

THE
Spirit
OF
CHRISTMAS



YOUR SUPPORT MAKES A DIFFERENCE

Generous donations from friends like you allow us to make Unity literature available to those most in need of spiritual encouragement. You may give at unity.org/donatenow.

Every year, we say Advent is a time of spiritual preparation for Christmas. But what needs to be prepared? If not the presents we'll give or the food we'll make to celebrate, what needs to be tended in the weeks before the holy day?

It is our own sense of being. *Advent*, which means “beginning,” allows us time and space to nurture a fragile, new understanding of who we truly are, as tenderly as we would care for a new baby.

The story of Mary and Joseph and the divine child born in a manger has resonated with us for 2,000 years because we feel ourselves to be part of it. Christmas represents the divine child born in each of us and the divine attributes we can develop as we learn to express our God nature in human form.

The four Sundays of Advent proclaim aspects of that divine nature—hope and faith, peace, love, and joy. The weekday messages will guide you in contemplating the attributes of Spirit in you. Our booklet continues through the 12 days of Christmas, to Epiphany on January 6, with an exploration of your 12 divine powers.

As this unusual year draws to a close, we are especially attuned to its lessons and legacies. We hope this booklet reawakens in you a sense of oneness with God and a knowing of yourself as holy too.

Your Friends in Unity

TABLE OF CONTENTS

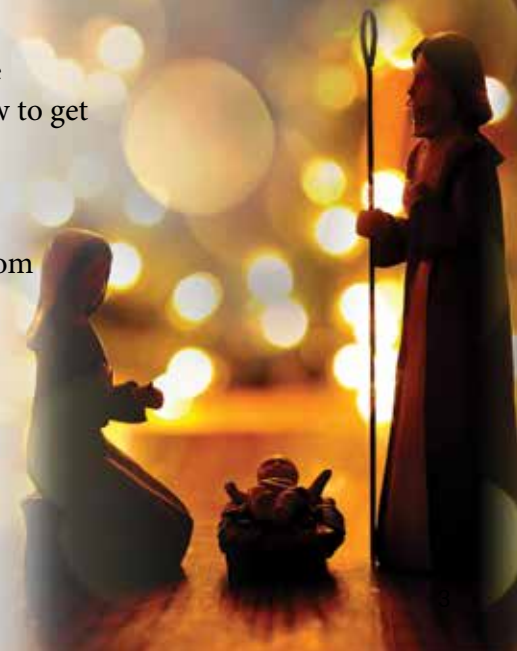
If Every Day Were Christmas	3
James Dillet Freeman	
The Spirit of Christmas Is in the Air	4
Frances Foulks	
The Christmas Tapestry	6
Jim Blake	
Peace as a Practice	8
Rev. Martha Creek	
This Christmastide (Jessye's Carol)	12
Donald Fraser	
Truth and Love and Hope Abide	13
Rev. Mark Fuss	
First Sunday of Advent	15
Hope and Faith	
Second Sunday of Advent	24
Peace	
Third Sunday of Advent	33
Love	
Fourth Sunday of Advent	42
Joy	
Christmas Eve	48
Rev. Joy Wyler	
Christmas Day	50
Rev. DeeAnn Weir Morency	
12 Powers for the 12 Days of Christmas	52
Rev. Kelly Isola	

IF EVERY DAY WERE CHRISTMAS

James Dillet Freeman

If every day were Christmas,
how different life would be,
if not one day but all the year
were ruled by charity.
Had we the faith in miracles
a child has Christmas morn,
each day would be love's manger
and Christ would be reborn
in us again to change and heal
our outworn wars and ways—
had we a child's or shepherd's gift
for wonderment and praise!
Yet every day is Christmas
when we have learned to live
by love's law, learned not how to get
but only how to give;
and like a child can wonder
and like a child can pray,
but have the grown-up wisdom
to give ourselves away.

*James Dillet Freeman (1912–2003)
was known as the Unity poet
laureate. He wrote the “Prayer for
Protection” and the poem “I Am
There,” both taken to the moon by
Apollo astronauts.*



THE
Spirit of Christmas
IS IN THE AIR

Frances Foulks

The spirit of Christmas is in the air!

Men, women, and children everywhere are feeling a touch of the Christmas spirit. Whoever tunes in to the spirit of Christmas and sends forth its message of peace and goodwill again receives the message from those who also have been open to receive it. So it becomes a universal spirit constantly giving forth from one to another that which is uplifting, inspiring, and joy-giving.

The spirit of Christmas is in the air! Have you become receptive to it? It is being broadcast from the hearts of those who have caught its message of life, love, peace, and joy. It is being broadcast to everyone.

We hear it in the voices of people as they speak more kindly and more joyously. There is a lilt to the voices we hear as we pass along the street, as if a heart song were being released.

The spirit of Christmas is in the air!

Frances Foulks was ordained a Unity minister in 1923 and wrote extensively for Unity publications. Her best-known book is Effectual Prayer (Elizabeth Towne Company, 1927).

THE Christmas Tapestry

Jim Blake

2020 has been a tough year for many. As such, the Christmas season this year may be challenging for some of us as a result of the global pandemic and its toll on our families, friends, and communities.

For others, this year's holiday season may be welcome, a chance to rekindle annual feelings of warmth, generosity, and love, allowing us to step away from the stress, fear, and uncertainty that occupied so much of the year.

Regardless of where we find ourselves on this year's spectrum, my humble invitation is to consider that we each have an opportunity to connect with at least one of the many threads in the tapestry of the Christmas spirit, something often talked about but difficult to define.

What is it that brings forth this luminous yuletide spirit?

Many say the heartwarming feelings that accompany the season come from the nostalgia of our holidays past, particularly the joy, anticipation, and magic we felt as children. Some say it stems from the generosity of gift-giving that makes us feel so good. Others tell us it's in the time spent with family and friends.

Lots of people find it in the richness and inspiration grounded in their religious traditions. I have other friends who bask in the opportunity to reflect upon all of their blessings at this time of year, leaving their hearts overflowing with feelings of being blessed and grateful.

Finally, some of us simply see the resulting kindness from all of these things combined and expressed during this time of year, and it fills our spirit with hope. Hope that stems from witnessing some of the highest expressions humanity has to offer during this time of year. Hope that allows us to see past the commercialism that surrounds the season and fix our gaze upon the purest form of the human spirit underlying it all. Hope that someday, as a human family, we will be able to harness the source beneath this multithreaded adornment of goodness and express it every day throughout the year.

Whatever your experience has been in 2020, may we each find a strand in the woven fabric of the Christmas spirit and may it anchor us throughout this season, gently lifting our hearts and spirits while wrapping us in hope for the future.

Happy holidays, friends. May the peace and spirit of the season be upon you, and may you be richly blessed. Namaste.

Jim Blake is CEO of Unity World Headquarters at Unity Village, Missouri.



Peace

AS A PRACTICE

Rev. Martha Creek

Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.—Hebrews 12:11

Peace has been a core value of mine since my earliest memories. I had a vision as a small child that included two giant keys for my life. This image was striking and unforgettable. Imagine gleaming skeleton keys taller than anything you've ever seen. Taller than the Empire State Building. Taller than the stalk in Jack and the Beanstalk. Infinitely tall. These two giant keys were forgiveness and gratitude. These were my assignments for life, so to speak, or perhaps the Holy Grail of living a life of peace. Even now during times of challenge, stress, upset, confusion, fear, turmoil, and uncertainty, the keys still have priority as a chief aim for me to continually practice, always in the direction of peace.

My family didn't attend church. However, I wanted to. I asked my momma about going to church, and she responded in her classic pioneer-woman tone and way, "If you want to go to church, then find you a way to get there." So I did. I called the neighbors and asked around to see who goes to church and where. I asked them to pick me up and offered to walk to their house, if necessary. Of course, they were delighted for me to attend church with them.

It was a Methodist church, and my Sunday school teacher was named Clio. She was an emissary of love, sweetness, and a calm presence. Her smile was proof that God was real. She was a master teacher of peace. I loved her and I loved being with her. She gave me my first Bible, which I still have. She signed it for me too. She lived to be nearly 100 and still wholeheartedly lives in my being. She let me read to the class and gave me assignments to study and memorize. She saw me and my passionate desire to learn. As I reflect in this writing, I'm open to the reality that she actually enjoyed me too. Perhaps she saw me as a gift of peace.

She was the epitome of peace. I never once heard her raise her voice, react to the roomful of energetic children, or express even a flinch of disappointment when I couldn't recite the lines perfectly. I wanted and still want to be more like that. I've worked at it for 50 years now, but I'm pretty sure it was Anne Lamott who wrote: "You get to experience one second of peace for every year you practice."

