

Take Time to Nourish Yourself!

I TAKE TIME EACH DAY TO EXPERIENCE GOD WITHIN AS HEALTH AND WHOLENESS IN MIND
AND BODY

By Mary L Kupferle

If you need strength and energy at this moment, dear friend, take time to *nourish yourself!* Accept that in every need, the nourishing love and life of God are available to you.

As a child of God, you contain the very wellsprings of wholeness and well-being. You do not need to depend upon others or upon some change of circumstance or condition to bring you the comfort, reassurance or wholeness you desire. Accept that the needed nourishment – regardless of its kind – lies within you now. Within you is the very “kingdom of God” (Lk. 17:21). As you seek the kingdom of God within, you will find yourself feeling healthier, stronger and more vitally alive.

As you choose to take time to nourish yourself, the doors to wholeness will begin to open. Still your busy thoughts, the rush to accomplish your tasks and the hurry to take control by centring your attention upon the idea: *I take time now to nourish myself.* Know that the presence of God is ever ready to heal and bless you. God within you is more powerful than any discomfort. Where you are and *as you are*, God is ready to nourish and strengthen you. Be assured that you are cherished, loved and supported by God.

You can begin now to support yourself with these thoughts of life:

I nourish myself by accepting the truth that I am happy, whole and well. I have all the faith I need to experience greater vitality and energy. I am strong and whole, stable and free, as God created me to be. I believe in myself as a growing child of God with the capacity to enjoy life. I see myself loved and valued, peaceful and patient.

Nourish yourself with positive, affirmative words and with the courage of your convictions – feeble though they may seem at times. Believe in yourself as a child of life, made in the image of God. Nourish yourself with the activities that are best for you. Nourish yourself by believing in the truth about you.

Nourish yourself with words which uphold you and actions which confirm your belief that healing is possible. Choose to see any mistakes as learning experiences. Nourish yourself with compassion, giving yourself the gift of understanding and forgiveness. Nourish yourself by acknowledging the things you have done well and the efforts you continue to make to do

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better. Take time to praise yourself and bless yourself with loving thoughts. Consciously choose to let go of self-criticism, then with renewed vigour, think positively about yourself.

As you take time to nourish yourself, you can also surrender everything into God's care. You can take time to listen to and give thanks for divine guidance and then move forward with a willingness to follow that guidance.

God's good plan for you is limitless! Take time to remember that, dear friends, and let it nourish you now.

You may want to read material which strengthens your belief in God and listen to music which helps you relax. You may want to enjoy the fellowship of the kind of people and groups that are supportive. You may also want to exercise appropriately and talk with a counsellor you can trust.

If you not know where to begin, take hold of whatever faith you have in this moment and begin reading quietly the following:

I am surrounded and supported by God's great love. I rest, knowing that God provides the healing I am now ready to receive. I open my heart to the life-giving substance of God's love, and I experience healing in mind and body. I am God's beloved. Moment by moment, I am nourished and renewed.

Take time each day to nourish yourself, remembering that Jesus Himself went aside awhile from demands. He invites you to

"Come to me....and I will give you rest" (Mt. 11:28).

Become aware of the healing presence of God, and you will experience unlimited peace, strength and health.