

A Course in Miracles - Lesson 42

God is my strength. Vision is His Gift.

1. ¹The idea for today combines two very powerful thoughts, both of major importance. ²It also sets forth a cause and effect relationship which explains why you cannot fail in your efforts to achieve the goal of the course. ³You will see because it is the will of God. ⁴It is His strength, not your own, that gives you power. ⁵And it is His gift to you, rather than your own, which offers vision to you.
2. ¹God is indeed your strength, and what He gives is truly given. ²This means that you can receive it anytime and anywhere, wherever you are and in whatever circumstances you find yourself. ³Your passage through time and space is not random. ⁴You cannot but be in the right place at the right time. ⁵Such is the strength of God. ⁶Such are His gifts.
3. ¹We will have two three-to-five minute longer exercise periods today, one as soon as possible after you wake and another as close as possible to the time you go to sleep. ²It is better, however, to wait until you can sit quietly by yourself at a time when you feel ready than it is to be concerned with the time as such.
4. ¹Begin the practice period by repeating the idea for today slowly with eyes open, looking about you. ²Then close your eyes and repeat the idea again, quite slowly. ³After this try to think of nothing except thoughts which occur to you in relation to today's idea. ⁴You might think, for example:

⁵*Vision must be possible. ⁶God gives truly; or*
⁷*God's gifts to me must be mine because He gave them to me.*
5. ¹Whatever thought that is clearly related to the idea itself is suitable. ²You may, in fact, be astonished at the amount of course-related understanding some of your own thoughts contain. ³Let them come without censoring unless you realise your mind is merely wandering and you have let obviously irrelevant thoughts intrude. ⁴You may also reach a point where no thoughts at all seem to come to mind. ⁵If such interferences occur, open your eyes and repeat the idea once more while looking slowly about; close your eyes, repeat the idea once more, and then continue to look for related thoughts in your mind.
6. ¹Remember, though, that active searching is not appropriate for today's exercises. ²Try merely to step back and let the thoughts come. ³If you find this difficult, it is better to spend the practice period alternating between slow repetitions of the idea with eyes open, then, closed, then open, and so on, than it is to strain in order to find suitable thoughts.
7. ¹There is no limit on the number of short practice periods which would be most beneficial. ²The idea for the day is a beginning step in bringing thoughts together and teaching you that what you are studying is a unified thought system in which nothing is lacking that is needed, and nothing is included that is contradictory or irrelevant.
8. ¹The more often you repeat the idea during the day, the more often you will be reminding yourself that the goal of the course is important to you, and that you have not forgotten it.

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