What? One second of peace for every year of practice? Talk about humbling!

After a lifetime of practice—including a large spectrum of love and loss, trials and triumphs, messes and messages, and giving and receiving—I'm up to 50 seconds of peace.

Yet this Advent gift of 50 seconds of peace holds the full power of the universe. You have the power of the universe within you to create a new experience. As you are born again into the peace that surpasses all understanding, accepting the reality of what is, devoted to live by what can be, practiced in what is effective and productive, and ever-transforming your consciousness and experience, you can truly celebrate the now moment, the new opportunity, and the gifts of the creative process.

Live as peace, dear friends, and practice, practice, practice. After all, practice makes ... progress.

*Rev. Martha Creek is a healthy congregations facilitator and trainer.
Learn more about her at marthacreek.com.*



This Christmastide

(JESSYE'S CAROL)

Donald Fraser

Green and silver, red and gold,
And a story born of old.
Truth and love and hope abide
This Christmastide, this Christmastide.

Holly, ivy, mistletoe,
And the gently falling snow.
Truth and love and hope abide
This Christmastide, this Christmastide.

From a simple ox's stall
Came the greatest gift of all.
Truth and love and hope abide
This Christmastide, this Christmastide.

Children sing of peace and joy
At the birth of one small boy.
Truth and love and hope abide
This Christmastide, this Christmastide.

Let the bells ring out and clear,
Ring out now for all to hear.
Truth and love and hope abide
This Christmastide, this Christmastide.

*Used with the permission of Hinshaw Music.
"This Christmastide" by Jessye Norman is available
on Amazon, iTunes, and other music retailers.*

Truth and Love

AND HOPE ABIDE

Rev. Mark Fuss

Bah, humbug.

Another crowded Christmas in New York City. The constant carols, colorful lights, and endless shopping held no joy. Christmas had long lost its meaning and magic for me.

During those days, my skin was thick and my heart wore armor. Not even a visit from my mother and her friend Vicky could lift my spirits. A week of shopping, Broadway plays, and the tree at Rockefeller Center—I was numb to all of it.

From the outside, my life looked pretty good. I lived in Manhattan with a great job that included hosting Broadway stars, authors, and singers for parties, benefits, and openings. I had a beautiful apartment on the 35th floor of Waterside Plaza. It seemed as if I was living the high life.

The inside was a different story. A decade of alcohol, addiction, and self-loathing had taken its toll. Work was a daily, brittle battle to stay focused. And if not estranged from family, I was thousands of miles apart. My life as planned was devoid of any spirituality, love, or joy.

Late one afternoon with time to kill before the next play and looking for something to fill our time, I remembered I had a new Christmas CD, *Christmastide*, by opera singer Jessye Norman. We gathered in the living room with its breathtaking view, the city lights twinkling from the World Trade Center to the Chrysler

Building. The sun was setting across the East River, a view I was immune to, but they would enjoy it.

From the moment the music began, enveloping us in the surround sound, it was as if a warm blanket descended on the room. No one spoke for the next hour. The music and Jessye's magnificent voice danced, soared, and soothed my soul. It grew darker outside, and the lights of the city sparkled as if alive.

As we listened, I occasionally had thoughts of how surreal it was—*this can't be happening*—before the music pulled me back in. And then it happened. A carol I hadn't heard before began, the melody soothing and uplifting, the lyrics simple: "Truth and love and hope abide this Christmastide."

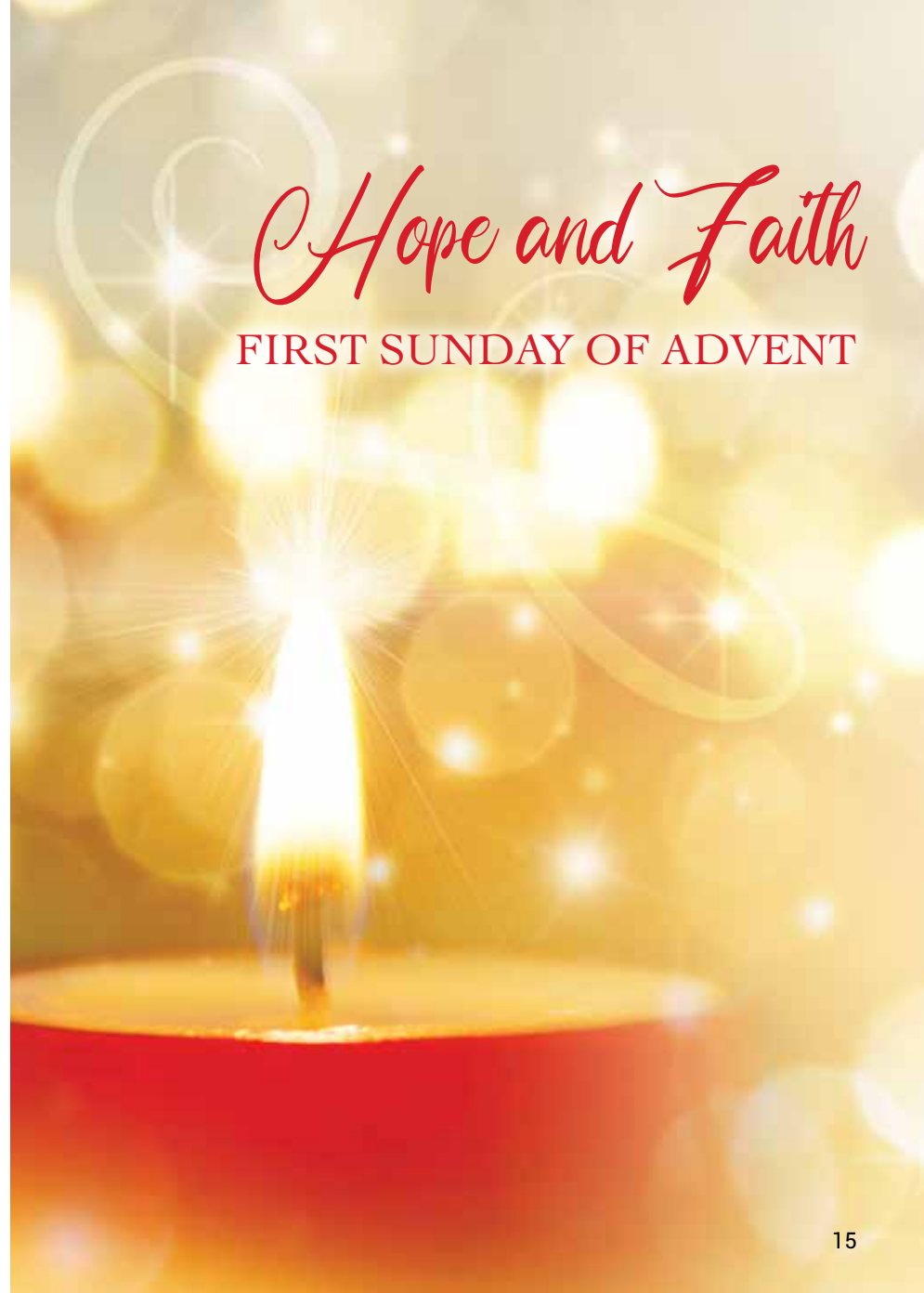
For years, I've described this as my Grinch moment—the moment my heart grew three sizes. In truth, it was the most magical and transcendent moment I've ever experienced. A sense of peace and love almost overwhelmed me—a knowing from deep within that no matter how bad things may seem, truth and love and hope abide.

That lyric became a mantra of sorts for me. Now 27 years later, in the face of any pain or loss, in times of grief or darkness, I say again, *Truth and love and hope abide*. When I seek it, I always find it.

This Christmas, I hold that truth for each of you. As challenging, unsettling, and difficult as this year has been, please remember this: You are resilient, you are loved, and I lift you up.

Truth and love and hope abide this Christmastide. Merry Christmas.

*Rev. Mark Fuss is vice president of Outreach and Engagement
at Unity World Headquarters.*



Hope and Faith

FIRST SUNDAY OF ADVENT

SUNDAY, NOVEMBER 29, 2020

Most Christians focus on hope during the first week of Advent. In Unity, perhaps inspired by the view that “faith is the assurance of things hoped for,” we contemplate both hope and faith as we spiritually prepare our hearts and minds for Christmas.

In *The Revealing Word* (Unity Books, 1959), Unity cofounder Charles Fillmore makes this distinction: “Hope is the expectation of good in the future ... It is subject to time. Faith is the certain knowledge that our good is ours right now ... It goes beyond time and space.”

