



Spirit & Truth
A Samaritan Press Publication
Sunshine Cathedral

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Spirit & Truth
Daily Reflection & Prayer

April 1

Rev. Dr. Durrell Watkins

*May divine Power give us strength; may divine Power give us peace.
Amen.*

“Those who hope in the Lord will renew their strength.” Isaiah 40.31a

April 2

Rev. Dr. Durrell Watkins

*Today I ask my Higher Power to give me inner peace, abundant joy, and
wisdom. Amen.*

“Cast all your anxiety on the One who cares for you.” 1 Peter 5:7

April 3

Rev. Dr. Durrell Watkins

*In mind, body, or relationships, may healing occur wherever and however
it is needed. May all who seek healing be blessed. Amen.*

“My God, I called to you for help, and you healed me.” Psalm 30

April 4

Rev. Dr. Durrell Watkins

*I am searching for what is Real, what gives meaning, what offers hope,
what provides deep peace. My search is sacred and will lead to miracles.
Amen.*

“Seek and you will find.” Jesus

April 5
Rev. Dr. Durrell Watkins

I am part of an omnipresent Life wherein infinite possibilities exist and all power is available to me. Blessings abound. Amen.

“Stop acting so small. You are the universe in ecstatic motion.” Rumi

April 6
Rev. Dr. Durrell Watkins

May divine blessings flow into the lives of helpers and healers. Amen.

“...there are still so many helpers, so many caring people in this world.”
Fred Rogers

April 7
Rev. Dr. Durrell Watkins

I allow Wisdom to guide me. I allow Love to express through me.
I allow Hope to saturate my life. I allow Joy to fill me to overflowing. And so it is.

“The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” The Apostle Paul

April 8
Rev. Dr. Durrell Watkins

Peace be with me. Hope, Joy, and Wisdom be with me. Healing Love, wash over me. Inward Light, illumine my way. Amen.

“Arise, shine, for your light has come, and divine glory rises upon you.”
Isaiah 60.1

April 9

Rev. Dr. Durrell Watkins

God in whom we dwell and from which we've been made, heal us from the delusion that we are, have ever been, or could be separate from you. Amen.

“In God we live and move and have our being.” Acts 17.28

April 10

Rev. Dr. Durrell Watkins

God of my deepest heart, I call to mind those who endure pain, who tremble with fear, who suffer from lack or injustice, who feel forgotten and alone. I wish them comfort and peace. May my good wishes lead me to action that truly helps others. Amen.

“Dorcas was full of good works and acts of charity.” Acts 9.36

April 11

Rev. Dr. Durrell Watkins

Abundant Universe, I am thankful for the good that is available to me. Amen.

“My God will supply every need.” The Apostle Paul

April 12

Rev. Dr. Durrell Watkins

God bless us and lead us in paths of hope and joy. Give us inner peace. With gratitude, we accept your good gifts. Amen.

“You deserve all good things life has to offer.” Rhonda Byrne

April 13

Rev. Dr. Durrell Watkins

I am holding dear ones in the light of hope and blessing them with the power of love. May joy fill their lives. Amen.

“Carry each other’s burdens.” The Apostle Paul

April 14

Rev. Dr. Durrell Watkins

Dear God, I am made in your image and likeness. Today I will remember this and try to express this truth with my speech and actions. Amen.

“God made humans in the divine image.” Genesis 1.27

April 15

Rev. Dr. Durrell Watkins

I am one with God, the All Good, and so it is that my good comes to me easily and in abundance.

“God is all, both invisible and visible. One Presence, One Mind, One Power is all. This One that is all is perfect life, perfect love, and perfect substance. We are the individualized expressions of God and are ever one with this perfect life, perfect love, and perfect substance.”

Divine Science Statement of Being

April 16

Rev. Dr. Durrell Watkins

The Universe says Yes. Life says Yes. Love says Yes. God says Yes. I speak my word, I set my intention, I ask for guidance, joy, and fulfillment, and I know the answer is Yes. Amen.

