

WEEKLY ASSIGNMENT

Do the daily reading

Bless everything you have

- Start with your body. Every night in bed, bless each part of your body. Thank God for each part.
- Bless your wallet and checkbook and what's in it. Thank God for what you have.
- As you dress, acknowledge and give thanks for the clothes you have and that you are being clothed in the radiant substance of God.
- As you drive to work, give thanks for gas in your car and the car you drive. (If any feelings of "not enough" come up here, tell them, "Get out of the car! There is only abundance here!")
- After work, give thanks for the job you have and affirm that you are working for God.
- At home, give thanks for those and to those who love you. Share your gratitude practice with them. Let them know how happy you are that they are in your life. If you live alone, call friends or family members and do the same.
- At your church or spiritual community, thank the people who support you and make a difference in your life.

HOW TO USE THE DAILY READINGS

Before beginning each reading, take time to clear your space. Light a candle and relax. Ask Spirit's guidance in a time of silence. This will help you be more open and receptive to these words of support. The readings are to support your shift in consciousness from "not enough" to realizing that you live in an abundant universe. After your reading, spend a few more moments in silence, allowing the words to soak in and rest easily in your consciousness. Then intend for the words to be with you throughout the day, supporting you in this new way of thinking. Remember that God's (Source's) will for you is good and these words of support are to deepen your awareness of this truth.

Optional: You can also listen to the suggested song for that day's reading to reinforce your new way of thinking.

Week 3: **GRATITUDE**

Day 1: **GRATITUDE**

Affirmation: I am so grateful for all I have been given!

Today I know that all I have is from God. I acknowledge God as source of all my good. God is blessing me every moment of every day. I bless what I have and give great thanks. I focus my mind, body, and soul on the good that is mine and I am grateful. I am so grateful for all I have been given!

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: If You Make it So by Daniel Nahmod

Day 2: **THOUGHTS**

Affirmation: I focus my thoughts on abundance.

Today I take inventory of what I have. I look at every area of my life and see the gifts I have been given. I see the gifts of my soul and realize that I am a gift! I focus my thoughts on good and acknowledge God as the source. I focus my thoughts on abundance.

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: Thank God for Being God by Agape Choir

Day 3: **BLESS OTHERS**

Affirmation: I am blessed by so much love in my life!

Today I bless those around me. I feel the blessing God is in my life and I want to share that with others. I bless those around me with a positive word. I bless those around me with love and service. I bless those around me with gratitude. I am blessed by so much love in my life!

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: Thank You for This Day by Karen Drucker

Day 4: **SERVICE**

Affirmation: I give of myself in service to God.

Today I acknowledge God as the source of all good. I know everything I have is from God. From my own abundance, I give of myself. I give to my spiritual community. I give of myself to my family. I give of myself to my co-workers. All I do is in service to God. I give of myself in service to God.

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: Your Grace by Michael W. Smith

Day 5: **MEDITATE**

Affirmation: I meditate on the good that God is.

Today I quiet my mind in prayer and meditation. I focus my mind, body, and soul on the good that God is. I meditate on God's light and love. I focus on God. My desire is to know God and experience God. I know I am blessed. I meditate on the good that God is.

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: You Take My Breath Away by Eva Cassidy

Day 6: **OPEN CHANNEL**

Affirmation: I am an open channel - ready to receive my increase!

Today I know I am ready to receive. My receptivity of good is dependent on my ability to receive. I am ready to receive. My receptivity of good increases as I learn to receive. I am ready to receive. I open my heart to love. I open my body to health and wellness. I open my soul to more depth and growth. I am an open channel - ready to receive my increase!

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: Gratitude by Nichole Nordeman

Day 7: **REST**

Affirmation: I rest in God's love and I am blessed.

Today I rest in God's love. I am safe. No matter what situations may be going on, I rest in God. Nothing disturbs the calm peace of my soul. I rest, knowing God loves me. I rest in God's love and I am blessed.

I am guided and guarded by the Holy Spirit.

I am loved,

I am safe,

I am blessed.

Journal:

Suggested Listening: Rest by Kari Jobe