

**G**reetings! Thank you for the opportunity to share the **Power for Life** daily practice with you. In this free gift, I am sharing a glimpse into the daily spiritual practice that is featured in my new book, ***Power for Life; Inspirational Guidance for Daily Living***, from Woodlake Publishing. This practice has been a great catalyst in helping me to grow, expand and deepen in my spiritual journey. It begins with a question for the day. I hold the pen in my right hand, which accesses the intellectual left brain, and write the question. Then, I switch the pen to my left hand, which accesses the more intuitive right brain. It allows me to more easily move out of the way and receive a response without getting in the way of Spirit or my trying to control the answer. The guidance comes through in a poetic form with a deliberate shape, which is what you will see here as well as in the book.

I like to think of these guidances as a wonderful way of trying to become a more beautiful being day by day... and day after day. Beauty can be thought of as another word for God; so in living more beautifully, every increment of growth brings one closer to becoming more like that which is Love; more like the divine essence that is the source, power and reason for all that exists. And through this personal and spiritual growth, the world itself becomes a better place. We can see the fruit of our efforts to become more of what we can become in our personal and interpersonal relationships; and in how we think about others and treat each other, moment by moment, in every situation and circumstance.

The guidances themselves can cover much ground in our human landscape, but focus on love, joy, peace, patience, kindness, goodness, gentleness, self-control and more. They speak to our thinking and how we see ourselves, the world around us, and creation as a whole.

Each guidance is meant to be sipped into the soul. I suggest that you read each line slowly, allowing it into your being very consciously. It does not matter how long or short each one is, for each contains an encouragement that can fill your heart and provide inspiration for spiritual and personal growth. You may want to make a copy and keep it with you to quickly review several times during the course of your day - to see how you are doing with it as the day unfolds. I have found this to be very helpful in allowing me to stay engaged, committed and aware of how I am doing in following and living into the guidance. If you recognize that you are off track, it is easier to keep that sentence or particular part of the guidance in mind if you have looked at it a few times as your day unfolds. Sometimes, when I pause to review a guidance I find myself laughing at how far off I am from living anything the guidance has challenged me with that day! However, this gives me the chance to get back on track.

**Do not be surprised to experience that the guidance seems to attract the very tests that challenge your following it!**

Each guidance is a powerful tool to encourage, inspire and guide you to become more of what you already are as a peaceful, loving person.

There are always places we can grow if we are willing. Consider each guidance as a magnifying, close up lens on how you are living, behaving, feeling, thinking and seeing the world.

The *Evening Reflections* are meant to be supportive and helpful as I share reactions and insights to living these guidances myself. In the evening, I would recall insights from the guidance, or circumstances that tested an aspect of the guidance, as well as the stretches of time during the day that I was living into the day's guidance pretty well. This time of contemplation helped me see growth or places where I failed. Both are valuable in the ongoing journey to live more beautifully, with grace and love.

As you journey through the seven guidances, you will notice that I have placed within them two that do not have an evening reflection. I wanted to give you space to reflect without their influence. I encourage you to write your own evening reflection. When doing so, I suggest that you write or type your reflection rather than record them using your phone or other device. I have found that seeing and writing the words is an effective way to give myself the time to recall, in-depth, the details of the day and the synchronicity or dissonance I noticed between the guidance and how I journeyed with it.

Know that these guidances can be used in many ways. Though I write them daily, I find there are some I want to live again the next day. And some I definitely need to repeat! And then there have been some that were simply so beautiful to me that I kept them close for weeks, even as

I was still receiving and writing other guidances daily. So, there are times I do live more than one at the same time.

So, in these seven guidances, please feel free to stick with each guidance as long as you'd like. You may feel like moving on to the next in daily increments or you may want to spend a few days with one. There is no timetable. You will be guided!

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The journey we are on is a courageous one. It is a deep dive into ourselves. Count yourself blessed if you have ventured here. I say that only because I have been blessed by receiving these guidances. And when I was shown they were not just for me, I prayed that they would serve their intended purpose; to inspire, challenge and offer guidance to anyone who wants to keep on becoming.

**MAY YOU KEEP ON BECOMING...**

# Day 1

## *Guidance*

**Day 1**

***God, what would you have me say, do or be like, today?***

Be a tourist in your own life, today.  
How?

