

Expect the Best!

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Mary Kupferle tells us, *"You can expect the best to come to you. This is the essence of the teachings of Jesus Christ. He proclaimed good for everyone who trusts and gives thanks to God, the giver of every good thing. Begin to relax and know that God is leading you out of what appears to be less than the best into the very best. Choose now to believe it, expect it, and give thanks for it"*

Often times when we commit to healing our minds of error thinking, we are confronted with obstacles. These may appear in our lives as an annoying health challenge, some inconvenience like a lost object, a confrontation with someone we love, or a situation that brings up fear. Our little self can attract all kinds of distractions to us in order to keep us in chaos. These are the times that we need to hold strong to our spiritual teachings - hold to the highest thought. These are the times when we need to call our prayer partners and ask them to hold the highest for us because we may not be able to hold it for ourselves.

Forward progressive movement along the spiritual path is a matter of following simple steps, yet it may seem very difficult because of these distractions. I often counsel with people who wish to change and improve their lives, yet as soon as they commit to a step, they are bombarded with situations and challenges that seem to be out of their control. Forward movement is halted and stalled.

Several years ago, I was scheduled to facilitate a Sunday workshop. On Saturday, my back had gone into muscle spasms, and I was almost immobile. On Sunday, I was in no mood for a workshop. I hurt. I was tired. I was depressed. My little self was screaming - "You can't go through with this!!!" Sometimes knowing it is only a ploy to slow progress helps in combating the voices of doom in our heads. Despite not feeling my best, I was committed to seeing the workshop through. Once I got started on Sunday, I felt better. As I began to feel the energy flow outward through me, and then back from those gathered, I felt even better and my own healing intensified.

When we think we can't - we must! Because in God we can do all things through Christ who strengthens us. If we are thinking "we can't," we are not thinking God-thoughts.

From Mary Kupferle again, "The goodness of God will lead you to a new understanding of the potential that lies within you. God's goodness will transform every fear into faith, every doubt into peace and courage. The goodness of God will lift every burden and reveal the truth that good is waiting for you."

May you know and receive God's Goodness today!

Rev. Robin