lent

Wednesday
March 25, 2009

“And if you have not been faithful with what belongs to another, who will give you what is your own?”—Luke 16:12

This is God’s wondrous world. As I look around me, the bounty of nature delights me. I see beauty in each leaf, flower, and creature. I know the creative power of God provides soul-satisfying blessings that touch every life.

I am grateful to be provided for in this marvelous world. Aware of the magnitude of God’s creation, I become more conscious of my responsibility as a steward of these bountiful resources.

Am I a faithful caretaker of Planet Earth? Do I care for it as if it were a legacy to be passed along to future generations? Am I am being accountable for the resources I use?

I seek God’s guidance to help me know the best approach in caring for the resources that are my responsibility. Although I may not understand the awesome synchronicity of every life form on the planet, I follow my divine guidance and I treat each of these resources lovingly and wisely.

I am one of billions of caretakers of the world. Our eyes, ears, hands, and hearts are guided by God as we provide care when and where it is needed and make good use of God’s world.

I am a wise caretaker of the planet.

26th Day of Lent

Thursday
March 26, 2009

“No slave can serve two masters; for a slave will either hate the one and love the other, or be devoted to the one and despise the other. You cannot serve God and wealth.”—Luke 16:13

How and where do I serve God? What do I devote my time and energy to? When questions like these arise, Jesus’ words encourage me: “Strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.”

As I put God first, I experience the kingdom of God within. My needs are met, for God is my wealth, my true source for all that I need to be clothed, fed, and sheltered. How reassuring it is to know that I need not divide my attention between God and concerns about basic living.

I serve God right now, right where I am.

I do what is mine to do without worry or fear.

I am devoted to God. I express the love, wisdom, life, and peace of God in my day-to-day activities.

As I keep myself centered in an awareness of God, divine order unfolds in every aspect of my life.

I keep my faith strong and my love and devotion focused on God. I do what I need to do, knowing that I am divinely provided for in every way.

I put God first, and divine order unfolds in my life.

27th Day of Lent

Friday
March 27, 2009

“But Abraham said, ‘Child, remember that during your lifetime you received your good things, and Lazarus in like manner evil things; but now he is comforted here, and you are in agony.’”

—Luke 16:25

Life is full of consequences, both great and small. Every thought I have, every prayer I pray, every action I take, has a powerful influence in my life and in the lives of those around me. This knowledge reinforces my understanding of how important my spiritual life is.

If I place too much importance on outer things and neglect my inner development, I may find my life filled with material goods yet still want something more. What I truly desire is to know God more fully.

I become more aware of God—and of my oneness with God—through prayer. In quiet moments of prayer and reflection, I more fully experience this oneness. I feel the divine presence within me.

As I focus my thoughts on God, I place greater value on the things of God rather than the things of the world. I reap a marvelous bounty—lasting peace, wholeness, and happiness. I give thanks for anticipated answers to prayer and for the unexpected good that blesses my life.

As I focus my thoughts on God, I am guided to live a God-centered life.

My inner world and my outer world are in perfect balance.

“Then Jesus told them a parable about their need to pray always and not to lose heart.”—Luke 18:1

What peaceful thoughts fill my mind when I pray! On those days when my spirit seems low, I remember Jesus’ encouraging words and my spirit is lifted.

Even the simple act of turning my thoughts to God fills my mind with peace and strength. Rather than dwelling on a challenge, I focus my thoughts on God and release my cares to God. Over and over, I think only one word: God.

