



Good News from ...

Soul Food Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

Thanks - Living

The practice of giving thanks to God deepens our connection to the presence of God within us. Heartfelt thanks to God energizes and increases the good around us. *“It is impossible to be bitter when we are grateful. It is impossible to be unhappy when we are grateful. It is impossible to be without hope when we are grateful.”* (**The Grateful Road**, Chris Norman).

Thanks for everything, both the ups and downs of life, allows us to transcend the facts and focus on the truth. It empowers us to see God’s presence in all of the people and events that life brings to us. Conscious thanksgiving can stop negative thinking in its tracks. It is a prayerful way to practice the presence of God at all times and in all places.

Gratitude also helps us avoid a serious error in consciousness — taking our good and the channels of our good for granted! This attitude is encouraged by the culture of entitlement in which we live. However, if living a better life spiritually and materially is our intention, entitlement is an attitude that does not serve that intention. *“Gratitude is not only the greatest of all virtues, but the parent of all others.”* (Cicero 106-43 B.C.E.)

“Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.

“Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.

“For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.”
(Psalm 100, 3-5)

The other books in Hebrew scripture (the Old Testament) tell us **what happened** to the people of Israel, the Book of Psalms tells us how **they felt** about what happened to them. In the psalms, they give expression to all of their feelings, from anger and fear to praise and thanksgiving. Israel was called to be a partner with God in their historical drama. As partners, they were to converse with God offering praise, asking questions and even complaining to God about their hard times. The finest example of Israel’s converse with God is found in the Psalms.

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The psalms are poems, prayers, laments, and other lyrical expressions that were set to music and used as hymns in Israel's worship. Just as our hymn books today unite the voices of many generations, so do the Psalms. Most of them cannot be dated or placed in their historical context so we don't know their origins. We do know that they were compiled for use in the second Temple (built after their return from exile in Babylon) which was completed in 515 B.C.E. Whether the mood was elation or sorrow, the songs were intended as anthems to the glory of God.

The names of the Divinity are not all the same in Hebrew. What is translated as *God* in English is in Hebrew *Elohim*. Metaphysically it represents the **universal principle of Being**. The *Lord* in Hebrew is *Yahweh* and represents divine law, the executive power of God. (*"The Lord is God"*.) God is the animating Spiritual Principle of all creation. When there is an effect in the material world there must be a cause — Spiritual Principle (*"...it is he that has made us and not we ourselves."*)

"Let your words of praise and thanksgiving be to Spirit, and the increase will be even greater than when they are addressed to other people. (Enter into his gates with thanksgiving and into his courts with praise.) The resources of Spirit are beyond our highest flight of imagination. We have access to it and can praise a weak body into strength, a fearful heart into peace and shattered nerves into poise and power, (*"...be thankful unto him and bless his name"*.) Thoughts and words of gratitude and blessing tap into the resources of Spiritual Presence and Power within each of us.

The Lord (Law) is not person but is principle, and as principle is absolute good expressed in all creation, (*...the Lord is good."*) His compassion loves, supports, nurtures and gives life to our being (*"...his mercy is everlasting"*). His truth is that which acknowledges, verifies and expresses Divine Ideas of Absolute Good which endures forever (*"...endures to all generations"*.)

How do we increase our consciousness of gratitude?

