



TODAY'S WORD: Being Spiritual

AFFIRMATION: I invite deeper spiritual insight and understanding into my life.

My relationship with God is very special and personal. The sacred moments I spend each day with Spirit fill my mind with deeper understanding and my heart with love. They renew my soul and lift me to a place where I can experience new levels of spiritual growth.

As I connect with God in the stillness, I reconnect with peace. I come away from these quiet times of prayer energized and ready for new experiences. I see God in joyful and tearful experiences. I touch God with each hug, handshake, or pat on the back with others.

I bless each new day with a prayer of thanks for opportunities to be received and seized. I am grateful for everyone in my life and every experience that leads to my spiritual growth.

INSPIRATIONAL QUOTES:

“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” Pierre Teilhard de Chardin

“One of the most spiritual things you can do is embrace your humanity. Connect with those around you today. Say, "I love you", "I'm sorry", "I appreciate you", "I'm proud of you"...whatever you're feeling. Send random texts, write a cute note, embrace your truth and share it...cause a smile today for someone else...and give plenty of hugs.” Steve Maraboli

“Seek first the kingdom of God and its righteousness, and all good will be given to you as well.” The Apostle Matthew