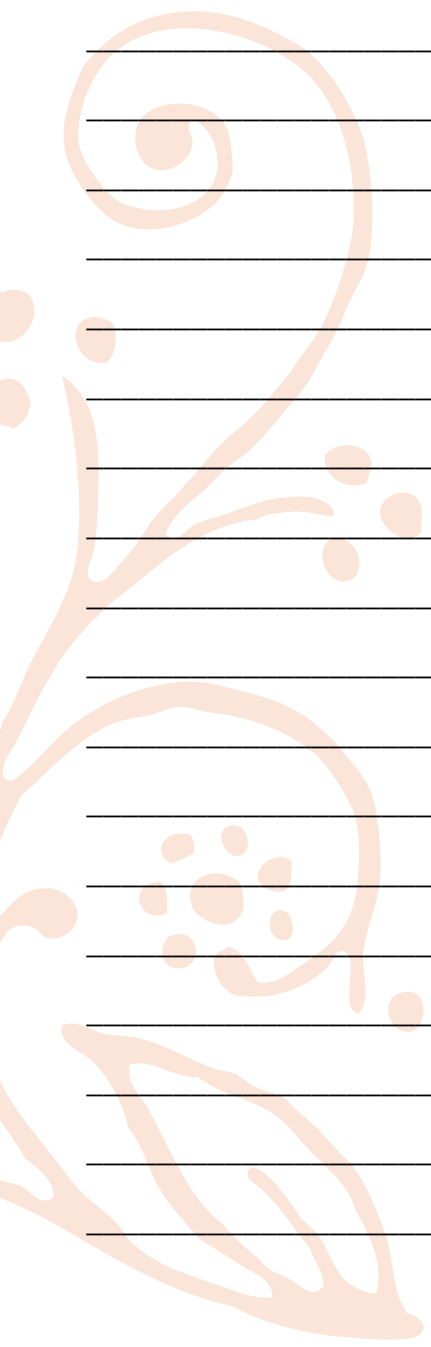
I “pray always” without spending every moment of the day in a formal setting of prayer or forgetting about my responsibilities. I go about my everyday routine centered in God—keeping God uppermost in my mind.

I think of God and know God is love. I feel this love lifting my spirit and carrying me through the day.

I think of God and know God is all-wise. I tune into the all-knowing mind of God, and I find the answers I seek. I know what to do, and I have the courage to do it.

As I keep my mind and heart centered in God, I lift my vision above any challenge. With God all things are possible. What a magnificent realization!

*Centered in God, I move through each day with
poise and confidence.*



Listen, My Beloved,

Many times you have heard it said that the journey in life is as meaningful as the destination. This is just as true in knowing Me, for it is in the searching itself that you will learn and grow and discover who you are.

Your soul thirsts for Me.

Let Me teach you love—love like a flowing stream that waters the garden of your being.

Let Me teach you light—light that shines in darkness and dispels any fear, light that guides you safely on your path.

Let Me teach you understanding—the sure knowledge that all is in order. All is well.

Let Me teach you.

29th Day of Lent

Monday
March 30, 2009

“The Pharisee, standing by himself, was praying thus, ‘God, I thank you that I am not like other people: thieves, rogues, adulterers, or even this tax collector.’”—Luke 18:11

I choose to embrace the magnitude of God by embracing and honoring the diversity among all people. Everyone on this beautiful earth is a beloved child of God, made in the image and likeness of God. Through the attributes of God within each person, we share a direct connection with one another. We are connected by the life, love, intelligence, and power of God.

I am grateful that I am a unique creation of God. I am also grateful to be part of humankind and to share the same divine qualities with people everywhere.

I share many of the same hopes and dreams as others in the human family. Languages may differ, but we all have the ability to communicate our innermost desires to God—desires for greater happiness, peace, and understanding.

My nature is of God. I joyously express the gifts of God—gifts I have in common with all people: divine life, light, love, and peace. I express these gifts and see them expressed in others as good health, wisdom, harmony, freedom, peace, and abundance. I am grateful!

I am one with all creation.

30th Day of Lent

Tuesday
March 31, 2009

“But the tax collector, standing far off, would not even look up to heaven, but was beating his breast and saying, ‘God, be merciful to me!’”—Luke 18:13

I am a beloved child of God! The love of God surpasses any other kind of love, and yet I may not always comprehend or appreciate how much God loves me.

The love and grace of God are exquisite and profound. As a beloved child of God, I know that divine love and grace continually bless me. No matter where I go or what I do, I see evidence of God’s unconditional love and grace every day.

As I center myself in the presence of God in any difficult situation, I am comforted and assured that only good can come to me. Letting go of any fear about what might happen allows me to be open to a new sense of freedom, joy, energy, strength, and abundance. Even if I feel undeserving of these gifts, I am continuously blessed by the love and grace of God.

My awareness of God enables me to move through each day with poise and confidence. I relax and forgive myself, and I am assured of forgiveness in return. I respond to others with love, knowing that they, too, live in God’s love and grace.

As I give of myself in all that I say and do, I sustain the flow of good that comes through the love, grace, and goodwill of God. I am blessed, and I am a blessing.

I live each day in the love and grace of God.

