

Daily Meditations

These meditations are based on passages from Isaiah 41.



Sunday

“Keep silence before Me, O coastlands, and let the people renew their strength!” We renew our strength in the silence – “in quietness and in confidence.” Our mind is the coastland through which we receive the world. As we still the mind, the activity of the Spirit of God within reveals Itself to us, bringing peace. In that revelation, fear and doubt dissolve, and the activity of Truth within strengthen us.

Monday

“You shall seek them and not find them – those who contend with you.” Human belief never touches the Spirit of God within you. Sin, disease and death can’t find you when you are hid with God in the

silence. So don’t seek out error to overcome it, seek the kingdom of God and rest safely in His love.

Tuesday

“Those who war against you shall be as nothing, as a nonexistent thing.” In your conscious awareness of God, undisturbed by the appearances of evil, Divine Love dissolves the belief that there is power in person, place, thing or condition. All power is in God, and in God there is only One – one law, one substance, one life. That is where you exist, and anything that would try to disturb you is nonexistent.

Wednesday

“Speak comfort to Jerusalem, and cry out to her, that her warfare is ended...” You are Jerusalem – the place of peace – and in that consciousness you are beyond the reach of warring belief. Relax. It is God’s creation in which you live. The war is ended.

Thursday

“I will help you, I will uphold you with My righteous right hand.” Let go of the idea that you must do anything. All is already done, and it is the almighty hand of God that lifts you into the consciousness of completeness. Drop your attachment to material good and allow that which already is to fill your awareness.

Friday

“Every valley shall be exalted and every mountain and hill brought low; the crooked places shall be made straight and the rough places smooth; the glory of the lord shall be revealed, and all flesh shall see it together...” Your wishing and hoping and praying for some change in your experience will only distract you from realizing that the glory of God is now. The Grace of God is felt in the silence and demonstrated through the unconditioned mind. Let God go before you; let the spirit within be the light of your path.

Saturday

“Fear not, for I am with you; be not dismayed, for I am your God.” Recognize the kingdom within. God is love. God knows no opposite. You can never be separated from the presence of God. It is the I of your being. Accept It and be free.