

WE ARE

UP
CHURCH

Sunday Services begin at 1:00pm

UNDERSTANDING PRINCIPLES FOR BETTER LIVING

600 W. Queen St, Inglewood, CA 90301 • 310-412-7729 • upchurch.org

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Activate Your 12 Powers

POWER UP: WISDOM



SOUL WORK

Each day this week, spend at least 15 minutes in the morning and 15 minutes in the evening concentrating on the daily pier of Wisdom. Use the affirmation below during this meditation time and focus your attention the Wisdom center in your body.

Wisdom, the highest form of spiritual knowing, includes judgment, discrimination, intuition, and other activities of the mind that come under the heading of pure knowing. It is the voice of God within...mental action based on the Christ Truth within (p. 53).

Location: Wisdom resides in the pit of the stomach.
Disciple: James

Sunday affirmation: Unlearning

I joyously release false concepts of the past.

Monday affirmation: Learning

I conscientiously learn the Truth about God and me.

Tuesday affirmation: Acknowledgment

I wholeheartedly acknowledge and accept new ideas of Truth.

Wednesday affirmation: Reason

I enthusiastically expand my knowledge of the basic principles of Truth.

Thursday affirmation: Insight

I see past appearances to the Truth.

Friday affirmation: Wisdom

Through the light of the Christ in me, I know the Truth.

Saturday affirmation: Knowing

I am one with the all-knowing Mind of God.