



Spirit & Truth
A Samaritan Press Publication
Sunshine Cathedral

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Daily Reflection & Prayer
Prayers composed by Rev. Dr. Durrell Watkins

March 1

“Let this mind be in you which was also in Christ Jesus...” (The Apostle Paul)

“The master mind in us is very real and it actively functions in each individual.” (W. Frederic Keeler)

The master Mind, divine Mind, is the One Mind and I am a perfect idea in It. I expect and accept blessings today. And so it is.

March 2

“Let us come before God’s presence with thanksgiving.” (Psalm 95)

“To heal the troubles of life...there is one basic method. This method...is The Practice of the Presence of God.” (W. Frederic Keeler)

I Am forever and always in the presence of God. As I turn to God and focus on God, that which is godly and good becomes my experience; and so it is.

March 3

“...Christ in you, the hope of glory.” (Colossians 1.27)

“All the Christ qualities are within us now.” (Carrie Munz)

“Christ” is more than Jesus. Christ is the Nature, the Principle, the Ideal, the Pattern, the Light that Jesus embraced and shared. Jesus is the Christ example, but the Christ Light shines on, for, and within us all. May I allow the Christ in me to shine today. Amen.

March 4

“Ye have not because ye ask not.” (James 4.2)

“The starting point for the demonstration you wish is the realization that the good you pray for already is.” (Max Ballard)

In the field of unlimited possibilities, every blessing exists, every miracle can happen, and every need is already met. Today I claim the good that is waiting for me. It already is, and today, I allow it to be mine. Amen.

March 5

“We know that in all things God works for good with those who love God...” (The Apostle Paul)

“Experiences are what we make of them...Life can be a malady or a melody...” (F. Bernadette Turner)

*Dear God, I look beyond conditions and appearances to see your goodness, your love, and your will that we all flourish with joy.
Amen.*

March 6

“I am always aware of the Lord’s presence...God’s presence fills me with joy...” (Psalm 16)

“There is no soul...but God.” (Grace L. Faus)

*There is one Power, one Presence, one Life, It is God, the Good, the Eternal, the Source of Love. I am one with the One, and all that the One is, is available to me, and indeed, what the One is, I Am.
Amen.*

March 7

“My God will fully supply whatever you need, in accord with heavenly riches...” (The Apostle Paul)

“Surely we believe that there never was a human need without its answer in divine Mind.” (Irwin Gregg)

I accept and give thanks for grace equal to every need. Amen.

March 8

“Yes, there were schemes against me, but all the while God had plans for my good.” (Genesis 50.20)

“...by our attitude we can turn all chance happenings into opportunities for good and for spiritual growth.” (Elizabeth Searle Lamb)

*I can't predict or control every event in life, but I can choose how I respond to events in life. In my choices I find power!
May I choose wisely and well. Amen.*

March 9

“If we hope for what we do not see, we wait for it with patience.”
(The Apostle Paul)

“Patience, ceaseless efforts, and strong determination make everything possible.” (Mahavatar Babaji)

I want what I want and I want it now! Thank God I don't always get what I think I want right away. Grace delivers my good in divine timing, and as my consciousness expands, my good comes in greater abundance than I may have first imagined possible. Some things are worth the wait. Amen.

March 10

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, my savior, whom I will continue to praise.” (Psalm 42)

“Here I am...ready to commune with my very own Soul, that [it] may impart to me its wisdom, its life, its love, its truth.” (Joel S. Goldsmith)

I am a unit of pure consciousness and as such, I commune with the OverSoul, speaking my heart, and receiving guidance, comfort, and strength as I may need. How glad and grateful I am!

March 11

“With God, all things are possible.” (Jesus)

“[The] Universe...never restricts anyone.” (Raymond Charles Barker)

I can do great things. Even small things, when done with love and care and intention, can have a big impact. I deserve to succeed in my good endeavors. I have great potential. My future is very bright!

March 12

“Whatever is true...honorable...just...pure...lovely...commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things.” (The Apostle Paul)

“We steadily grow into the likeness of that which we think of most.”
Christian D. Larson

I will focus on what is good today.

March 12

“Give thanks in all circumstances.” (The Apostle Paul)

“...the [one] worthwhile is the one who will smile when everything goes dead wrong.” (Ella Wheeler Wilcox)

Dear God, I give thanks for joy that circumstances can neither give nor take away. Put a smile in my heart, God, and I will let it show on my face. Amen.