“No matter what I choose to believe or think or say, the Universe always says yes.” Louise Hay

April 17

Rev. Dr. Durrell Watkins

Goddess of my life/Lord of my being: I give thanks for the many blessings I've known and for blessings still to come. I am one with All Good and I expect and accept miracles. Amen.

“The Lord is my strength and my shield; in God my heart trusts, and I am helped; my heart exults, and with my song I give thanks.” Psalm 28

April 18

Rev. Dr. Durrell Watkins

I give thanks for this day and for the blessings it offers. I choose joy today. I embrace hope. I offer love. All is well. Amen.

“Happiness already exists in your life. All you need to do is tune into it. And you can start doing that right now.” Anthon St. Maarten

April 19

Rev. Dr. Durrell Watkins

Spirit of Life, may we be healed of our cruelties, delivered from our fears, forgiven for our indifference, and inspired to be bearers of hope and givers of love. Amen.

“Forgive us our sins as we forgive those who sin against us.” Jesus

April 20

Rev. Dr. Durrell Watkins

God, help me be my best and do my best today. Help me, also, to see the best in myself and in others. Amen.

“I can do all things through Christ which strengthens me.” The Apostle Paul

April 21

Rev. Dr. Durrell Watkins

Every person I encounter or think of today is a child of the Universe and deserves to be happy and well. I give my blessing of love freely. And so it is.

“Teach only love, for that is what you are.” A Course in Miracles

April 22

Rev. Dr. Durrell Watkins

*The Sacred is everywhere. It is the substance of all that is.
The Sacred is my life, my joy, my hope. It is the Source of all Good.
I rest in the loving embrace of the Sacred. And so it is.*

“‘Do I not fill the heavens and the earth?’ declares the Lord.” Jeremiah 23.24

April 23

Rev. Dr. Durrell Watkins

God within, around, above, and everywhere present: the Love that you are nurtures and sustains me. My hope is strong, my peace unshakable, my joy, constant. I trust and give thanks for the goodness of Life. And so it is.

“God is my salvation. I will trust and not be afraid...” Isaiah 12.2

April 24

Rev. Dr. Durrell Watkins

*Is there a Power for good that is available to me and mine today? Yes! It is God, omnipresent Love, universal Life, perfect Substance.
I deserve, expect, accept, and rejoice in abundant blessings.
I am one with the Source of blessings. Amen.*

“Taste and see that God is good.” Psalm 34

April 25

Rev. Dr. Durrell Watkins

I live in an abundant Universe. I benefit from the witness and wisdom of the ancestors. My life is blessed with potential and is filled with possibilities. I see and seize miracles. And so it is that I rejoice. Amen.

“Go outside and turn your attention to the many miracles around you... appreciation and gratitude will help you to focus your life in awe.”

Wayne Dyer

April 26

Rev. Dr. Durrell Watkins

Goddess/Lord/Higher Power: you are Life, Love, Beauty, Joy, and Peace. I wish to be in conscious communion with you so that I may be an expression of your goodness. Amen.

“The grace of the Lord Jesus Christ, the love of God, and the communion of the holy Spirit be with you all.” The Apostle Paul

April 27

Rev. Dr. Durrell Watkins

*May I live in the joy of grace.
May I be generous and encouraging.
May I love myself so much that I naturally love others.
May the love I share fill my world with hope and healing. Amen.*

“Love will immediately enter into any mind that truly wants it.”

A Course in Miracles

April 28

Rev. Dr. Durrell Watkins

Dear God, I believe in miracles. I expect miracles. I give thanks for miracles. Amen.

“A miracle is a shift in perception from fear to love.” Marianne Williamson

April 29

Rev. Dr. Durrell Watkins

I pray for trauma survivors. I pray for those who toil under the weight of anxiety. I pray for those with depression. I pray for those who mourn. I pray for all who are hurting. God bless them all. God bless us all. Amen.