Think of it as a hope-faith continuum. Hope arises when we glimpse a new possibility. These glimpses can inspire us to make positive changes. They can motivate us to adopt new ways of thinking and behaving.

That said, hope tends to be burdened by a desire for reality to be different than it is. “I hope Santa brings me the Ultimate Buzz Lightyear” may mask a belief that I don’t have all I need. “I hope I don’t get sick” is tinged with doubt in my body’s natural state of health and wholeness.

Increase your hope on this continuum, and enter the realm of belief. We believe because we have an intellectual understanding of how a thing works. We may also believe because it’s what we’ve been taught. The challenge is that it’s possible to have two contradictory beliefs concurrently. For instance, I believe in an abundant universe. Yet, sometimes, if funds are low, the anxiety I feel betrays a residual belief in lack.

Resolving these contradictions is the domain of faith. It’s in the spiritual dimension that we experience faith as a deep inner knowing arising from divine intelligence. It’s the kind of knowing

Peter demonstrates when Jesus asks the disciples in Matthew 16:15, “Who do you say that I am?” Today, Peter’s response makes perfect sense to us. But then, when Jesus was perceived as an insurgent fraternizing with “deplorables” and provoking authorities, to say he was “Messiah, the Son of the living God” (Matthew 16:16) was a totally irrational answer, not discerned by any human standard. It was revealed through spiritual knowing, through faith.

Blessed are we, for each of us has access to hope, belief, and faith in the Christmas story’s promise of infinite good and love everlasting.

Now faith is the assurance of things hoped for, the conviction of things not seen.—Hebrews 11:1

—Rev. Kurt Condra

Rev. Kurt Condra, who wrote all four entries in this booklet for the Sundays of Advent, is senior minister at Unity on the North Shore in Evanston, Illinois.

ON THIS DAY of Advent

I look for the many ways the good
I seek is already mine.

MONDAY, NOVEMBER 30, 2020

On Christmas Eve 1958, I slipped out of the bustle of my childhood home to walk my dog, Spot. We crunched in snow past the sledding hill and headed behind my school where we perched on our favorite ledge and watched hushed fields through twilight snowflakes. In that stillness, coming from beyond any distant houses, we heard it.

Angel song.

Cascading, liquid sounds beyond any earthly choir. The heavens poured out love, joy, and peace. Unseen angels were blessing *us*, Spot and me. I listened, mesmerized, full of divine chills, until the music faded.

Back home, I got smiles from the adults for my “imagination.” Spot couldn’t corroborate my tale, but we shared that secret, sacred moment in our hearts.

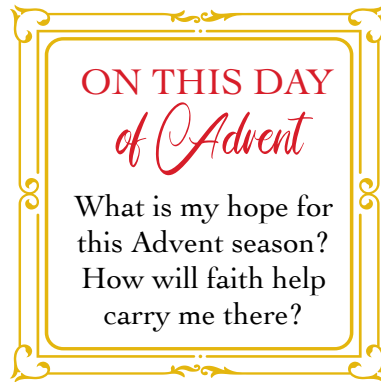
What’s your intention this season? Once set, intent is energized by hope. Faith moves us forward. Belief brings guidance, synchronicities, joy.

Whenever I hear “Fall on your knees! O hear the angel voices!” from the song “O Holy Night,” I remember my own sacred night of hope, faith, and belief.

Wishing you awe and wonder during this holiday season.

But Mary treasured all these words and pondered them in her heart.—Luke 2:19

—Rev. Bronte Colbert



TUESDAY, DECEMBER 1, 2020

Hope springs from within us with amazing swiftness. It only takes a positive word of encouragement or the prospect of constructive change, and we are hopeful again. This positive surge of thinking is a prelude to the as yet unspoken promise of a brighter future.

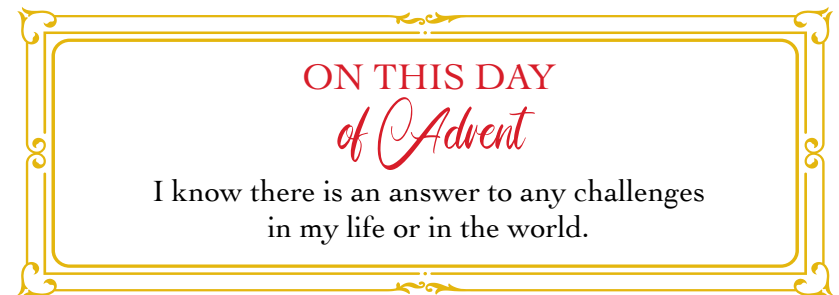
Hope does not require that we know what the future includes. The prospect of a better tomorrow calls forth positive thoughts and the willingness to experience life anew.

There was once a counselor who listened intently as people shared their problems and concerns. The counselor would often be as confused as the client. He had to choose between entering into despair with the person or pointing the way to a new life. The favorite phrase of this helper was, “There is an answer.” He would continue, “I am as confused as you are, but I know there is an answer.” These simple statements quickened hope.

As you move through the day, remain sensitive to the people around you and any problems they are having. Your contribution to the world today is to be willing to say, “There is an answer.”

Glory to God in the highest heaven, and on earth peace among those whom he favors!—Luke 2:14

—Rev. Jim Rosemergy



WEDNESDAY, DECEMBER 2, 2020

Hope is never wasted. It rises in the heart, overcoming fear and doubt. Hope does not deceive and is not a mirage of better circumstances. It brings vision for new possibilities as it quietly turns to belief.

Stepping forward in faith is a radical act of ambition that moves us in the direction of our dreams. The divine spark of hope keeps our souls energized and engaged. What greater gift can there be than the light of possibility and unlimited potential?

At this beautiful season, let us put away fear and anxieties and instead bless all the world with hope and positive expectation. Just as a mother quiets the noise of the world as she awaits the birth of her child, we remember the good that is constantly being born through us.

Go forward in hope and confidence, letting your own inner light shine the way. Have faith that the sweet perfection of the Christ child is born in you anew each day.

May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.—Romans 15:13

—Rev. Lesley Miller

ON THIS DAY
of Advent

I thank God in advance for the abundant blessings
flowing to me now.

THURSDAY, DECEMBER 3, 2020

Hope calls me to live in the movement of divine order, trusting that all is well in this very moment. Hope builds evidence of this order as I watch the seasons move from the brilliant blooms of spring, to the sunny days of summer, to the colors of fall as the earth prepares for the oncoming winter, only to return ablaze with life once more come spring.

Hope calls me from the depth of sadness when I hear the cries of the world in rage against itself. Hope enlivens me to loving-kindness as I witness compassion, one for another. Hope instills possibility in my heart with the dawning of each new day.

Hope grows and faith emerges. I see the hand of God in the working out of my days and hours and the spreading fingers of grace throughout the years of my life, the gracious hand of God that answers prayers and reassures my heart in those moments when prayer seems unanswered.

Hope grows rooted in Truth, hope grows beyond the field of unknowing, and emerges as the exquisite expression of God's law shaping our world.

**We have this hope as an anchor for the soul, firm and secure.
—Hebrews 6:19 (NIV)**

—Rev. Karen Romestan

ON THIS DAY
of Advent

I anchor my soul firmly and securely in hope.

FRIDAY, DECEMBER 4, 2020

One of my favorite Bible verses as a child was from Hebrews 11:1: “Now faith is confidence in what we hope for and assurance about what we do not see” (NIV). It made me feel like there was nothing I could not accomplish as long as I had hope and faith.

When I made the decision to attend ministerial school, the excitement was palpable as I had dreamed of becoming a minister since my early 20s. But I soon began to find that juggling school, a full-time job, and family wasn’t always easy. I remember growing discouraged, hoping I would one day walk across the stage for my ordination.

Hebrews 11:1 came back to me during an evening meditation, and the word *hope* came into focus. I realized merely hoping for something wasn’t enough. I needed to *know*, to use that hope as a springboard to whatever I wanted to make manifest.

Hope is our foundation, our mustard seed of faith. Hope plants that seed and acts as the catalyst for the wonder that is to come.

Hope does not disappoint us, because God’s love has been poured into our hearts.—Romans 5:5

—Rev. Evin Wilkins

ON THIS DAY
of Advent

Hope is the foundation of my faith
in all that is to come.

SATURDAY, DECEMBER 5, 2020

I believe in myself. Sometimes that’s the easiest thing to hold on to, and sometimes it’s the hardest.

