

God Notes

Daily Doses of
Divine Encouragement

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Introduction

God is the God of surprises, showing up when we least expect it. *God Notes* was a complete surprise too. That's why I wanted to share the story behind *God Notes*. It's not the story of a book, but rather the story of experiencing God's presence in a very real and personal way.

I first experienced God's presence, of all places, on my morning commute. This holy encounter happened eleven months after leaving my past-life behind.

I was a successful advertising executive in a twenty-year marriage with a young son. Along with the career came the benchmarks of that success: dream home, luxury cars, jewelry, designer clothes, and an active social calendar. Life was extremely stressful, but I dismissed the stress because I had achieved all of my (outward) lofty goals. This life came crashing down one day when my choir director said five words to me.

Before I share those five words, you should know how I was introduced to God. That introduction was

made through my mother. She took me to church when I was a little girl. My mother had a strong faith. When the subject of religion came up and the question was asked, what religion are you, my mother would always reply, "I am a broad-minded Baptist." My mother reached out to everyone. She was very broad-minded thanks to her exposure to various religions being raised by a Jewish father and Catholic mother.

Growing up, church was a safe haven for me. My father was an alcoholic. He was later diagnosed with bipolar disorder. His angry outbursts were frightening. He verbally and sometimes physically abused my mother. When I wasn't in school, I practically lived at church. We had a very active youth group that provided shelter away from the unstable atmosphere at home. It helped me to survive and thrive.

After high school, many of my friends left to go to college or moved away. I found the repeated messages from the pulpit oppressive: heaven was the prize, and in this life we would suffer. There was little talk of joy.

My image of God was the great, judgmental score-keeper in the sky that I feared would squish me like a bug if I stepped out of line. Like many fledgling adults, I left home to venture out on my own. I also left the church and my faith behind.

When my son was seven years old, I had a strong

God Notes Words Examples



Able

I have given you My Spirit. My loving, powerful Spirit is all around you and within you.

It whispers the words gently into your ear; you are able.

You are able to make it through this day.

You are able to make it through this moment.

You are able to forgive the unforgivable.

You are able to love the unlovable.

You are able to do the impossible.

You are able.



Decide

You can easily become frustrated and stuck because you fail to decide what it is that you want.

I am waiting to give you guidance and resources to help you when you decide.

When you take responsibility for your decisions, you can correct them if they were poor, or multiply them if they were good.

When you let others decide for you, it may seem easier, but you are giving away your power.

You will have regrets if you don't decide for yourself.

Whatever challenge you face, decide.

I stand at the ready to help you, empower you, and to see your decisions through.



Wish

I gave you free will so that you can do whatever you wish.

I wish for you to fully understand what that means.

What action you take is up to you.

Every action has a consequence that results in an outcome that is either beneficial or harmful for you.

What you wish is up to you.

By the way, I am not a genie who says, “Your wish is My command.”

It doesn’t work that way. You must do your part.

However, know that I:

Wish the best for you,

Wish happiness for you,

Wish fulfillment for you,

Wish peace for you.

Wish greatness for you.

Above all, I wish you could fathom how much I love and care for you.