

Steps to Spiritual Strength

Unity in Community is studying A Year of Power in which, as a community from children to adults, we are learning more about The Twelve Powers as identified by Charles Fillmore. In November, we are studying about the Power of Strength. Here are seven steps in affirmation form for you to use during your meditation time to move you to a deeper understanding of your Power of Strength.

Scripture: *"Be strong and of good courage..Fear not, be not dismayed for the Lord God...is with you."* (1 Chronicles 28:20) NRSV

Seven Steps to Developing Your Power of Strength

1. Do a Mental Housecleaning - I now release all that weakens me.
2. Practice Nonresistance - I do not push; I do not fight. I stand strong in God.
3. Relax - I am relaxed - physically, mentally, and spiritually.
4. Open and Receive - I am receptive to God's strength, and I receive it abundantly to do what is mine to do.
5. Seek Guidance - My strength grows daily as I follow God's guidance for its right use in my life.
6. Incorporate Strength - I incorporate ideas of God's strength into all I think, feel, say, and do in my everyday life.
7. Know Oneness - God is my strength, and I am strong in God.

The disciple of Strength is Andrew. He was the first friend of Jesus mentioned in the Bible. *"The first thing that Andrew did was to find his brother and tell him."We have found the Messiah!"... Andrew brought his brother to Jesus."* John 1:40

Many blessings,
Rev. Robin