My belief in myself—my abilities, my convictions, my dreams—sometimes feels effortless. My humanity and my spirituality are in easy harmony, and I feel capable of achieving anything to which I put my mind and heart. At other times, doubt, fear, and insecurity rule the day. My dreams feel unrealistic, my abilities inadequate, and my attention scattered.

Those are the times I call upon my faith to remember that God is always with me as the love in my heart, the passion of my soul, and the understanding that informs my mind.

My faith carries me through the hard times, helping me believe in better days ahead. My faith tells me rough patches are exactly that—temporary conditions I can overcome. My faith inspires me to dream big and to thrive. My faith reminds me I am so much more than human. I am divine.

And let the one who believes in me drink. As the scripture has said, “Out of the believer’s heart shall flow rivers of living water.”—John 7:38

—Rev. Teresa Burton

ON THIS DAY
of Advent

I shift my faith to my divine nature and feel the love,
power, and strength of God expressing as me.



SUNDAY, DECEMBER 6, 2020

Most renditions of the Christmas story begin with the angel Gabriel telling Mary she is to bear a son. But in the Gospel of Luke, Jesus' birth story parallels John the Baptist's. Months before visiting Mary, Gabriel appeared to Zechariah to announce that Zechariah's wife, Elizabeth, would bear a son to be named John.

Because he is so old, Zechariah questions whether paternity is possible, like Mary's initial response to her improbable pregnancy. But while Mary's question is answered, Zechariah is chastised for doubting, then struck mute for the duration of his wife's pregnancy.

The situation and the question are the same, but Mary gets encouragement while Zechariah gets silenced. Why?

Basic metaphysical interpretation dictates that male figures represent intellect/head, while female figures represent intuition/heart. Perhaps where miracles are concerned, our thinking, logical, rationalizing mind is a hindrance. Perhaps silencing the tendency to figure out and make sense of things is the most fruitful work we can undertake. Better to shut up and keep still than indulge in habitual patterns of thinking that obstruct Spirit's activity within us.

"All manifestations of life originate in the Silence," the Society of Silent Unity wrote in *Unity*, Vol. 17 (Unity Tract Society, 1902). "The thoughts that rise in you and come to the surface in deed and act, are they not from the Silence? Do you take a step or lift a hand that has not its motive from the depths of the mighty sea of throbbing life within your own being? Then why look to the external for that which comes only from the silent within?"

Peace

SECOND SUNDAY OF ADVENT

Muting the perpetual cycle of thought is a gift that brings greater peace. For Zechariah, muteness was imposed. We are called to mute our own thoughts. Spiritual teacher Eckhart Tolle suggests we practice being mindful of the gap between where one thought concludes and another begins. As we become adept at resting in this gap, we can simply be present to what's in that moment. Mental chatter ceases, and we create a neutrality for an experience of divine presence. With quiet minds and open hearts, we find rest in the peace that surpasses all understanding.

It's why I've come to believe Zechariah's muteness was not a punishment but a gift. It's a gift we are all invited to give as well as receive.

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.—John 14:27 (NLT)

—Rev. Kurt Condra

ON THIS DAY
of Advent

I create space between my thoughts
and let my heart lead.

MONDAY, DECEMBER 7, 2020

When you open your presents this holiday season, be sure to keep one special gift tucked away for a time when you are alone and free to appreciate it fully. The gift of perfect peace is available any moment during this season to gladden your heart and bring a smile to your face. The only condition for receiving this priceless gift is that you tune in to your heart space and tune out the noise from your mind.

The gift of perfect peace is a gift we all can receive. As you open your heart with the trust of a child, you, too, will be blessed with the perfect peace that surpasses all understanding.

I have no desire to understand peace because peace is not a mental achievement. Peace is a spiritual attunement, like the strings of a violin finely tuned by a virtuoso. Your soul and body respond with perfect peace as you let go and let God be your framework of existence.

I am never alone as the peace of God embraces and fulfills me every moment of every day.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.—Philippians 4:7

—Rev. John Beerman

ON THIS DAY
of Advent

I affirm the peace of God
as my welcomed companion.

TUESDAY, DECEMBER 8, 2020

Where does peace come from? As a child, it seemed to come from our parents when they comforted us after a fall. As a teenager, it seemed to come from those same parents, but only when they left us alone. As a young adult, it seemed to come from our perfect soul mate or a big bank account.

As we mature spiritually, we realize none of those external circumstances brings us lasting peace. Worse, our peace seems to disappear when people leave or things change.

That is when the miracle of real peace comes forth. Stripped of temporary pleasures or successes, we have nowhere to look but within. We discover there still is peace to be found, and this new peace is unlimited and unconditional.

The peace that comes after a letdown is often the sweetest of all. While change can be initially painful, the disintegration of the old way leaves an opening that offers clarity like never before. Inner peace finally has space to rise up like a blanket of calm.

The effect of righteousness will be peace, and the result of righteousness, quietness and trust forever.—Isaiah 32:17

—Rev. Elizabeth Mora

ON THIS DAY of Advent

I let go of trying to find peace in people and circumstances and instead discover the peace within me.

WEDNESDAY, DECEMBER 9, 2020

Challenges come and go, and the beautiful Christmas season is not exempt from difficulties. In the midst of holiday challenges, we may find encouragement from children's faces, radiant with the light of expectation. Many are expecting some gift they can clearly see in their mind's eye. The innate wisdom of children can teach us an important spiritual lesson.

When challenges arise in our lives, we can open our spiritual eyes to the gifts of God that await us. Maybe the most important gift we can accept is the gift of peace. Divine peace unburdens the troubled heart, and it stills the emotional waters of discontent. Peace strengthens our resolve and assures us that there is no situation, circumstance, or condition in the world that is greater than the power of God within us. We find the strength to meet any circumstance unafraid.

To become childlike is to open ourselves to the peace of God that abides within us. Out of a peaceful heart comes resilience, fearlessness, and the sure knowledge that nothing can disturb the calm peace of our souls.

May the Lord give strength to his people! May the Lord bless his people with peace!—Psalm 29:11

—Rev. Ric Schumacher

ON THIS DAY of Advent

I accept the God-given gift of peace.

THURSDAY, DECEMBER 10, 2020

When I feel angry, frustrated, impatient, or anxious, external circumstances and events have hijacked my inner peace. If I continue to dwell on these feelings, peace becomes even more elusive.

It's not easy to remain peaceful when I'm filled with worry for myself or loved ones, the future looks bleak, or conflict seems to be present everywhere. Yet while I may have little control over circumstances in my life or the world, how I respond is my choice. I can choose peacefulness even in the midst of chaos.

As I shift my attention to the beauty, love, and friendship that surround me and become fully attuned to those blessings, I once again begin to experience the glow of inner peace.

Regardless of what is happening around me, I can always turn within to the presence of God. Mindful of the words of the psalmist—"Be still, and know that I am God!" (Psalm 46:10)—in the stillness, I become a vehicle, a vessel, and the fire that births the universal peace all the world desires.

Blessed are the peacemakers, for they will be called children of God.—Matthew 5:9

—Rev. Margo Ford

ON THIS DAY
of Advent

I choose thoughts and words that give rise
to feelings of inner peace.

FRIDAY, DECEMBER 11, 2020

Inner peace, holy peace, precedes world peace. If there is to be peace on earth, it must begin within the minds and hearts of individuals.

There is a particular emphasis upon peace in this holiest time of the year. The rebirth of the Christ presence in individual awareness takes place in stillness and quiet. Attaining a consciousness of peace amid all the bustle and activity of the season presents a challenge. How do we stay in perfect peace?

It can be easier said than done. However, there are three things we can do:

1. Release the temptation to review troubles and anxieties.
2. Practice gratitude to focus on what we do have instead of what we don't. Give thanks to God for what we have. In this way, we prepare the way for receiving even greater good.
3. Fill our minds with positive, powerful thoughts of good that attract love, joy, and beauty.

Those of steadfast mind you keep in peace—in peace because they trust in you.—Isaiah 26:3

—Rev. Karen R. Shepherd

ON THIS DAY
of Advent

I will keep my mind stayed on thee.

SATURDAY, DECEMBER 12, 2020

Consider a beautiful Christmas wreath, a symbol of peace and harmony, hearth and home. Artists know a circle creates a peaceful space where heart and soul can rest. Circles contain an inner sacred sanctum. The form has no sharp angles, and there's nothing to cast you out. A circle has no beginning and no end, ongoing like time itself. It represents a mystery that is present in all cultures throughout the ages.

Many ancient people considered the circle to be the union of heaven and earth. Some considered it to be the manifestation of sacred energy. Within a circle there is no separation, only singularity. It is said that God is a circle whose center is everywhere and whose circumference is nowhere.