“Prayer is an act of love.” St. Teresa of Avila

April 30

Rev. Dr. Durrell Watkins

Dear God, help me be all that I wish to be and all that you have designed me to be. Help me to live with love, hope, and happiness. Help me expect and accept the best in life. Bless me to be a blessing. Lift me when I fall. Encourage me when I fail. Forgive me when I forget my divine nature. Heal any and every area of my life that may be wounded or weak. And what I wish for myself, I wish for all others. We are all in and of you. Amen.

“Prayer doesn’t just change things - it changes us. If we are diligent in seeking God, slowly and surely we become better people.” Joyce Meyer

“Prayer for the Overwhelmed”

Iyanla Vanzant, Every Day I Pray

Dear God,

I don't need to know how.

I don't need to know when.

I don't need to know why.

All I need to know is Who.

Thank you for being the one Who is always there for me.

The one Who never fails to respond to my frantic pleas for help.

Thank you for being the one Who is always dependable, ready and able to support, protect and guide me through the situations

I face in my life.

Thank you for being the one Who knows the answer and offers it freely.

No matter where I am or what I may need, you are always the one Who will take me by the hand and pull me through.

Thank you for being the one Who knows me better than

I know myself, Who loves me when I can't find love within myself.

No matter what the situation or experience, you, God are Who I need and what I need.

Thank you for being just Who you are and for supporting me, guiding me, pushing me into being a better me.

For who you inspire me to be, I am so grateful.

And so it is!

* * * * *



“What I have learned from all of the difficulties in my own life is that human beings have very thick skin. I call that skin, spirit, our Highest Most Powerful self. Spirit is the key to everything we desire. It is our weather-proofing, our Teflon, our line of credit that assures if we just keep putting one foot in front of the other, one day; there will be a miraculous payoff.” – Iyanla Vanzant

Thoughts to Ponder in the Sacred Spring Season

(Definitions of spiritual terms by Charles Fillmore in
The Revealing Word: A Dictionary of Metaphysical Terms)

Easter--The awakening and raising to spiritual consciousness of the I AM in [us], which has been dead in trespasses and sins and buried in the tomb of materiality.

Heaven--The Christ consciousness; the realm of Divine Mind; a state of consciousness in harmony with the thoughts of God. Heaven is everywhere present. It is the orderly, lawful adjustment of God's kingdom in [the human] mind, body, and affairs.

Jesus, of all those claiming intimate acquaintance with spiritual things, gave heaven definite location. "The kingdom of God is within you" (Luke 17.21). Heaven is within every one of us...But this kingdom within is not material, it is spiritual.

Life--That expression of Being which manifests as animation, activity, vigor. Life and substance are ideas in Divine Mind. Life is the acting principle; substance is the thing acted upon. In the phenomenal world, life is the energy that propels all forms to action...

Life is divine, spiritual, and its source is God, Spirit. The river of life is within [us] in [our] spiritual consciousness...[W]e can be truly quickened with new life and vitalized in mind and body only by consciously contacting Spirit. This contact is made through prayer, meditation, and good works.

Resurrection--The restoring of mind and body to their original, undying state. This is accomplished by the realization that God is Spirit and that God created [us] with power like that which [God] possesses. When [we realize] this, [our] mind and body automatically become immortal...The word resurrection also suggests that there has been a falling short of the divine standard; therefore, the necessity of being restored and revived. Through resurrection [one] becomes an inhabitant here and now of "a new heaven and a new earth" (Rev. 21.1)...

Christ, absolute Principle, the God-idea...is the true resurrecting power and life in each of us here and now...

The resurrection takes place in us every time we rise to Jesus' realization of the perpetual indwelling life that is connecting us with the [Divine]. A new flood of life comes to all who open their minds and their bodies to the living word of God.



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