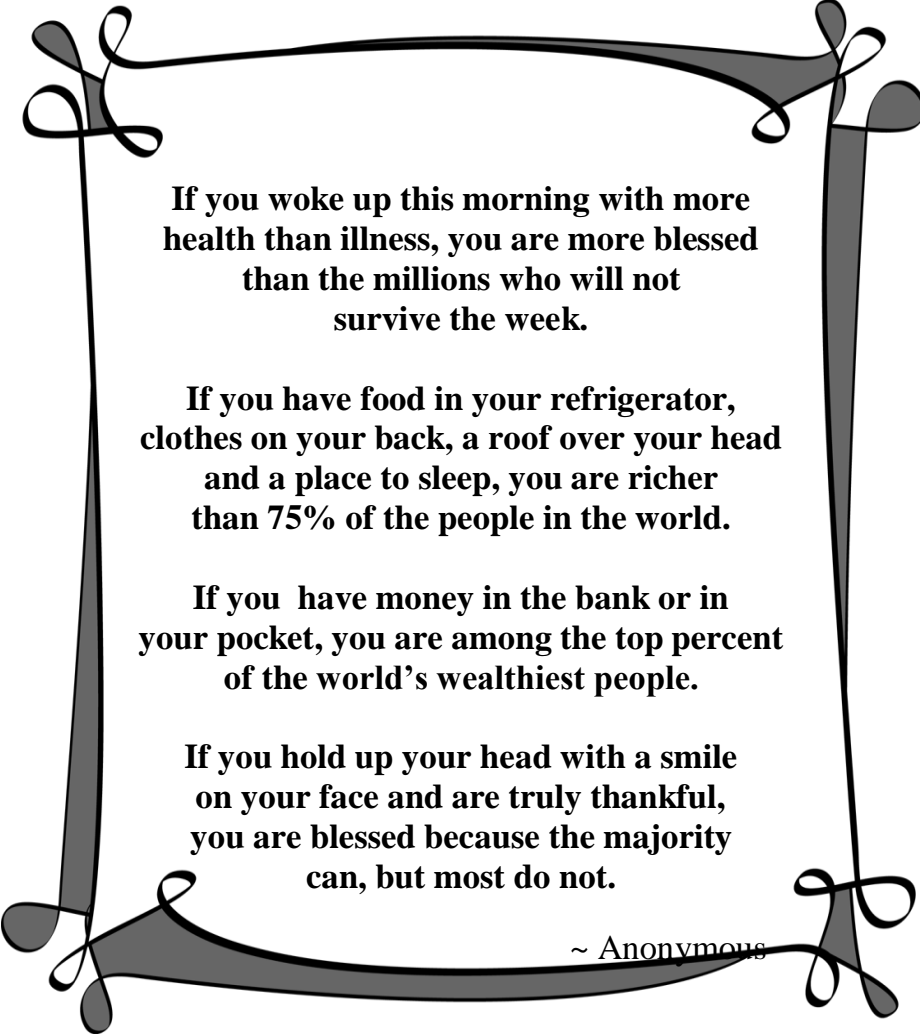
The mind is an amazing gift in that whatever it is looking for, it tends to find. If it looks for what's wrong, it has no problem finding it. Likewise, if it looks for what is right, good, and blessing us, those events and circumstances will be found. Make it a habit to look for things to be grateful for as you go through your day. Before you go to sleep, write them down on paper on your Gratitude List. This practice will increase your consciousness of how much you have to be grateful for and it will increase the demonstration of good you experience.

It works if we work it!!



"To speak gratitude is courteous generous and noble, but to live gratitude is to touch Heaven."

~ Johannes A. Gaertner



If you woke up this morning with more health than illness, you are more blessed than the millions who will not survive the week.

If you have food in your refrigerator, clothes on your back, a roof over your head and a place to sleep, you are richer than 75% of the people in the world.

If you have money in the bank or in your pocket, you are among the top percent of the world's wealthiest people.

If you hold up your head with a smile on your face and are truly thankful, you are blessed because the majority can, but most do not.

~ Anonymous

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Following the tradition of the Filmores, Soul Food Unity Ministry offers its ministry's prayer support, newsletters and inspirational messages on a love offering basis. "It is in giving that we receive."

NOTE: If you would like to receive your copy of this newsletter by email, please send your request to info@unitytruthseekers.com and include your name and email address.

Visit our newly revised web site at www.UnityTruthSeekers.com

Here you'll find...

♦Inspiring articles ♦Bible resource materials ♦Catalog of spiritual materials

Coming soon...

*(Spoken prayers, affirmations and prayer requests),
audio and video lessons and more!*



Soul Food Unity Ministry

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