The holidays give us many types of circles: wreaths and ornaments, celestial orbs, spirals, nativity scenes and family scenes, all built upon circles. Even the circle created by two people hugging forms a perfect circle! We mentally step into the circles around us to experience the divine energy that enfolds us and flows within us.

Peace I leave with you; my peace I give to you.—John 14:27

—Rev. Toni Stephens Coleman

ON THIS DAY
of Advent

In the coming days, I open my awareness
to the peaceful circles all around me.

Love

THIRD SUNDAY OF ADVENT

SUNDAY, DECEMBER 13, 2020

Asked to tell the Christmas story in their own words, a group of fifth graders at my church pretty much shared the basic version we all know from hymns and pageants: Joseph and Mary, a donkey, angels, star, stable, kings, shepherds, and, of course, baby Jesus.

As they talked about each character, one student noted that under normal conditions kings and shepherds would never hang out. What that means for us, they said, is that from his birth, Jesus taught that we should love everyone: black, brown, or white; rich or poor; cool or nerdy; gay, straight, or questioning; Democrat or Republican. At our core, they said, “We are one in God’s love.”

It’s a view of unconditional love that defines Christ consciousness quite succinctly.

In a subsequent debrief, their parents and Soul School teachers were asked to identify the moment in life when they absolutely knew what it meant to love unconditionally. A few said they’ve always known. Several said it was when they were loved by a cherished pet. Others said they learned to love without strings when they had their own children. All agreed it was a continuing journey in which we give and receive love at deeper and deeper levels of our being—and that children have a better handle on unconditional love than most of us.

There is an incredible sense of power and freedom in both giving and receiving love without condition or expectation. The experience can be so profound that we lose track of whether we’re the giver or receiver.

That’s the beauty of it. We get to plug into the equation from either side. The instant we give love selflessly, we receive a sense of peace, harmony, and fullness. The flip side is, the instant we become willing to receive the infinite love of God always pouring out upon us, we’re compelled to give it back. It’s our nature.

“Love is who we are, and no season can contain it,” Sara Bareilles affirms in her evocative song “Love Is Christmas.”

It’s true about each of us, and everyone else too.

Above all, clothe yourselves with love, which binds everything together in perfect harmony.—Colossians 3:14

—Rev. Kurt Condra

ON THIS DAY
of Advent

I receive love graciously and reflect it
to the whole world.

MONDAY, DECEMBER 14, 2020

The essence of all life is love. When we awaken the power of love within us and allow it to lead us, we awaken the power of God to come forth through us in a unique and beautiful way. Love heals, unifies, opens our hearts, and transforms us and our world. When the heart is open wide, there is plenty of room for the essence of love to heal our wounds, to nurture our souls, and to mend the broken places.

Love lifts the veils of darkness and reveals the expansive, joyous nature that is ever flowing in your heart, ready to come forth as new life. Love opens the heart to an infinite field of possibilities—a space wide enough to welcome all experiences free from judgments. Love sees through the eyes of compassion and realizes our true nature.

This Christmas, allow the transformative power of love to renew your spirit. Be willing to forgive, release all that is no longer serving you, tear down the walls of separation, and dive deep into your heart. Then share the light of love with the entire world.

Above all, maintain constant love for one another, for love covers a multitude of sins.—1 Peter 4:8

—Rev. Elizabeth Longo

ON THIS DAY *of Advent*

In the stillness of my heart, I tune in to the nurturing, healing, transformative power of love.

TUESDAY, DECEMBER 15, 2020

Has it ever occurred to you that a candle does not lose any of its power and brilliance by lighting another candle? Its ability to share its brilliance is limited only by the length of time it can stay lit.

When Jesus said in Matthew 5:14, “You are the light of the world,” he did so with the knowledge that we have an unlimited source of light—the inner Christ.

Like a burning candle, each one of us can touch untold numbers of others with our unique light. We can keep touching and touching many other people with our love and our light, without diminishing our own source in any way.

We frequently are unaware when we bring light to another soul. Some simple, casual word or gesture can serve to brighten someone else’s life when we least expect it. No, we never lose even a bit of our light by passing it on to another.

The Source of your light is unlimited and eternal. When you allow God’s light to shine through you freely and unconditionally, you are truly “the light of the world.”

Let your light shine before others.—Matthew 5:16

—Revs. Richard and Mary-Alice Jafolla

ON THIS DAY *of Advent*

I brighten the world for others by radiating my divine light.

WEDNESDAY, DECEMBER 16, 2020

Jesus lived what he taught. He healed the sick, fed the multitudes, and taught Truth to all who would listen. He directed us to do the same by loving God and one another.

The Christmas stories in Matthew and Luke show what love can look like. The animals gave presence and warmth, the innkeeper gave a quiet place to stay, the Magi gave precious gifts, the angels guided the shepherds to Jesus and spread the joyous news.

This year has been challenging, with many still experiencing its effects. We can express love by responding to what others need. Maybe it is food, toys, donations, childcare, a listening ear, or nurturing another's gifts and talents. We can also create spiritual nourishment by thinking good thoughts and radiating love in our hearts.

Speaking words of love may be easy, but expressing love through action is following the path of Jesus. We work to move beyond being loving to being love itself. We radiate love to all of creation with compassionate and open hearts.

Little children, let us love, not in word or speech, but in truth and action.—1 John 3:18

—Rev. Margaret Flick

ON THIS DAY of Advent

I extend my love to all of creation. I am
the love of God in expression.

THURSDAY, DECEMBER 17, 2020

Love is more than a feeling. It is a force of nature, like magnetism. On the spiritual level, love is the essence of what we are, and, like magnets, we attract the contents of our life experience.

In a fascinating twist, when the same poles of two magnets meet, they push away from each other. It can seem that way with love too. My decision to be a loving presence may highlight unkind behavior in others. Believe it or not, this is good news! It means my heartfelt declaration has brought the need for love into sharp focus, giving me opportunities to share sacred energy with those who are crying out for it.

No matter what happens around me, I anchor my awareness in love, knowing it is my choice and my gift to give. I feel the call for love coming through others' unskillful behavior. Sending out mighty currents of understanding and acceptance, I feel love move to find its likeness on the other side, and I revel in the bond of unity created within the flow.

Let all that you do be done in love.—1 Corinthians 16:14

—Trish Yancey, LUT, CSE

ON THIS DAY of Advent

When I look for opportunities to *be love*, I find
that love reflected in others.

FRIDAY, DECEMBER 18, 2020

What does it mean to arrive at loving another, to feel the presence of love, especially for a “difficult” person and especially at this sacred time?

When I am angry at another or convinced they have wronged me, I turn from those judgments and instead visualize love surrounding and infusing them. I see love streaming from my heart to theirs. I calm down, no longer bothered or consumed.

Love means acceptance. Love means allowing. Love means forgiveness. Love means not giving self-righteous advice. Love means listening without judgment but with full attention and steady eyes. Love means ignoring annoyances and differences. Love means laughing together.

As the year turns, let your heart open with love beyond this brief, joyful season into every day. We are made to love. See all with love. Do all with love.

Love is patient, love is kind ... It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth.—1 Corinthians 13:4, 5-6

—Noelle Sterne, Ph.D.

ON THIS DAY of Advent

How can I express more love? To whom? The name and face that come to me now are for the right one. I see that person in light and love.

SATURDAY, DECEMBER 19, 2020

In our unity of purpose, we are guided by infinite wisdom and prospered in divine love. If we have but one common purpose, it is love. Love is our birthright.

In *The Revealing Word*, Unity cofounder Charles Fillmore defined love as “the pure essence of Being that binds together the whole human family.” Of all the attributes of God, love is undoubtedly the most beautiful. Love is the great harmonizer and equalizer.

When you feel afraid, think thoughts of love for yourself, for your neighbor, for all beings. When thoughts of lack appear, replace them with loving thoughts for what you do have, rather than fear for what may not appear to be enough. Allow this loving attitude to unfold into abundant blessings. The more love we give, the more we get.

