



Prayer for Today

with Jennifer Hadley

Prayer for Choosing Healing Instead of Coping



Hello, beautiful. This is Jennifer Hadley, and our prayer for today is for choosing healing instead of coping.

Yes, we're just not doing the managing, coping, and settling anymore.

We're choosing healing.

So we place our hand upon our heart, and we are grateful and thankful that healing is available to us, that managing and coping are not something we have to continue to do.

So we're grateful to open ourselves to new insight and inspiration, divine downloads.

We're allowing them, and we are welcoming them.

Grateful and thankful that we have the ability to choose, and we are recognizing the choice points, the moments in our minutes, in our hours, in our days, where we can make a new choice, a healthy, healthier choice.

And we are choosing health.

We are choosing healing.

We're choosing mental health, emotional health, physical health.



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We are choosing to rise up and to live a life that feels wonderful, that feels joyful, that feels precious and sweet and good.

We are grateful to choose healing and move out of stagnation, the stagnation of managing and coping with what we don't like, enjoy, or wish to continue.

So grateful that we have choices.

We always have choices.

We have the choice to grin and bear it.

We have the choice to rise above.

We have the choice to trust inspiration.

We have the choice to love our life.

So grateful that each and every moment of this day we are deciding to choose healing instead of coping.

And we share the benefits with everyone everywhere because we are eternally one with them.

We allow it to be, and so it is.

Amen. Amen.

Amen.

Oh, man.



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Oh, so good.

Thank you for praying with me today.

Thank you for being my prayer partner.

Yes, we are choosing healing.

Yes.

OK, all right, what's coming up?

My **Finding Freedom from Fear Spiritual Boot Camp** class is coming up in September.

September 21 is when it begins.

In August, I have my free forgiveness workshop on the 29th.

And this Saturday, August 8, I have my Deep Dive Workshop, and the topic is **"Why Am I So Hard on Myself?"**

So we are going to dissolve that habit of being hard on ourselves.

Yes, we are addressing that directly, and I look forward to doing that.

As usual, thank you for praying with me.

Have a blessed day of healing.

So grateful for our healing.

I love you.



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