

A Course in Miracles

INVITATIONS TO THE HOLY SPIRIT

FROM SORROW TO JOY

*Whenever you are not wholly joyous, it is because you have reacted with a **lack of love** – which has you become defensive because you now **expect** attack. **Your** part is merely to return your thinking to the point at which the error was made and give it over in peace. Say this to yourself as sincerely as you can, as the Holy Spirit will respond fully to your slightest invitation:*

I must have decided wrongly, because I am not at peace. I made the decision myself, but I can also decide otherwise. I will to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I will let Him. I will to let Him, by allowing Him to decide for God for me. (T-5.VII.6:7-11, p90)

FROM FEAR TO PEACE

*When anything seems to you to be a source of fear, when any situation strikes you with terror and makes your body tremble and the cold sweat of fear comes over it, remember the holy presence of the One **given** to judge for you, and say:*

Take this from me and look upon it, judging it for me. Let me not see it as a sign of fear, nor use it for destruction. Teach me how not to make of it an obstacle to peace, but let You use it for me, to facilitate its coming. (T-19.IV-C.11:6-10, p419)