As you go about your day,  
let your senses become more heightened.  
Listen to the sounds that are in your life as  
if for the first time; including conversations  
and the sounds of nature. See people and places  
as if they are new experiences. Experience your life's  
culture as a curious visitor taking in sights,  
sounds, cuisine, dress and music.  
Marvel at the sights you come upon,  
and at who comes to visit your life.  
What are the landmarks that have stood  
the test of time?  
Let the awe and wonder of your life's unique landscape  
get to you... and touch you deeply.  
What kind of museums of memory have  
you created? In what areas of your life are they located?  
What are its most valued pieces?  
What is the most prominent emotion within  
the landscape of your being?  
What is your predominate attitude as you look out  
upon life from where you are?  
What are the one or two places within that you  
love to visit as often as you can?  
Are they open to visitors?  
As you travel to the land of you, today...  
let appreciation for who you are  
grow into gratitude for the gift and grace of... your life.

# *Day 1*

## *Evening Reflection*

**Day 1**  
**Evening Reflection**

To look at oneself objectively is difficult at best. Most people are too far in. Too far into the content of what is happening that they hardly ever pull back to really see themselves from a different viewpoint. This is why people can be surprised when they hear how other people see them, and it is not how they see themselves. Unless a person is used to hearing their own recorded voice, for instance, it can be surprising to hear what their voice sounds like from other than inside their own body. A common statement that captures this reality is the question... *Is that what I sound like? That's me? I didn't realize I sounded like that?*

To see my life as a tourist might see it was an imaginary stretch. I even felt a little courageous doing it. But the change of perspective yielded valuable insights. To take note of who I have attracted into my life, as well as the memories that form special places, or museums, in my mind was a beautiful exercise; one that led to much gratitude and thankfulness.

Perhaps the unasked question is... if my life were really a country would I want to visit it? And if so, what are the areas to stay away from?

Sooo... if your life were its own country, would you want to visit it? What are the landmarks? The best places to visit? The areas to stay away from? Who is in the hotel of your heart? And are there any rooms available?

What questions would you add to these? And what would be your honest answer?

# Day 2

## *Guidance*

***Day 2***

***God, what would you have me say, do or be like, today?***

Sink into your day softly and gently,  
as you would a nice warm bath.

Ease into conversations and  
interactions without agenda,  
allowing the pureness of your  
being to shine through.

Soak in the blessings of the  
day as they occur. Let them  
merge into your soul and dance  
into your heart.

When you do not see blessing,  
focus on your breathing...  
remembering that each breath  
you take is itself a blessing.

Let the warmth of the love  
of the Creator impart peace and calm  
to the affairs of your day...  
and may you carry the embrace of  
God's grace into all your words, actions,  
and manner.

Today,  
sink into love, blessing,  
grace, peace, calm...  
and let its fragrances go before you.

Are you willing?

Are you ready?

# Day 2

## *Evening Reflection*

***Day 2***  
***Evening Reflection***

I enjoy a nice warm bath. The way the water surrounds me and hugs me is akin to how I think God is with humanity... with all of creation. When I sink into the warmth of divine love, I can be soothed and bathed in this divinity every moment as I go through the day.

I found those last lines important in terms of my mindset. To let the fragrances of blessing, grace, peace and calm go before me was a beautiful image to carry. It is to have a mindset of extending these very qualities as I journey through the day.

It reminded me that anyone who desired to can fill the air, the very atmosphere around them, with these energies. And as they do

no matter who they encounter, or the circumstances they find themselves in, they can sink into these qualities, knowing they are in the fragrant waters of divine graces; knowing that blessings are already there.

I experienced this today... and remained in the nice warm bath of peace and calm because I knew I was immersed in Love.

How did you do with this one today?

# Day 3

## *Guidance*

**Day 3**

***God, how may I be more loving, today? What would you have me say and do? Where would you have me grow? What would you have me be like in the world, today? How may I be of service?***

Today,  
notice your natural reactions to  
the goings on of your day and life.

Pay close attention to who you are in the  
moment... to where you resist being loving  
or kind... to when you feel yourself losing  
patience... to when you are out of peace.

At these times, re-center yourself.  
Pause... breathe in peace... breathe out love.  
Breathe in love... breathe out beauty.

Let this pausing space and centering breathing  
reestablish your desire to live beautifully  
today; to extend grace to others and be kind in  
manner and being.