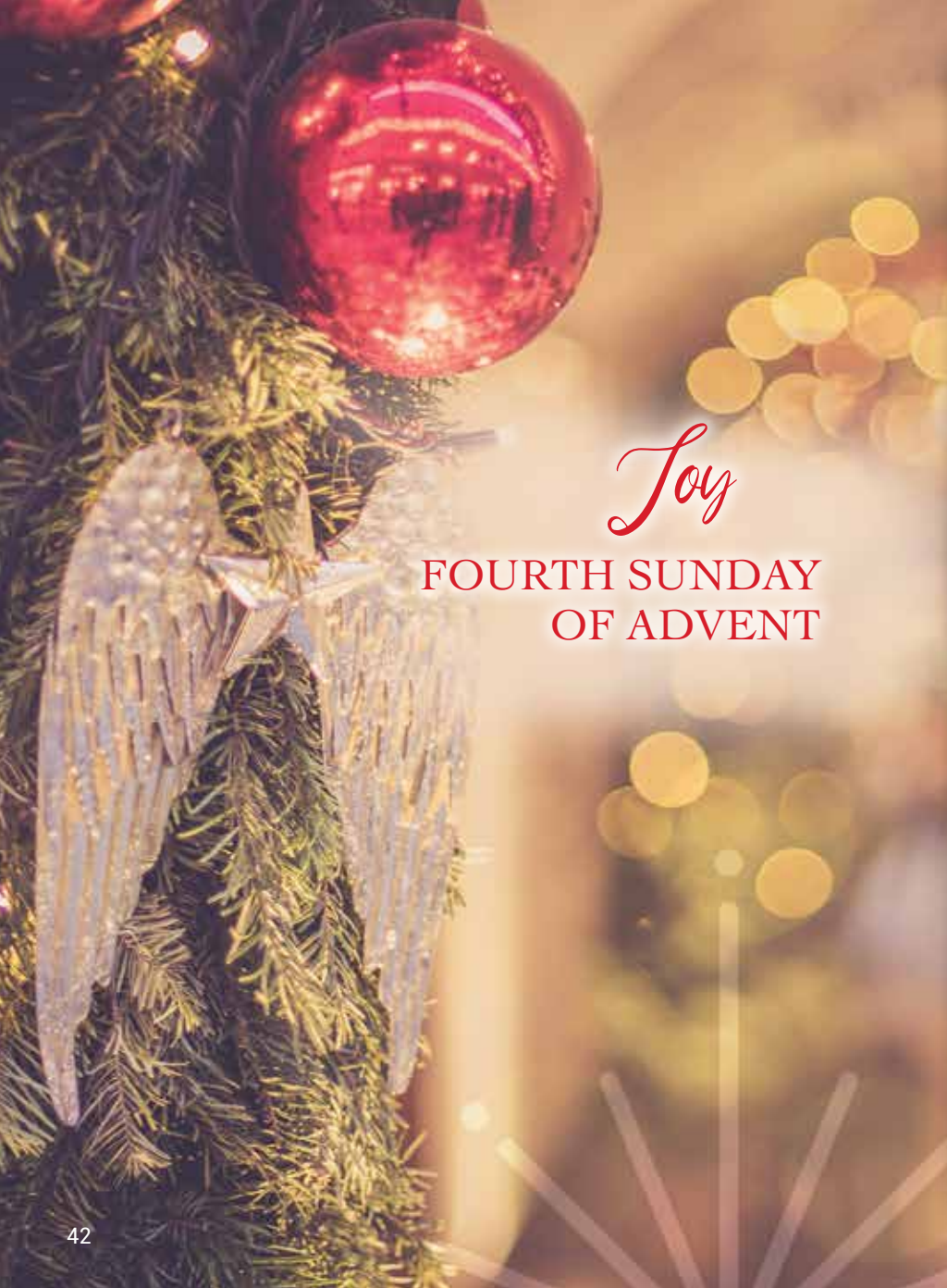
“There is no difficulty that enough love will not conquer ... no gulf that enough love will not bridge ... If only you could love enough, you would be the happiest and most powerful being in the world,” wrote Emmet Fox in *Power Through Constructive Thinking* (Harper, 1932).

I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another.—John 13:34

—Rev. Sandra Campbell

ON THIS DAY of Advent

I am guided by infinite wisdom
and prospered in divine love.



Joy

FOURTH SUNDAY OF ADVENT

SUNDAY, DECEMBER 20, 2020

At my church, the high point of our early Christmas Eve service, designed especially for families with children, involves filing past a crèche and peering into a manger. This being Unity, instead of seeing a doll or an infant, all who look inside witness their own reflection in a mirror resting atop a pile of hay. The obvious point: “Christ is born in you.”

No matter what age, the kids always seem to understand, albeit at different levels. For example, the youngest recognize the face staring back is their own. Starting around age 6, they realize their face is the face of God, and the oldest understand God is in everyone.

That’s the follow-up lesson for adults: We grow and give birth to the Christ throughout our whole lives. If we stay awake, the meaning of Christmas continues to evolve in us. Our understanding of ourselves, our relationship with God, and our capacity to express the joy of the Lord—to give birth to the Christ—become more powerful and more fulfilling every day.

Of course, we don’t present it to kids in those terms. Instead, we ask them to think about what Christmas used to mean to them and what it means now. Maybe it used to be about Santa and getting presents, but now it’s about receiving and giving. Maybe it used to be about cookies and candy, but now it’s about gratitude and celebrations.

I encourage you to take stock of your own evolving Christ consciousness. How is your experience of Christmas different from years past? Perhaps there’s a new character in the Christmas pageant of your life. Perhaps the budget’s tight and costumes and scenery aren’t exactly what you desire. Perhaps someone you

love has transitioned to another realm or been cast in a different role. Are you exploring new ways to express your appreciation and acknowledge the blessings unfolding in your life? Are you discovering wonder and joy? Are you allowing peace and love to be born anew in you?

Remember, like children peering into the mirrored manger, whatever insights you gain are but a snapshot of your ever-expanding realization of your innate divinity. Bless them, and know that tidings of great joy await.

You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore.

—Psalm 16:11

—Rev. Kurt Condra

ON THIS DAY
of Advent

I give thanks for the milestones of my life and joyfully
celebrate my spiritual evolution.

MONDAY, DECEMBER 21, 2020

When we light the Advent candle for joy, we remind ourselves of the spiritual truth of this season: “Unto us a child is born.” In telling the Christmas story, the Gospel writers remind us that when things seem darkest, joy can come in unexpected places and small packages. Children remind us of the joy of playing, giving, learning, and loving. In the presence of such joy, our inner child can awaken our Christ nature and then the Messiah is truly born.

Christmas is not an event that happens only in December or 2,000 years ago in Palestine. Christmas happens as we open to the possibility of hope, when we live in the understanding of peace, and when we give love. The joy that is Christmas, the birth of the Christ, happens all the time, every minute of every day.

As the days get shorter and darkness seems to close in, we light the candle for joy to remind ourselves of the power and presence within us. Then we celebrate the season with newfound glee. Joy to the world, the Savior is here and has been here all along.

For unto us a child is born, unto us a son is given.

—Isaiah 9:6 (KJV)

—Rev. Ken Daigle

ON THIS DAY
of Advent

I light the candle for joy in my heart and awaken to
my Christ nature!

TUESDAY, DECEMBER 22, 2020

In my mid-20s, I spent a year traveling overland to India. I remember sitting on a cliff overlooking the Indian Ocean one day with no job, little money, no romantic relationship, several thousand miles from home, and not sure what the future might bring. Yet I was filled with the most indescribable joy and peace.

I discovered something valuable that day. Joy is not dependent on the accumulation of things, or being successful in the world's terms, or having the "perfect life." Certainly, all these things can bring some happiness, but it is often temporary and ultimately unsatisfactory. Something more wonderful is possible.

Joy arises when we let go, release our need to work it all out, and simply be with what is.

On this day of Advent, return to simplicity. Remember, the joy and lasting happiness you seek is already within you. It can be drawn forth like water from a well. It can blossom and bless in the most delightfully unexpected ways when we relax, release, and enjoy.

With joy you will draw water from the wells of salvation.
—Isaiah 12:3

—Rev. Paul John Roach

ON THIS DAY
of Advent

I relax, release, and enjoy the wonder
of the present moment.

WEDNESDAY, DECEMBER 23, 2020

Have you ever thought of joy as a strength? Joy is our natural state of being. As we experience joy, our Christ nature is born in us.

One of the ways I discover joy is through Christmas caroling. The first carol I learned was "Jingle Bells." What a fun song to sing! It celebrates the thrill people felt as they took sleigh rides, ran races, and rang their jingle bells to alert the other sleighs so they would not collide. Imagine gliding along the crisp, newly fallen snow, laughing as you celebrate the season with friends. Is it a spiritual song? Its spiritual nature is in how it invites us into a carefree state.

How do we get into that carefree state when there is so much to do? We can pressure ourselves to get the holidays "right" and lose the fun. Release any ways you have enslaved yourself with holiday expectations. Allow the jingle bells to wake you up to joy. Let joy be your strength as you navigate the holidays.

