



# Prayer for Today

*with Jennifer Hadley*

## Prayer for Focusing on What Matters

Hello Beautiful,

This is Jennifer Hadley, and our prayer for today is for focusing on what matters - focusing on what's real, focusing on what's true.



We're grateful to take that breath of gratitude. Love and gratitude is our baseline.

It is our nature to be in touch, in tune with what's real.

So we're going back to the basics. We're going back to our true nature and our true reality, focusing on what matters: peace, Love, joy, freedom, wisdom, clarity, being truly helpful.

This is what matters.

So we're opening up our willingness to see all the ways in which we can be truly helpful by holding our brothers and sisters in our mind, in our consciousness, with Love, with kindness, with patience, with compassion.

Regardless of what the situations and circumstances we see in the world are, we are willing to remember that we are all one in Christ, and that it is our spiritual responsibility to be truly helpful and focus on what matters - which is lifting our brothers and sisters high in Christ.

And we lift ourselves. To have, give all to all.



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So we are opening ourselves to an awareness of Love's presence and seeing that all are worthy of the Love that we eternally are.

We are grateful to let go of the grievances and grudges. It is not our place to judge. It is our place to Love.

It is our place to be kind. It is our place to tell the truth. It is our place to have compassion.

So when the challenges seem overwhelming, we are cultivating the willingness to see with God's eyes and to remember what the truth is.

We're already free. We're already liberated, and we are all one.

In gratitude, we share our healing and our willingness to focus on what matters with everyone because we're one with them.

In gratitude, we let it be.

And so it is.

Amen. Amen. Amen.

Yes, thank you so much for praying with me today. Our prayers are so important. Our prayers are a healing balm in a fitful world.

Yes, thank you.

And what is coming up is a Forgiveness Workshop - free workshop - Saturday, 1 PM Eastern. I invite you to come and join. I look forward to it.

But now is the time for us to truly be focused on our spiritual healing. That is the thing that will bring the most benefit, and so I'm grateful we can gather together at this time.

I love you.



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Have a powerful day, focusing on what matters.



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