

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: FAITH!



SOUL WORK

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

Faith is the quality in us which enables us to look past appearances of lack, limitation, or difficulty to take hold of the divine idea and believe in it, even though we do not see any evidence of it except in our minds. (pg. 29)

Location: The center of the head, between the eyes and ears.
Disciple: Peter

Sunday affirmation: Receptivity

I am receptive to divine ideas.

Monday affirmation: Assent

I accept the idea of my innate divinity.

Tuesday affirmation: Belief

I believe with all my thinking ability that I am God's perfect child.

Wednesday affirmation: Trust

I trust God with all my heart.

Thursday affirmation: Faith

I act on the Faith that I am God's perfect child.

Friday affirmation: Conviction

I identify with the all-conquering Truth that I am a spiritual being, living in a spiritual universe, governed by spiritual ideas.

Saturday affirmation: Realization

I am the Christ expression of Faith.