



TODAY'S WORD: Authenticity

AFFIRMATION: *I behold and believe the Divine Truth I am here to become.*

Unity teaches that the kingdom of God lies within each person. At the heart of my being glows a spark of divinity that can never be extinguished. With God as the architect of my being, I am indisputably one with God, the Infinite.

If I forget the truth of who I am, I may begin to act in ways that do not reflect my divine nature. So I extend grace and love to myself. I use the power of prayer to direct my thoughts to spiritual truth, which tells of my divine origin.

I connect with Spirit within and remember my innate qualities of peace, love, and joy. I forgive myself for times I missed the mark. Although my humanity remains imperfect, my spirit is divinely perfected. I am authentically divine.

SACRED TEXT: *There is one body and one Spirit ... who is above all and through all and in all.* Ephesians 4:4, 6

INSPIRATIONAL QUOTES

"Make a pact with yourself today to not be defined by your past. Sometimes the greatest thing to come out of all your hard work isn't what you get for it, but what you become for it." Steve Maraboli

"The more of me I be, the clearer I can see." Rachel Andrews

"Only the truth of who you are, if realized, will set you free." Eckhart Tolle

"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen." Brene Brown

"When we behold and believe we are empowered to become. Living with the integrity and authenticity of our Sacred Self is our true eternal and infinite treasure." Clive deLaporte