The joy of the Lord is your strength.—Nehemiah 8:10

—Rev. Jeanmarie Eck

ON THIS DAY
of Advent

The joy of the Lord is my strength. I am joy!

Christmas Eve

THURSDAY, DECEMBER 24, 2020

Christmas Eve seems to be a day fraught with the tension of anticipation. As adults, it can be the tension of too much to do, but for a child it can be eagerly waiting for the impossible to become real. A child waits with confidence in the possibilities of Christmas. By the time we become adults, we may be too cynical to have any confidence in possibilities. Our hopes have not come to the fruition we planned, and often, we stop believing in possibilities.

Adults read the Christmas story and note the inn without room and imagine the dusty stables where the animals were housed. The pain of labor and the hours of travel feel real. Yet who has not looked up into the sparkling night sky, awestruck by the infinite expanse and the countless lights? We feel ourselves drawn into that limitless power and imagine a host of angels and a single bright star in the sky. In these moments, we grasp the wonder of being a child and believing in possibilities.

The life of Jesus demonstrates the ability to express and utilize the amazing spiritual gifts that are innate in us at birth. As we prepare for the renewal of Christ consciousness within, we open ourselves to recognizing the gifts in each one of us. One key to fully embracing our gifts is an awareness of our tendency to judge the gifts we discover. A child offers a cardboard, painted ornament or a clay dish with such genuine love, rejection is not a consideration.

For the child, that gift has the magnificence of the stars. The humbly fashioned gift embodies the splendor of love itself, and so it is with the expression of all our gifts.

On Christmas Eve, we anticipate the gifts being revealed in and through us. With childlike wonder, we witness the beauty of our divinity expressed as love and wisdom and faith. We shape the way our gifts are shared with others using divine imagination. Every day, not just Christmas, brings the opportunity to unwrap a new aspect of ourselves as we generously share the light that only we bring into the world. How miraculous is that?

O Lord, you are my God; I will exalt you, I will praise your name; for you have done wonderful things, plans formed of old, faithful and sure.—Isaiah 25:1

—Rev. Joy Wyler

ON THIS DAY of Advent

With anticipation, I allow Spirit to reveal my unique gifts and the ways I can share them with the world.

Christmas Day

FRIDAY, DECEMBER 25, 2020

As the long night ends and Christmas Day arrives, a powerful message of love is birthed to the world, the awareness that we are all the Christ.

The Christmas story is more than an event from the distant past. It is a road map for the birth of the divine energy within you right now. How are you called to birth a greater understanding of your Christ nature? How are you called to live as that powerful love?

It is so easy sometimes to accept what has always been for what will always be. We fall asleep to life and miss or dismiss the call to transform, grow, and deepen. Each year, Christmas invites us to move from the darkness where we slumber into the light of our true nature. Each year, we are given an opportunity to deepen and realign with our spiritual identity, our Christ self.

Ebenezer Scrooge, in Charles Dickens' *A Christmas Carol*, undergoes just such a powerful rebirth in one miraculous night. He awakens on Christmas morning transformed. His heart, closed for so long, has rediscovered the power of love—love of life, love of possibility, love that is generous and expects nothing in return. He is forever changed.

His pledge, "I will honour Christmas in my heart, and try to keep it all the year," is an affirmation for a new way of being. Ebenezer intuitively knows that this pledge to honor Christmas, to be love

in action, is a practice that he will be invited to choose again and again. Each Christmas, he and we have an opportunity to renew our pledge to be love, to be compassion. We must be willing. We must make space and choose love so that we, too, will be forever changed.

When we allow ourselves to live a life of love, to express love, to be a place for love, we live as the Christ. We demonstrate what Jesus so powerfully modeled for us all. And in our yes, we discover that as we give, so we receive. Love begets more love, kindness more kindness, compassion more compassion, and caring more caring.

Honor the Christ presence in your heart this day and keep choosing love all throughout the year.

Whoever does not love does not know God, for God is love.

—1 John 4:8

—Rev. DeeAnn Weir Morency

12 Powers for the 12 Days OF CHRISTMAS

While Christmas commemorates the birth of a man more than 2,000 years ago, the heart of this holiday season can be expressed all year around if we learn to live by love's law.

It is a process of bringing newfound awareness to our own divine nature, called the Christ, through our human experience. Spiritual practices support us in identifying ourselves as divine, inherently good, and claiming our innate potential known as the 12 powers.

The powers are faith, strength, wisdom, love, power, imagination, understanding, will, order, zeal, release, and life. These are aspects of the perfect Christ pattern that is born in each of us.

Christmastime invites us to focus intently on the birthing of our divine nature, yet we can imagine this for every day of our lives as well. With childlike wonder, we can use these 12 spiritual powers to help us recognize we are sparkling, twinkling presents, and it's time to unwrap ourselves and share our magnificence.

This is the season of giving—giving ourselves to the world for healing transformation. As you practice your inborn powers in the 12 days ahead, may you come to see how magnificent, glorious, and Spirit-filled life could be if every day were Christmas.

—Rev. Kelly Isola

Rev. Kelly Isola is a Unity minister, teacher, and author who also chairs the Greater Kansas City Interfaith Council in Missouri.

Faith

SATURDAY, DECEMBER 26, 2020

Faith isn't necessarily something that arrives one day with a giant bang. Rather, it's a potential that grows, expands, is encouraged, and comes to life when invited. It is a divine idea, an expression of your divine identity through your humanity.

Faith allows us to welcome our own doubts and fears yet remain true to our heart—to be courageous beyond measure. It is the conviction of the heart well-formed. When we are steadfast in knowing that faith directs us in how we express God as generosity, gratitude, love, harmony, and life, we live our most noble selves, and the Christ is made real every day.

Rather than faith being a set of principles, dogma, or creeds, we know it as a commitment to listen constantly to that eternal voice. When I engage the power of faith, I leave a ripple effect for all time, a lasting legacy of making the divine real based on how I engage all life while here on earth.

Focus on the power of faith, affirming:

*Every day, in every way, the light of faith illumines my path,
allowing me to see Truth as I express my divine identity.*

I have fought the good fight, I have finished the race, I have kept the faith.—2 Timothy 4:7

Strength

SUNDAY, DECEMBER 27, 2020

A spiritual strength like no other is our foundation to stay the course when challenged by life and navigating new landscapes.

How many times have you wept for yourself and loved ones? How many times have you felt impatient, frustrated, or alone? Yet still you are here, because the power of your innate strength and the purity of your perseverance carried you through any difficulty.

How many times have you silently witnessed someone's doubts and fears then gently whispered, "You are not alone. I am uplifting and strengthening you. When you fall, I will be there to hold you."

This is the power of strength—for ourselves and each other—strength of body, mind, and spirit. Spiritual strength is inherent in each of us and developed through our spiritual practices. It is our guide through the chaos and ultimately to the remembrance that God is everywhere present, in the dark and in the light.

When you feel your own doubts and fears, affirm:

*Every day, in every way, the light of strength illumines my path,
and I am strong and steadfast. I persevere in life.*

I can do all things through him who strengthens me.
—Philippians 4:13

Wisdom

MONDAY, DECEMBER 28, 2020

Wisdom is like an eternal lighthouse within us, faithfully guiding and always supporting us in spiritual understanding, which leads to taking right action. It is our ability to always turn within, to be still and listen.

It is a natural ability, cultivated by practices that quiet the mind and still the body, allowing us to see each life experience as a way to be more alive and to live more abundantly, with greater purpose and meaning. Ultimately, our greatest reward and gift from the power of wisdom is healing joy—joy we willingly share with those who need it most.

When we dive into the infinite ocean of wisdom, always and everywhere present, we begin to know more, see more, and be more of our divine nature as a gift for the world. We are that manifestation of the living God moving with purpose, certainty, right-seeing, and knowing.

Imagine something in life that needs your attention and direction, and affirm:

*Every day, in every way, the light of wisdom illumines my path.
In the quiet of my heart and body, I see and know what is mine to do.*

**And when you turn to the right or when you turn to the left,
your ears shall hear a word behind you, saying, "This is the way;
walk in it."—Isaiah 30:21**

Love

TUESDAY, DECEMBER 29, 2020

The power of divine love doesn't discriminate, it simply loves for love's sake. It is one of the names we use for God because it allows us to see *everything*—every fault, lie, hurt, or mistake—and yet simultaneously see none of it.

When we embody the power of love, we realize we are one with all life, transforming every judgment, wound, or suffering we hold into harmony, peace, and wholeness.

In harnessing the power of divine love, we also create space for others to share their own trials and tribulations, making a soft place for a loved one to fall when the world is circling out of control.