31st Day of Lent

Wednesday
April 1, 2009

“But he replied to one of them, ‘Friend, I am doing you no wrong; did you not agree with me for the usual daily wage? Take what belongs to you and go; I choose to give to this last the same as I gave to you.’”—Matthew 20:13-14

My spiritual journey is a personal one—between me and God. And I have received many blessings along the path of learning, living, and loving.

With every breath I take, I live in the presence of God. With every step, I walk in the light of God. I gratefully receive the blessings that each life experience has brought me.

Centered in the presence of God, I live with a peaceful heart. I am willing to do the work that is mine to do and open to the blessings that are mine to receive.

When I see others benefit from their personal, spiritual relationship with God, I rejoice in their good experiences. I know that each person’s development opens the way to new and wonderful blessings.

I celebrate the accomplishments of others, knowing that each person is beloved of God, worthy of God’s love and deserving of God’s abundance.

I let the spirit of God guide me at all times. I express my loving, caring nature. I am gracious and supportive.

I joyously accept what is mine, and I rejoice in the good of others.

32nd Day of Lent

Thursday
April 2, 2009

“A man had two sons; he went to the first and said, ‘Son, go and work in the vineyard today.’ He answered, ‘I will not,’ but later he changed his mind and went. The father went to the second and said the same, and he answered, ‘I’ll go, sir,’ but he did not go. Which of the two did the will of the father?”—Matthew 21:28-31

Today I make a renewed commitment to follow the will of God as I understand it. I go to God first for help and direction; I listen for the answer, then I act according to my understanding. Today I answer the quiet call of God with a resounding “I will!”

As I pray and align my thoughts and heart with the wisdom and guidance of God, I open myself to understanding what I need to do and set my intention to do it. After this centered beginning, my day progresses smoothly. My mind, body, and spirit work in harmony with divine order and wisdom. If I discover at some moment that I am not following the guidance of God, then I stop to realign myself.

I know that God is always good: wholeness and peace in mind and body, abundance, joy, wisdom, and freedom. Firmly grounded in this knowledge, I welcome the goodness of God into my life each day.

I am receptive to God’s guidance. I am willing to evaluate my thinking and my actions so that I am constantly attuned to the will of God and the blessings that are mine.

I consecrate myself to the will of God.

33rd Day of Lent

Friday
April 3, 2009

“John came to you in the way of righteousness and you did not believe him, but the tax collectors and the prostitutes believed him; and even after you saw it, you did not change your minds and believe him.”—Matthew 21:32

I am free to change my mind. I open my eyes to Spirit. I believe!

With eyes open to Spirit, I see that my life is a demonstration of the goodness of God. I behold the goodness in little things—a child holding his mother’s hand, his eyes filled with unwavering trust. I behold it in grand examples—the stars shining in the night sky and a stream cutting through the rock to form a magnificent canyon.

I know the truth that God loves me. I am part of God’s world of love and peace and order. I see beyond anything that appears otherwise and know the truth that all is well.

I believe in the all-knowing mind of God that formed the universe and created me to be part of it. I trust God’s loving provision at all times. I know that I have a right place in the universe.

I believe in the everlasting love of God that cradles and protects me. I am safe and secure.

I believe in the all-powerful life of God that animates every living thing. I am one with divine life, and I am whole and well.

My eyes are open to the wonder and beauty of God within me and everywhere around me. I believe in the unconditional love of God. In this awareness I live a God-centered life of peace, harmony, health, and prosperity.

I believe in the infinite goodness of God.

34th Day of Lent

Saturday
April 4, 2009

“But when the tenants saw the son, they said . . . ‘This is the heir; come, let us kill him and get his inheritance.’ . . . Therefore I tell you, the kingdom of God will be taken away from you and given to a people that produces the fruits of the kingdom.”—Matthew 21:38, 43

As a child of God, I have been blessed with a life rich in many ways.

By keeping my attitude positive, being steadfast in my faith, holding the highest and best thoughts, and seeing only the good, I experience the bounty of my inheritance.

If a circumstance in my life seems to make me feel as if my inheritance is not coming to me, I turn to God in prayer. In my quiet moments with God, I renew my understanding of my divine nature. I return to the awareness that I am a child of God, and I accept my spiritual inheritance.

I am a child of God. My security is in God. I am safe.

I am a child of God. I live in the knowledge that divine life fills me. I am whole.

I am a child of God. I am prospered by the awareness that the goodness of God is mine to claim and to use.

