

A Course in Miracles - Lesson 50

I am sustained by the Love of God.

1. Here is the answer to every problem that confronts you today and tomorrow and throughout time. In this world, you believe you are sustained by everything but God. Your faith is placed in the most trivial and insane symbols – pills, money, “protective” clothing, “influence,” “prestige,” being liked, knowing the “right” people, and an endless list of forms of nothingness which you endow with magical powers. All these things are your replacements for the Love of God. All these things are cherished to ensure body identification. There are songs of praise to the ego.
2. Do not put your faith in the worthless. It will not sustain you. Only the Love of God will protect you in all circumstances. It will lift you out of every trial and raise you high above all the perceived dangers of this world into a climate of perfect peace and safety. It will transport you into a state of mind which nothing can threaten, nothing can disturb, and where nothing can intrude upon the eternal calm of the Son of God.
3. Put not your faith in illusions. They will fail you. Put all your faith in the love of God within you, eternal, changeless and forever unchanging. This is the answer to whatever confronts you today. Through the love of God in you, you can resolve all seeming difficulties without effort and in sure confidence. Tell yourself this often today. It is a declaration of release from the belief in idols. It is your acknowledgement of the truth about yourself.
4. For ten minutes twice today, morning and evening, let the idea for today sink deep into your consciousness. Repeat it, think about it, let related thoughts come to help you recognise its truth, and allow peace to flow over you like a blanket of protection and surety. Let no idle and foolish thoughts enter to disturb the holy mind of the Son of God. Such is the Kingdom of Heaven. Such is the resting place where your father has placed you forever.