

PRAYER TO RELEASE WORRY

I was visiting friends a couple of weeks ago. The forecast was for a mighty rain storm, but it blew through quickly, with sizzling lightning, loud claps of thunder, flickering lights and only a little rain.

It was all over so quickly and I couldn't help but think of that storm as a metaphor for life.

How often do we worry about things that will wreck havoc with our lives, only to look back to see that the worries were groundless – or that the storm was short-lived?

I'm reminded again of one of my favourite quotes: Stop telling God how big your storm is and start telling your storm how big your God is!

My God – this creator of all that is – is an awesome God. To know that the Power of Spirit courses through my body, mind and soul gives me complete comfort. God is my beacon in the storm; my safe harbour if and when the storm hits – and bigger than anything that can happen in my life.

In this peaceful moment, I feel completely connected with the Divine. I know that Its Power and Presence is in everyone and everything. I know that with this knowledge, we attract goodness into our lives; we overcome what appear to be great obstacles because we have a GPS – that global positioning system in our DNA. It is the inner guidance that comes from Source.

And so today, I listen. I listen in quiet contemplation and meditation for that guidance to the next step on my path and I know it is right and good.

I'm so grateful!

And so it is!