I live in the presence of God at all times, for God is within me. In this presence, I am peaceful and confident, knowing that my life is secure, prosperous, and full.

I live in the kingdom of God, heir to all that God is. I claim my birthright now.

Listen, My Beloved,

Seek Me with your whole heart ... So it is that I seek you.

Treasure My word, so it is that I treasure yours.

As you learn Truth, so I delight in revealing to you the truth of your being.

Let My love so fill your heart that it overflows to fellow travelers on your path of life.

Seek Me. Follow the path that is right for you.

Know that I am love and light and peace within you.

35th Day of Lent

Monday
April 6, 2009

“Someone gave a great dinner and invited many. ... But they all alike began to make excuses. ... Then the master said to the slave, ‘Go out into the roads and lanes, and compel people to come in, so that my house may be filled. For I tell you, none of those who were invited will taste my dinner.’”—Luke 14:16, 18, 23-24

I have an open invitation to a magnificent banquet—a glorious feast of God’s bounty. Like a table set with a variety of mouthwatering dishes, my life includes a vast array of divine blessings.

Whatever excuse I may have had in the past for not coming to the table of God’s bounty, I release it now. I willingly and joyously come to the banquet table of life, giving thanks for the abundant feast.

I release any attachment to material objects in my life and focus on spiritual matters. I come to the banquet table of divine ideas. I feast on the truth of my divine nature. I am fulfilled in the knowledge that I have the qualities of God within me that guide me each day to my good.

Through God, every good desire of my heart is fulfilled.

I know this is true for my loved ones and friends. I know this is true for neighbors and even people I do not know.

Today I sit at the banquet table of life and feast on the abundant blessings of God.

*With an open and humble heart, I accept the banquet
of God’s great blessings.*

“Keep awake therefore, for you know neither the day nor the hour.”—Matthew 25:13

How aware am I of what is going on around me? How prepared am I for the experiences that are coming my way? The best way I can be prepared to handle the experiences of life is to remain aware of the Christ within, to be centered in the perfect light of God.

What can I do to always remain aware of the presence of the Christ within?

I close my eyes and relax my body. I release the thoughts of the day and open my mind and heart to the wonderful, radiant Christ Presence of light.

Centered in Christ, I am wise. I let Christ light direct me in everything I do.

Centered in Christ, I am patient. I am ready to face each day with poise and confidence.

Centered in Christ, I enter a new era of spiritual understanding. I venture forward in faith, knowing that I am being divinely guided.

I am prepared for the day, awake to the Christ Presence that invites me to do good work this day.

Centered in the Christ Presence within, I greet this day with faith and love.

“Then the one who had received the one talent also came forward, saying, ‘Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.’”—Matthew 25:24-25

I am a good steward.

When someone entrusts me with time, money, or possessions, I honor this trust in the best way I can.

To learn to trust another may take time. It takes time to build confidence in others. It also requires a willingness to let go and rely on another's judgment.

I keep this in mind whenever I am approached by others who are reaching out to me in faith. I am honored by their trust.

I am grateful for the confidence others place in me.

I appreciate when others reach out to me and welcome open and honest communication.

I act as a good steward of the material things entrusted to me as well as the innermost thoughts people share with me.

I am conscious of my thoughts, aware of my words, and considerate in my actions.

I give thanks for the wisdom of God that inspires me to be a good friend, confidant, and steward.

I am a good steward of everything entrusted to me.

38th Day of Lent

Thursday
April 9, 2009

“You have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.”—Matthew 25:21

Like every child of God, I have been given special gifts to use in my life. I know that I have many gifts, some of which I have yet to discover.

Along with these gifts comes the responsibility to use them wisely. When I use what I have been given to the best of my ability, my gifts increase.

My God-given gifts include:

Life. The very life of God moves through me as restorative power to keep me healthy.

Love. As I express the love of God to others, it returns to bless me.

Intelligence. I use my God-given intelligence to navigate my life with understanding and to bless the lives of those around me.

Judgment. The gift of judgment allows me to make sound decisions.

Joy. As joy fills my heart, it overflows to others.

Like a musician, I practice using my gifts every day so their beauty and power are strong and vibrant. I share my gifts with others and see them multiplied and returned.

My soul soars as I use the gifts God has given me!

“I tell you, to all those who have, more will be given; but from those who have nothing, even what they have will be taken away.”—Luke 19:26

God provides for me at all times.