March 13

“Deliver us from evil.” (Jesus)

“There is nothing in me that corresponds with, or responds to any form of evil.” (Mary Baker Eddy)

I am a magnet for blessings. I accept and give thanks for my highest good. And so it is.

March 14

“God is the strength of my heart...” (Psalm 73)

“My God and my all.” (St. Francis of Assisi)

*Omnipresent Life, you are the Potter, the Clay, and the Vessel.
You are the Mind, the Idea, and the Expression.
You are the Master, the Material, and what is Made.
You are All, and this gives me peace, courage, and joy. Amen.*

March 15

“You prepare a table before me...you anoint my head with oil; my cup overflows.” (Psalm 23)

“May our lives remain as full as our hearts on this day!”

(Yoruban prayer)

Source of joy, thank you for filling my heart with hope and gladness. Some days I forget that there are reserves of joy and power within me, but those gifts are with and within me always. Today I draw from that blessed well. Amen.

March 16

“Wisdom’s ways are pleasant, and all her paths are peace.”

(Proverbs 3.17)

“May peace prevail on earth.” (Masahisa Goi)

*Gentle Spirit, let there be peace in our hearts, and in our world.
Amen.*

March 17

“The LORD God formed the human from the dust of the ground and breathed the breath of life into the human, who then became a living being.” (Genesis 2.7)

“God’s life is living itself in me.” (Father Richard Rohr)

*There is one Life, one Power, one Presence...This Life is my life,
this Power gives me hope and courage, this Presence is the
substance of all that is. I am part of the Divine Life;
therefore, all is well. And so it is.*

March 18

“Thou shalt not make unto thee any graven image...” (The Torah)

“God is always bigger than the boxes we build for God, so we should not waste too much time protecting the boxes.” (Father Richard Rohr)

*Everything is part of God, and God is more than any and every thing.
I see the wave, which is the ocean, and still
there is more ocean than what I can see.
Today, I remember that whatever I believe about God
and however I have experienced God...God is still more.
Thank you, God, for being bigger than I can understand
and still including me in your bigness. Amen.*

March 19

“Love your neighbor as yourself.” (Jesus)

“The more self-hatred and guilt we have, the less our lives work.”

(Louise Hay)

*I am loveable. I love myself. As I love myself, I am able to love
others. Love is my religion, my power, my reason for being.
I am thankful for the power of love. Amen.*

March 20

“God looks into the heart.” 1 Samuel 16.7

“You may choose the most positive words, and pray and pray with them; but as long as you are thinking in your heart to the contrary, that contrariness must prevail for you.” (HB Jeffery)

I allow positive images, comforting thoughts, and good feelings to saturate my heart. What's in me is what will express through me, so I am filling my heart with good things.

March 21

“Let us not neglect meeting together...but let us encourage one another...” (Hebrews 10.25)

“Anything that brings us together — inspiring us to open our hearts, hands, or minds, to forget our differences for a moment and remember we are one - is a sacrament.” (Forrest Church)

*I give thanks for what brings us together,
for all that reminds us that we are holy,
we are capable, we are loved.*

March 22

“In everything, then, do to others as you would have them do to you.”
(Jesus)

“So many gods, so many creeds, so many paths that wind and wind while just the art of being kind is all the sad world needs.”
(Ella Wheeler Wilcox)

*God is love, and kindness is true religion.
Today, I will bless my world with love. Amen.*

March 23

“Don't you realize that you yourselves are the temple of God, and God's spirit lives in you?” (The Apostle Paul)

“...your core energy is the God who created all that is. You are the literal temple of God! Therefore, no situation is insurmountable.”
(St. Germain via Philip Burley)

I am wise and wonderful. I am resilient. I have joy that circumstances cannot diminish. And I give thanks for grace equal to every need. Amen.