As you pause and think about the world, those you love, strangers, or planet Earth, put your hand on your heart and affirm:

*Every day, in every way, the light of love illumines my path,
awakening me to the realization that all things are possible.*

And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing.

—1 Corinthians 13:2

Power

WEDNESDAY, DECEMBER 30, 2020

In early Christianity, the word *Bethlehem* meant “house of living bread,” which we would call the power of Truth. Our innate spiritual power is the awareness we are standing on that solid foundation of Truth, coupled with our ability to act from our most noble self, the perfect Christ pattern.

When we feel unsteady and may not recognize Truth staring us in the face, the simple act of a slow, deep breath quiets the chaos inside and makes space for us to identify what is important in any given moment. We respond from a place of groundedness, our Christ nature.

When we are singularly focused on divine power, our words, thoughts, and actions can transform the world. From the place of spiritual power, our presence reverberates, echoing to the world with perfect compassion, peace, and kindness.

Pause for a moment, take a long, deep breath, fill your lungs, and exhale as you affirm:

*Every day, in every way, the light of power illumines my path. I stand
firmly on Truth, expressing my noble self with ease.*

Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these.—John 14:12

Imagination

THURSDAY, DECEMBER 31, 2020

Imagination is our ability to see a new world and then some. It is our capacity to envision a transformed world as well as to create and unfold our mental images until we experience their realization.

At our point of power, we are creators, able to see behind the obvious in any given moment to the soul of life that is imbued with God.

Imagination is the kindling of our divine nature, the glowing embers of eternal divine ideas, full of energy waiting to be formed from infinite possibilities. Developing our faculty of imagination helps us catch a seedling of an idea and grow it into its fullness, giving shape to the sacred and forming God into what the world needs most: compassion, joy, love, courage, and peace.

On this New Year's Eve, what do you imagine for yourself in the coming year? What possibilities are you contemplating? In the quiet, let your imagination be your aliveness as you affirm:

Every day, in every way, the light of imagination illumines my path. Infinite possibilities are eternally present, molded and shaped by me.

For as he thinketh in his heart, so is he.—Proverbs 23:7 (KJV)

Understanding

FRIDAY, JANUARY 1, 2021

NEW YEAR'S DAY

We all desire to know ourselves and the world around us in more profound ways. This requires questioning, and the fruit of that curiosity can lead to spiritual understanding—living the truth we know.

It is natural to seek understanding when times are chaotic and confusing. The faculty of understanding is comprehending life's circumstances from the knowledge of our divine nature, not just from facts we collect.

For the kingdom of heaven to unfold, we need to be able to stretch, to see with new eyes, taking in all that is happening, not only with our five senses but with our hearts and minds too. When we harness that understanding, we act from a place of wisdom and compassion, allowing us to engage challenges with clarity and ease because we are acting from what we are—divine.

Looking back at this past year, think of times you felt frustrated, confused, or stuck. If you had understood then that you are divine, how might things have turned out differently?

On the first day of this new year, affirm:

Every day, in every way, the light of understanding illumines my path. I live my life from my divinity with clarity and meaning.

**Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom.
—James 3:13**

Will

SATURDAY, JANUARY 2, 2021

The power of will may be one of the most misunderstood of the 12 powers. It is not about having power over something or someone, not about control or influence. It's the opposite.

Simply put, our spiritual will is our chooser. It moves us into right action with great clarity and peace. Will directs us to our well-being and supports us as we take our next right actions in any given situation, even if the decision we have made and action we have taken seem outside the norm for us.

The power of will is not about being diminished or controlled. Rather, it is our capacity to choose righteously—with “right use”—to follow the way of life. The power of spiritual will engages latitude of thought, tempered always with love.

Think about the new year that has just begun to unfold. Consider the power of will as you contemplate what is yet to come and affirm:

*Every day, in every way, the light of will illumines my path.
I choose my life. I say yes with clarity and love.*

For the gate is narrow and the road is hard that leads to life, and there are few who find it.—Matthew 7:14

Order

SUNDAY, JANUARY 3, 2021

Order is not a stagnant power. It is our ability to organize our thoughts and actions, as well as to dynamically change that order as conditions around us evolve.

Divine mind, the one mind, is the spiritual power of order because it is the organizing principle imbued in all life. We may want to think divine order is something outside ourselves—a plan or strategy—yet it is our capacity to be centered with the one divine idea, God. When we do this, life flows, and our world is brought forth in a harmonious and balanced way.

Aligning with the universal law of life allows us to organize divine ideas and create life from spiritual principles, rather than getting lost in experiences that are confusing or messy. When we harness the power of divine order, we recognize the growth and evolution that is always occurring and are able to float with the current, gracefully moving forward in life.

Focus on the power of order, affirming:

*Every day, in every way, the light of order illumines my path.
I am grateful for my ability to evolve gracefully.*

The earth produces of itself, first the stalk, then the head, then the full grain in the head.—Mark 4:28

Zeal

MONDAY, JANUARY 4, 2021

Zeal is the fierce expression of Spirit. It is a fiery passion for life, the boldness of living with purpose.

Spiritual zeal is demonstrated by our capacity to dive into our day knowing full well what is rightfully ours to accomplish. It may seem overpowering for some, but fear not, it simply means we are expressing our devotion for making manifest any number of divine ideas.

Zeal is awakening the fires that burn behind our words of Truth or when we respond to each other's needs. These fires motivate us into action—action that is no different than the winds and tides that move the universe. Zeal is a quintessential force for good, urging us always to spring forward to accomplish what seem like miracles.

As you pause in silent reflection, remember zeal empowers you to express as the glory of all creation, and affirm:

*Every day, in every way, the light of zeal illumines my path.
Passionate and awakened, I am a vital force of Spirit.*

Do not lag in zeal, be ardent in spirit.—Romans 12:11

Release

TUESDAY, JANUARY 5, 2021

Through the power of release, we let go of limiting beliefs. We remember our inherent goodness—our divine identity—and we are unstoppable.

In the quiet of our spiritual practice, we tune in to thoughts, things, feelings, and beliefs that need our attention so we can discern what is truly an expression of Truth. The rest can be released so we can birth the fullness of our most noble selves, physically, mentally, emotionally, and spiritually.

Release is a cleansing practice to free us from burdens we have carried far too long, making our bodies weary and our minds troubled. Our lives, and the lives of those around us, are freer, lighter, and more meaningful because we release what does not serve our greater good.

In your meditations today, affirm:

*Every day, in every way, the light of release illumines my path.
Letting go of limiting beliefs, I live life more abundantly.*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?—Isaiah 58:6

Life

WEDNESDAY, JANUARY 6, 2021

EPIPHANY

Life is the everlasting power. We breathe it into our thoughts, feelings, and actions. It is the power of our presence, which evokes in others their own power to express the eternal activity of God, which is life itself.

Since God is life, it means we are already whole, lacking nothing, and that we already belong. We are already loved. All life depends on surrendering to the life force of the Christ we are. The holiday season reminds us we are each the light of the world. We are each forever changed because of our ability to express the power of life, vitality, and wholeness.

If you have a moment where you hold your breath believing you're not capable of such power, take a slow, deep breath and affirm:

*Every day, in every way, the light of life illumines my path.
I am the power of God, the living light of the Christ.*

I came that they may have life, and have it abundantly.
—John 10:10

How May We Serve You?

Unity is always here to support you in creating a healthy, abundant, and meaningful life.

PRAYER SUPPORT

Reach out to Silent Unity® for personal prayer anytime, day or night, at silentunity.org. You may also call Silent Unity at 816-969-2000.

INSPIRATIONAL PUBLICATIONS

Call 816-969-2069, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit unity.org.

- *Daily Word*® in regular, large type, digital, or Spanish (*La Palabra Diaria*)
- *Unity Magazine*®
- Books and booklets

UNITY RETREATS AND EVENTS

Call 816-251-3540, Monday-Friday, 7:30 a.m.-4:30 p.m. (CT), or visit unityvillage.org to see detailed information for workshops, retreats, and special events.

ONLINE RESOURCES

- Articles, prayers, meditation, news, and information at unity.org.
- Spiritual programming 24/7 at unityonlineradio.org.
- *Daily Word* messages and related content at dailyword.com.

Unity is a 501(c)(3) nonprofit organization, supported primarily by freewill offerings, including planned giving. To give a donation, please visit unity.org/donatenow. Thank you in advance for your support.



1901 NW Blue Parkway
Unity Village, MO 64065-0001
unity.org

G1286
Canada BN 13252 9033 RT
Printed U.S.A.