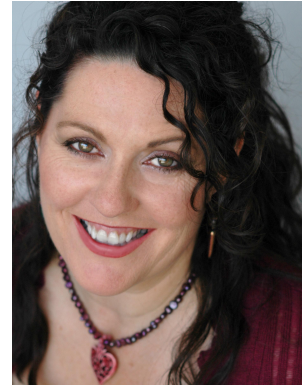




Prayer for Today

with Jennifer Hadley



Prayer for Laying the Burdens Down

Hello beautiful, this is Jennifer Hadley and our prayer for today is for laying the burdens down. Yes - the burdens of guilt and shame and regret and resentment and hurt, fear, doubt, worry, lack, and limitation. All the burdens of the mind, we're laying them down, surrendering them to the power and the presence of love within. We're bringing the darkness to the light. We're letting go of the blocks to love. We're letting go of any idea that we're not enough.

Oh yes - if you're carrying a heavy load, this is the prayer for you.

So we place our hand upon our heart and we take that breath of love and gratitude, love and gratitude, gratitude and love, lifting us high. We're laying the burdens down, and we're placing our attention, our focus, on what we would like to experience. We're turning our attention to our innocence, our magnificence.

So grateful to relinquish attachments to thoughts, beliefs, and ideas that have us living in lack and limitation. So grateful to surrender any idea that something is wrong with us. We're laying the burdens down. We're laying down the stories, the beliefs, the ideas, the images in our mind that plague us, that recur. We are letting go of the habit of self-attack and belief in lack.

We are grateful that we can surrender all of these burdens, and we're simply allowing ourselves to walk away, to move away from anything that is a block to love, a hindrance to our happiness.

We are grateful to claim a miraculous healing here and now.



Prayer for Today

with Jennifer Hadley

We share the benefits with everyone everywhere, because we are forever one with them. We allow the healing to be, and so it is.

Amen. Amen. Amen. Oh yes - so grateful to lay those burdens down.

Thank you for being my prayer partner today, thank you for this connection.

OK, what's going on. Sundays with Spirit is going to a once-a-month plan, so the next Sundays with Spirit is on the 20th, and I'll be speaking.

Then we have, coming tomorrow, a FREE Forgiveness Workshop at 10 AM Eastern - all are welcome to come.

And then we have eight free classes with the Living a Course in Miracles series starting on Thursday, two classes a day, with me, Alan Cohen, Maria Felipe, Neta Boyne, and Keith Cavanagh. That's going to be wonderful.

And Finding Freedom From Fear, my spiritual boot camp class, starts September 21.

So good to lay the burdens down. May you have a powerful, liberated day. I love you.



Read my blog related to this prayer **HERE**

Like us on Facebook!

(<https://www.facebook.com/YourPrayerforToday/>)

Subscribe now to the Prayer for Today podcast!

iTunes:

<https://podcasts.apple.com/us/podcast/prayer-for-today-with-jennifer-hadley/id1127411975>

Spotify:

<https://open.spotify.com/show/35xcz4F0AQYjDohauxpVn6?si=bd0e2a9ec7224791>