

Those who wait upon the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, and they shall walk and not faint. Listen to me in the silence, says the Lord. Isaiah 40:31

Have you ever had one of "those" days when everything seemed difficult? On such a day everyone and everything seems to tax you, and you think the events of the day will never end or will surely leave you compromised, weakened or destroyed? You might even have found yourself saying, *God give me strength!*

Strength is one of the "Twelve Powers" that Unity's co-founder Charles Fillmore discusses in his book titled *The Twelve Powers of Man*. Charles Fillmore taught that each of us has these *Twelve Powers* within us. As we develop and use these powers correctly, we can express our Christ potential and live more powerful and happier lives.

Often when we think about the *strength*, we are talking about physical or emotional strength. When we talk about physical strength, we think of having physical endurance or strong muscles. When someone has emotional strength, we believe they have the ability to remain calm in the face of potentially upsetting circumstances. Having *spiritual strength* is our ability to hold to and practice our spiritual principles in spite of outward appearances or internal fears.

Here are a few ideas to help you develop and maintain your Spiritual Power of Strength:

All strength originates on the spiritual plane and then is reflected into other planes and experiences.

Possessing spiritual strength will help you be strong in all other ways.

The strength of God is everywhere and fortifies you against all challenging conditions.

Your spiritual strength is your ability to remember your spiritual principles and practice them.

Use your spiritual tools; affirmations, denials, prayer, and meditation.

The faculty of strength reminds you, Don't take things personally, for Truth needs no defense.

Here are some Spiritual Strength building tools:

Denials: Denials are statements of release: we do not deny facts or feelings or emotions, we deny that those facts, feelings, or emotions have power over us. We are not in *denial* that challenging events occur; we use release (denial) statements to remind ourselves that no matter what is happening, we are always free to choose our response to that experience.

This situation has no power to hurt me.

There is no evil in the world.

There is nothing in all the universe for me to fear.

Affirmations: Affirmations are statements of Truth. We do not say affirmations to *make things happen*. We use affirmations to help re-train ourselves into more productive thought patterns. Most of us have inherited a great deal of negative mental programming as we have gone about our lives. Affirmations are a basic tool which helps us to create more efficient and optimal ways of thinking. Here some examples:

God is my source, my strength, and my power.

I am peaceful and serene.

I have the strength to persevere.

My mind is illuminated with spiritual understanding.

I am a unique expression of Being-ness. In each moment, I express Life, love, wisdom, power.

I am Whole, and I am governed by Spiritual law.

Meditation: Meditation builds consciousness and helps us gain spiritual understanding.

Affirmation: *Spirit is my source, my strength, and my power.*