Through daily prayer, I rekindle my faith and develop a positive attitude. I communicate with God. I release any concern and become attuned to the direction of Spirit.

As I open myself to God in the silence of prayer:

I am confident, knowing that God guides my every step.

I am calm. I feel God’s soothing presence of peace within me.

I am prosperous. I know God’s bounty is always available to me.

I am wise. I am inspired by divine ideas.

I use good judgment in handling my life. As I do, I see my good multiply to bless me and those around me.

As I reflect on my many blessings, I give thanks. I maintain a prayerful attitude, grateful for the rich blessings that continually flow into my life.

*I am open to the blessings of God today and every day!
Thank You, God!*

40th Day of Lent

Saturday
April 11, 2009

“If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you forever. ... But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.”—John 14:15-16, 26

This Lenten season has been a sacred time of learning and of opening my mind and heart to the messages and wisdom of Jesus.

As Easter Sunday draws near, I let Jesus' words fill me with a new awareness of the Holy Spirit.

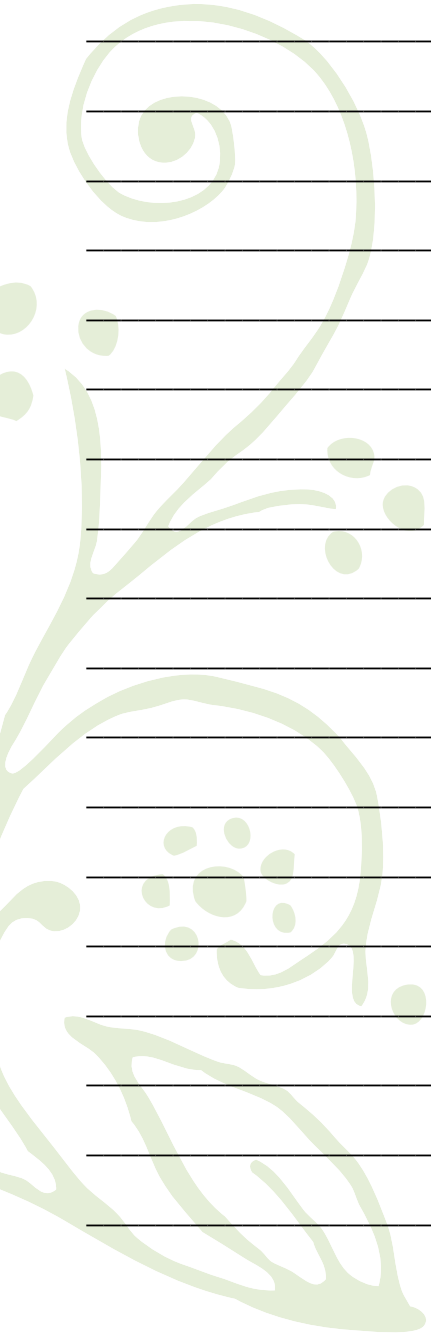
I am never alone. The spirit of Truth, the Advocate, the Holy Spirit, is always with me. I feel this Spirit flow in and through me.

The Holy Spirit is my companion and guide, my peace and comforter in every circumstance.

I know that the messages I have received and the lessons I have learned will see me through each day of my life. I remember each one and hold it dear to my heart.

I move forward with confidence and courage. Yesterday, today, and tomorrow are all in the care of God.

I am ready to transform my life.



Easter

Sunday

April 12, 2009

Listen, My Beloved,

Today is Easter!

This is a day to embrace life! It is a day to remember that I am with you always.

I am with you as inspiration. Let My light guide you as you follow your path and as you reach out to others.

I am your strength and your peace. I am the transforming power within you.

I am the joy and the laughter that fill you.

I am your comfort in times of sorrow, your shelter in times of uncertainty.

Let My love enfold you. Let My grace sustain you.

Beloved, we are one. You are precious to Me.

Let your heart rejoice on this glorious day.

You are a new creation!



Easter

By Elizabeth Searle Lamb

Easter bells ring out
with a new sound,
vibrant and true.
New life, new life!
Everywhere we see it—
in the warming sun,
in blade of grass
and budding flower,
in rush of stream.
We hear it in bird call,
in the insect's hum.
New life, new life!
Easter bells, joyous,
ring in the inner heart,
for now is the victory.
Easter bells in glory
ring in the radiance
of the soul's rebirth.
New life, new life!





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