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PART II

LESSON 281.

I can be hurt by nothing but my thoughts.

W-281.1. *Father, Your Son is perfect. 2 When I think that I am hurt in any way, it is because I have forgotten who I am, and that I am as You created me. 3 Your Thoughts can only bring me happiness. 4 If ever I am sad or hurt or ill, I have forgotten what You think, and put my little meaningless ideas in place of where Your Thoughts belong, and where they are. 5 I can be hurt by nothing but my thoughts. 6 The Thoughts I think with You can only bless. 7 The Thoughts I think with You alone are true.*

W-281.2. I will not hurt myself today. 2 For I am far beyond all pain. 3 My Father placed

me safe in Heaven, watching over me. 4 And I would not attack the Son He loves, for what He loves is also mine to love.

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