Let yourself be filled with divinity's light  
and love. Hold it in. Let it seep through the  
boundaries of your body and flow into the  
spaces, places, and faces of the day.

In so doing, you will know what to say and do,  
how to serve, where growth is to be had,  
how to be in the world, and how you can be more loving...  
becoming more like the God who loves you  
today and always.

# Day 4

## *Guidance*

***Day 4***

***God, what would you have of me, today?***

Complete the work I have given you to do.

It is specific to you and the gifts and talents I have placed in you.

You are a steward of these skills... and they are a help to many.

Keep the faith that your work serves a greater purpose than you may see or even come to know.

Your own personal growth is fueled by your efforts and greatly contributes to your soul's journey and expansion.

Today, work conscientiously, with excellence and joy.

Feel the divine graces swirling in your being.

Let them dance in your intellect and move your heart.

Let gratitude underlie all you do and accomplish today, and let reverence be the over-arching tone of your soul.

After your day's work... give it all to God, with faith that it will serve as the Creator intends.

# Day 5

## *Guidance*

***Day 5***

***God, what is your guidance for me today? How may I live into your will for me?***

Today,  
mind your own business.  
Stay attuned to your path and  
be the person I have formed  
you to be.

Receive  
the day with joy and gratitude.  
Allow the best of you to  
come forth and be expressed  
by you.

Be  
kind and graceful.  
Speak softly and graciously.  
Move with a lightness  
of being.

Be  
my child walking the earth.  
Let my divine love fill you  
and spill over you and  
through you,  
today.

# Day 5

## *Evening Reflection*

**Day 5**  
***Evening Reflection***

Today, a review panel interviewed me. They were assessing the seminary where I am teaching. As a new institution, it was time to see where it is and what needs to be done to keep it moving in a sustainable direction.

Honesty here is sometimes tough love. To say what needs to be said, knowing that even the cracks discussed can lead to a better, stronger structure in the long run.

Not knowing the person I was talking to, the guidance came to mind. That is, to mind my own business. In other words, don't project onto the reviewer, in this case; and also to receive, with joy and gratitude. This would include being graceful and light of being even in the midst of discussing heavy issues.

Finally, as I stayed God-conscious, I could sense the divine energies in me, filling me and spilling over and through. I even felt it shine through my eyes.

The result?

I let go and allowed God to fill my mouth, tone, attitude and manner. It turned out the reviewer was a psychologist. He spoke a lot at the end. He spoke about how my body language, tone of voice, and the energy in my responses helped him validate and confirm what I was saying with words. He told me that my nonverbal communication said as much if not more than my words told him.

Living the guidance allowed a very clear communication – one that needed honesty... and God's child walking the earth.

How'd you do with this today?

# Day 6

## *Guidance*

**Day 6**

***God, how would you have me live my best self today?***

Be attentive.

Pay attention to the life  
beneath the surface of the  
day's goings on.

Listen with your whole being  
when talking and conversing  
with others.

Respond with your heart.

Sense the presence of  
Holy Spirit guiding  
all you say and do...

and allow it.

Go in the direction of God's  
leading...  
which is always in the  
direction of love.

Will you do this,  
today?

# Day 6

## *Evening Reflection*

**Day 6**  
**Evening Reflection**

I sat with a student today discussing ideas for her dissertation. As head of the Doctor of Ministry Program, part of my job is to guide students in their thinking as they get nearer to finishing their coursework and preparing for the dissertation.

As I listened to the student, I was conscious of the guidance's call for attention and listening with the whole being. I was also aware of a challenge I was experiencing to doing just that. I had parked my car in a space that was not part of our school parking. All the spaces that were designated for our school were taken and I would have been late for this meeting if I parked somewhere else. I could feel the alarms going off in that part of my brain that was worried about getting towed; but since I didn't think the meeting would take long, I risked it to be on time for the student. That being said, I knew my full attention was being challenged. I tried to listen louder, but couldn't drown out the brain's concern about my car.

I finally made a decision. It was to go with the last line of the guidance... to move and keep moving in the direction of love. As I did that, I poured love over my concerns – even the parking. It took the worry away. I gave it all to Love ... to God. I was then able to be fully there for the student. We had a beautiful discussion on this lunch meeting and I was glad I was able to let go of my parking concern.

