

Inspiration from ***Assurance of Grace*** Message 6-23-24 Rev Brigid Beckman

**Catherine of Siena:** *God's grace, unsought and unearned, blows through my life, and all I need to do is raise my sails to catch the full wind.*

From Eric Butterworth in ***The Universe is Calling:***

The word grace means favor. Why are you favored as a child of God? Simply because you are the activity of God expressing... as you. God's will for you is so intense, so continuous, that it even filters through your willfully closed mind.

You are not a helpless creature bobbing about like a cork on the seas of life, at the mercy of the storms of fate and circumstance. You are the very self-livingness of God. When you desire spiritual growth, it is God who has first desired it in you... You are the activity of God in expression, beloved with an everlasting love.

*Living in a state of grace* is an expression often used to imply that the person has earned God's favor... Living in a state of grace can mean nothing more nor less than living in a disciplined awareness of the divine flow. God's flow is constant. Our experience of it changes with our consciousness...

Grace, as the divine favor, the activity of God's love, is working for you constantly. It is not dependent upon any special faith or prayer on your part. Like the buoyancy of water that will keep you afloat even when you try to force yourself under—grace fulfills divine law by sustaining you in spite of yourself.

Grace is simply a wonderful facet of the activity of God in you. It is not something you must work for or develop. It simply is. It is an assurance, an explanation of why things are never quite hopeless, and why we never receive the full harvest of the error we sow, and why we always receive a little more good than we earn.

From ***Grace Awakening***, a 75-page course in the Metaphysics of Grace, given by the Unity School for Religious Studies in 1993, and written by Debbie Tyson. Found on [truthunity.net](http://truthunity.net), it is a series of extracted quotes from Unity classic writings.

"Remember that the grace of God is God's love in action. God's grace is unlimited and so wonderful that words can scarcely describe it...(Weekly Unity, October 14, 1956).

"Grace is God's gift of love and mercy, given freely to us whether or not we deserve it. We cannot steal, borrow, buy, or earn it. We can only accept or refuse it" (Handbook of Positive Prayer 151).

"Grace has nothing to do with anything that anyone else has ever done, nor with any outward activity on our part. Grace is an inner realization that we are already one with God, always have been and always will be; that the only separation is a false belief in our own mind. Grace is simply the Truth of Being that which we are." (Margaret Pounders Laws of Love 222).

"We are created in the image and likeness of God; therefore, our true nature is the same as God's, which is love. When our consciousness expresses from its true nature, grace is the experience; but when it expresses from some other state, such as unforgiveness, fear, anger, resentment, and so on, then pain and suffering result. We can never be separated from the activity of grace, but we can feel as though we are whenever we function from a level of mind-heart energy that is foreign to our Christ nature."

It is the *assurance of grace* that lifts us. Living in a state of grace doesn't mean we never again face hardships, loss, frustrations; it simply means we have the ability to face it all with courage, with dignity, with awareness, knowing we are held in grace, filled with grace, vessels of grace...**you are the activity of God expressing... as you... You are the very self-livingness of God. IN EVERY MOMENT.** We each must answer *What is mine to do as the self-livingness of God expressed in me?* In the face of all that life is asking you today, will ask of you in this coming week, how will you show up as love in action? How will you stay open to the flow of grace in you and as you?

## **Animal Grace**

Gloria Heffernan

I have tried all the prayers my mother taught me  
kneeling by the bedside when I was five.  
They're all good, but they've never felt like me.

I have tried Namaste and Shalom and Amen  
because I know words matter and I want to choose  
wisely from the lexicon of peace.

But it wasn't until I saw the three-legged pit-bull  
bounding across the playground  
that a prayer rose to my lips that finally said,

Oh yes, this is my psalm. This is the hymn  
I will carry in my heart until the day I die.  
This is the sacred goal I must aim for.

And so, I begin the day with these words.  
Dear Lord, let me greet every person  
who crosses my path as if they were a dog.

Let my face light up with joy and curiosity.  
Let my hand reach out with tenderness and care.  
Let me see and celebrate their eagerness to love.

Let me offer up bowls of food and soft blankets.  
Let me pause and gaze into their deep warm eyes.

Let me trust their capacity for goodness.

When I find a person who has been mistreated,  
who growls like a hungry cur in a dark alley,  
let me approach cautiously, but approach, nonetheless.

When I see one who is hungry  
and trembling in a doorway, let me share  
with them whatever is mine to give.

Let me love first and ask questions later.  
Let me see in their eyes the answer  
to the only question that matters.

No matter the pedigree, no matter the mix,  
let me see a creature whose only job  
is to be loved.