

### *Choose to Shine the Light*

*But forget all that. it is nothing compared to what I am going to do. For I am about to do something new. See, I have already begun! Do you not see it? I will make pathway through the wilderness. I will create rivers in the dry wasteland. Isaiah 43:18-19 (NLT)*

How many times per week do you experience worrisome thoughts or concerns that seem to remain as constant companions? Usually, you and I can feel lighter and more comfortable when we have something we can focus on. There is a simple exercise I like to say when being overwhelmed seems imminent. The phrases I repeat to free myself from anxiety are “I pause, I turn within, and I rest in the Spirit.” The idea for repeating these three phrases come from personal some studies of Matthew 11:28.

To be fully comfortable with life, we often feel we must have complete control over every variable in it...usually family, friends, government, weather, and the list goes on. But I believe true freedom comes through personal communication with the Divine Spirit within us. When we move, think, and experience our being through spiritual nature, we are free. We are unlimited.

We are free to choose where and how to direct our attention. We may stay stuck in the past by hanging on to memories or clinging to resentments, or we may rush into the future by daydreaming or possibly indulging in fantasies. Let it be known that today we can make a new choice by staying present in the now moments. We are blessed with the freedom and the responsibility of having an individual will.

It is common knowledge that many have chosen to be too stubborn, refusing to let go of emotions, pushing difficult relationships into the past. I believe self-judgments like these do not serve our highest good. So today, we should make a pact to know we have the choice of where to place our attention. That choice is always ours. We can revel in the consciousness that we are free to be all we were created to be, whenever and wherever we choose.

God spoke words of His intent for the future of the Israelites in Isaiah 43. I love that He told them He was about “to do something new.” For their edification as well as ours, He pointed out, “*I have already begun!*” Then he asks what I believe is a critical question for the Hebrew people and each person in the present age.... “*Do you not see it?*”

God grant us the ability to see your gifts in our lives and to Shine the Light.

Peace always,  
Ted