My car was still there when I returned to it. I was relieved but glad I opened myself to let love (and divine grace) take away my worry. I left the meeting and drove to have lunch where my daughter was working, and saw that the parking lot there was completely full. *"Aaargh!, I thought. Not again!"* But as I turned in, a car started pulling out right where I was turning in! It was the only space available.

Did love cause that? Was it a karmic reward? Or just plain coincidence?

I don't know, but it sure felt like the divine realm saying, *"We saw what you did back there for that student who had traveled from another state to come to classes. We know it was your off day, and you came in for her anyway. Sooo, here. Park here. This one's on us."*

I parked... and thanked God for the grace.

And you?

# Day 7

## *Guidance*

**Day 7**

***God, what is your guidance for me today?***

Go slow today.

Move deliberately and with  
consciousness of your  
divine nature.

Let all you do be in service  
to God, today.

Make even the smallest acts  
offering to the Holy Presence.

Watch how you are guided  
in your being  
and enjoy the divine flow  
as you live this day.

Stay quiet within yourself.

Sense the great depths of your soul  
and the power of your spirit.

Move with the divine grace  
that moves in, around and through you.

Feel its love and joy in the depths  
of your being.

Give thanks to the Creator  
throughout the day  
for blessings seen and unseen...

and give silent blessing  
to all  
who come into your  
loving field  
of divine  
energy.

Will you do this today?

# Day 7

## *Evening Reflection*

**Day 7**  
**Evening Reflection**

What a beautiful day this was! Staying conscious of being connected to God was an incredible exercise; and it did not get in the way of my work. In fact, it helped me... and it enabled me to see the divine in all I did.

I tend to multitask, and I enjoyed the spontaneous inspirations to move and flow between projects and activities. They fed into one another in a way that allowed me to see the dance of grace flowing in my day and in my life as a whole, seen in the microcosm of this workday.

I enjoyed watching how I was being guided. To watch necessitated a change of focus; from being so deeply attached and enmeshed in things to allowing myself to expand to a larger context and perspective. That context and perspective was to include the presence of the Divine; to remain as aware as I could that God's holy presence was with me in every moment. Doing this allowed me to see beauty and grace and divinity in the movement of my day, in all I met... and with the weather, the birds, trees... bees... sky... all of creation!

Of course, the challenge is to hold on to this larger context. The world can pull me in... yes... but not as easily as before, and for shorter periods of time. When I realize I have been pulled in, I am more able to move into the larger context, where I can sense God holding me, moving me and moving with me, even as I realize it is God allowing me to live and move and have this being that I call... me.

Yes, what a beautiful day this was.

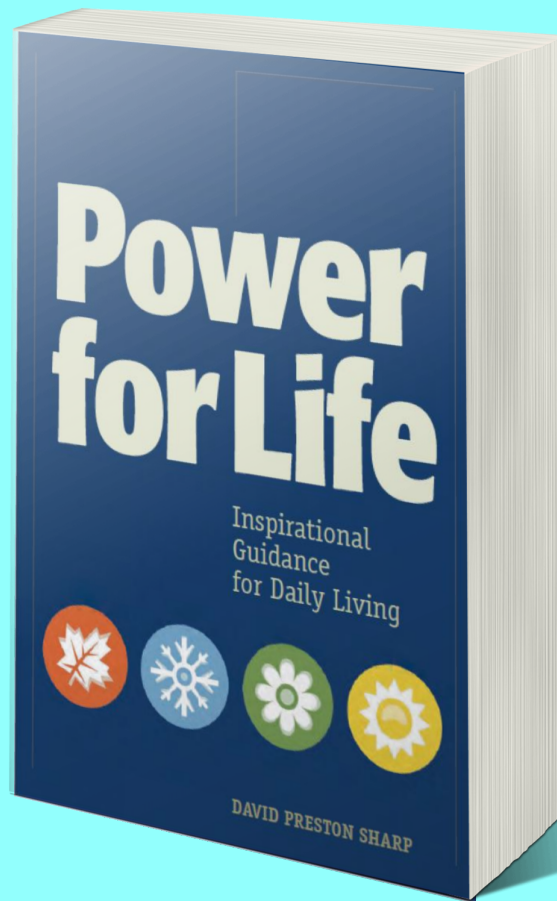
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