



**STRENGTH, COURAGE, AND COMFORT
FOR DIFFICULT TIMES**

YOUR SUPPORT MAKES A DIFFERENCE

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

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

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

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

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

Your Friends in Unity

Do you need Me?
I am there.
You cannot see Me, yet I am the light you see by.
You cannot hear Me, yet I speak through your voice.
You cannot feel Me, yet I am the power at work in your hands.
I am at work, though you do not understand My ways.
I am at work, though you do not recognize My works.
I am not strange visions. I am not mysteries.
Only in absolute stillness, beyond self, can you know Me as I
am, and then but as a feeling and a faith.
Yet I am there. Yet I hear. Yet I answer.
When you need Me, I am there.
Even if you deny Me, I am there.
Even when you feel most alone, I am there.
Even in your fears, I am there.
Even in your pain, I am there.
I am there when you pray and when you do not pray.
I am in you, and you are in Me.
Only in your mind can you feel separate from Me, for only in
your mind are the mists of “yours” and “mine.”
Yet only with your mind can you know Me and experience Me.

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

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

FIND STRENGTH WITHIN

Affirm

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

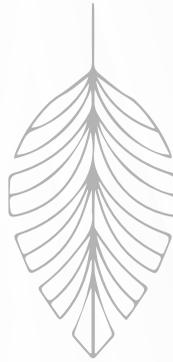
Pray

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

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

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

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

**Practice**

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

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

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

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

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

Rev. Elizabeth Longo
South Florida

FROM DAILY WORD

MAY 28, 1973

I take courage.

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

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

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

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

Comfort, comfort my people.—Isaiah 40:1

PRACTICING ACCEPTANCE

REV. JIM BLAKE

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

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

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

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

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

This is where the practice of acceptance comes in.

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

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

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

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

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

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

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

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

This is our practice, and practice makes progress.

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