

Today we celebrate the second Sunday of Advent with this lesson on Peace. Advent means *The Coming*. In Unity, Advent is the celebration of the *Coming of the Christ*, the awakening of the Christ Consciousness within us. During this season that precedes Christmas we focus on this process of awakening. We focus on our inner journey, which embraces and nurtures the attributes of the Christ mind. These attributes include Faith, Peace, Joy and Love. Embracing each of these qualities will lead us to the expression and demonstration of our Christ potential.

Sometimes we face challenging situations, which cause us to ask ourselves, *Where is God in this? Or How can there be any good in this situation?* When we are in doubt, we need to align ourselves again with Spirit and practice the Truth principles that we know. When we do these things, we see with eyes that are greater than our human eyes. When we're willing to focus our attention on Spirit and Truth rather than on the difficult situation, we open ourselves to the activity of Spirit, which is waiting to come forth to help us.

**Here are Five Steps to Living a Peaceful Life and Creating a Peace Filled World:**

1. *Set your purpose for each day.* As you awake in the morning, set the purpose of your day to find the peace of God in all situations you encounter. Affirm: *Today I am God's powerful, peaceful presence.* Remind yourself of your true capacity. You are joyful, peaceful and without limit, and you have an ever-present source, the Christ, within you.
2. *Have Faith:* Know that your faith will give you what you need to get through this situation.
3. *Remember everything is in divine order.* Everything in life happens for a reason, and for the highest good. We need to let go and let God.  
Affirm: *The Christ within provides for my every need.*
4. *Be an instrument of peace.* When emotions run high, be the calm before the storm. A kind word or a simple gesture can defuse a challenging situation.  
Affirm: *I am an instrument of God's peace.*

Embody *Peace* this Christmas Season. As a spiritual being your life is in divine order; have faith that you will always have everything that you need. Remember that the spirit of peace lives within you. Live consciously from this Truth, and you will help to create a peace-filled world.

Affirmation: *The peace of Christ is born in my heart.*