



TODAY'S WORD: Understanding

AFFIRMATION: The light of understanding enables me to see clearly and to take right action.

Understanding is the ability to know, perceive, comprehend and apprehend. Understanding is spiritual birth, a revelation of God within the heart of people. It is more than intuition.

Understanding is important in developing our spiritual nature because it is the faculty which puts feet under our prayers and gives our spiritual activity something to stand on. Faith without understanding of spiritual laws may get results on occasion, but our spiritual growth demands a more dependable understanding that is grounded in spiritual Truth. We can always be certain we are doing a higher will. The awakening of our own faculty of understanding begins with questions-questioning the old ways of thinking that may have been taken for granted...the desire for understanding leads to thinking about what has been learned and seeking to put it all together-to integrate it in such a way that it provides a basis for living and calls us to take action. "When your understanding is developed in both head and feet, not only will you have light in the mind, but also the ability to apply it in your world."

SACRED TEXT: Blessed are you Simon, son of Jonah, for this was revealed to you not by flesh and blood but by my Father in heaven." Matthew 16:17

INSPIRATIONAL QUOTES:

Spirituality is not a thing; it is the feeling of God's Presence, goodness, Truth, and beauty. Ernest Homes

First, we all have an inner teacher whose guidance is more reliable than anything we can get from a doctrine, ideology, collective belief system, institution or religion. Second, we all need other people to invite, amplify, and help us discern the teacher's voice. Parker J. Palmer

Spiritual Understanding is that which arises from within. It can only happen when you have dug "the wells within" through frequent periods of inner stillness, silence, meditation, meditative prayer.... or whatever you want to use for the act of getting quiet, going within, and listening, waiting, desiring, yearning for understanding. Rev Charles Roth