

UNITY SPIRITUAL COMMUNITY IN CITRS HEIGHTS

WEEK ONE—ESTABLISHING THE FOUR FOUNDATIONS

Class Handout

The four daily blessings that God provided to the Israelites as they were crossing the wilderness were: Manna, Quails, a Pillar of Cloud during the day and a Pillar of Fire at night.

The Four Foundations of Navigating the Wilderness are:

Read the Daily Word each morning. You may also read any other daily meditation book that you like.

Set aside 20 minutes for meditation and make a journal entry about it.

Write a list of five things for which you are grateful. Folks usually do this at bedtime.

Read the Bedtime Prayer aloud before going to sleep.

These are the four Daily Exercises for the next six weeks. Do not be dismayed if your performance is less than perfect. Allow yourself to be a beginner and realize that the purpose of these exercises is to become familiar with them and practice them.

RESOURCES:

DailyWord.com

Read the word for the day

Subscribe to the Daily Word

Links to have the Daily Word emailed to you each day

Links to the mobile app to have the Daily Word sent to your phone

Unity.org/publications

Order booklets and other material from Unity

Recommended: “30 Days to Fearless Living” as a companion piece to the Daily Word for our journey across the wilderness