

Having A “GOD” Day

Starting The Day

“I make no decisions alone today; instead, I make them with God.”

The 4 essential parts of this prayer are as follows:

- 1. “I make no decisions alone today.”**
- 2. “I deny the effects of all previous decisions I have made outside of the Love of God.”**
- 3. “Instead, I choose God as my Guide for today, and I choose to make all my decisions (starting with the decision of who I am) with God.”**
- 4. “I now accept all the wonderful gifts that come to those who choose God as their Guide.”**

Throughout The Day

Re-align with God throughout the day when:

- 1. Any random time we remember to re-align.**
- 2. During times of transition between locations or between parts of the day.**
- 3. On an “as needed” basis—meaning whenever we experience challenges or crisis.**

He will tell you exactly what to do to help anyone He sends to you for help, and will speak to him through you if you do not interfere.

Ending The Day

- 1. For each key event of the day, we now can review any situations or interactions with others wherein we failed to remain connected to God and act with love and kindness. Then we can visualize the day as if we did indeed act differently—with more love and kindness. This helps us to download a more positive program into our soul-mind and brain.**
- 2. We also can review our day for any situations or interactions with others wherein we did remain connected to God and acted with love and kindness. We then can give thanks for each of our healthy and righteous choices.**
- 3. We end the evening process of connecting with God by stating something like the following:**

“Now I rest in God. I choose to surrender my sleep-time to Healing and Inspiration from the Holy Spirit of God.”