March 24

“Keep your heart with all vigilance, for from it flow the springs of life.”
(Proverbs 4.23)

“Let my soul smile through my heart and my heart smile through my eyes, that I may scatter rich smiles in sad hearts.”
(Paramahansa Yogananda)

*Thank you, Angels, for speaking Truth, grace, and love to my heart.
Thank you, Universe, for great treasure to be
discovered on my spiritual journey. Thank you,
Master Teachers, for reminding me to follow
the noble path, the compassionate way. Amen.*

March 25

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

“...all that God is, is everywhere present.” (Patsy Cantrell)

*Omnipresent God, All-in-all, Source and Substance of all that is,
I rejoice as I consider that I am part of you and can never be separated
from your loving presence. Amen.*

March 26

“God is love. Whoever lives in love lives in God, and God in them.”
(1 John 4.16)

“As a Christian, I’m passionately opposed to...the religious arrogance that says, ‘Our truth is the only truth.’” (Parker Palmer)

*We are all the children of God. Indeed, we are all in God and part
of God. We are one with perfect, everlasting, divine love.
We all have sacred value. And so it is.*

March 27

“Bear one another’s burdens...” (The Apostle Paul)

“I do believe we’re all connected. I do believe in positive energy. I do believe in the power of prayer. I do believe in putting good out into the world. And I believe in taking care of each other.” (Harvey Fierstein)

*May the weak find strength. May the hurting be comforted. May
the fearful discover hope. May we all be happy and well. Amen.*

March 28

“Repent and believe in the good news.” (Jesus)

“...Repentance...is a turning from belief in sin to belief in God and righteousness.” (Charles Fillmore)

I believe in love, in beauty, in divine perfection. I turn from any sense of unworthiness and toward the realization that I am part of God and God's goodness is my Truth. Amen.

March 29

“Oh, taste and see that God is good.” (Psalm 34)

“We are conceiving of God as infinite Life, Love, Intelligence, Power, [and] Joy...” (Nona Brooks)

*My faith is this: God is good, and I am made in God's image.
And so it is.*

March 30

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

“All is contained within God.” (Malinda Cramer)

We are in you, God, made by and from you, filled with your light and dwelling always in your presence. What joy this brings, what peace it offers. All is well. And so it is.

March 31

“You are gods. You are children of the Most High.” (Psalm 82)

“All of the great teachers have left us with a similar message: Go within, discover your invisible higher self, and know God as the love that is within you.” (Dr. Wayne Dyer)

*Compared to the vast universe, I seem so tiny and frail;
but, when I consider that I am part of the vast universe,
I feel mighty and meaningful. God is love, eternity, power, light, wisdom,
all-presence, and I am part of God, filled with God, a channel through
which God's love may flow.
In my human experience, I have much to learn and more growing to do,
and still, I am part of a love that holds the cosmos.
Ultimately, I am divine; praise be to God in me. Amen.*

Excerpt from Your Word is Your Wand
by Florence Scovel Shinn (1871-1940)

[Our] word is [our] wand filled with magic and power!

Jesus Christ emphasized the power of the word; “By thy words thou shalt be justified and by thy words thou shalt be condemned,” and “death and life are in the power of the tongue.”

So [we have] power to change an unhappy condition by waving over it the wand of [our] word.

In the place of sorrow appears joy, in the place of sickness appears health, in the place of lack appears plenty. For example: A woman came for a treatment for prosperity. She possessed just two dollars in the world. I said: “We bless the two dollars and know that you have the magic purse of the Spirit; it can never be depleted; as money goes out, immediately money comes in, under grace in perfect ways. I see it always crammed, jammed with money: Yellow bills, green bills, pink checks, blue checks, white checks, gold, silver and currency. I see it bulging with abundance!”

She replied: “I feel my bag heavy with money,” and was so filled with faith that she gave me one of her dollars as a love offering. I did not dare refuse it and see lack for her, as it was important that I hold the picture of plenty.

Shortly afterwards she was made a gift of six thousand dollars. Fearless faith and the spoken word brought it to pass.

The affirmation of the magic purse is very powerful, as it brings a vivid picture to the mind. It is impossible not to see your purse or wallet filled with money when using the words, “crammed, jammed.”

The imaging faculty is the creative faculty and it is important to choose words which bring a flash of the fulfillment of the demand. Never force a picture by visualizing; let the Divine Idea flash into your conscious mind; then the student is working according to the Divine Design.

Jesus Christ said: “Ye shall know the Truth and the Truth shall make you free.”

This means that [you] must know the Truth of every situation which confronts [you].

There is no Truth in lack or limitation. [One] waves over it the wand of [one’s] Word and the wilderness rejoices and blossoms as the rose.

Fear, doubt, anxiety, anger, resentment pull down the cells of the body, shock the nervous system and are the causes of disease and disaster.

Happiness and health must be earned by absolute control of the emotional nature.

Power moves but is never moved. When [one] stands calm and serene, has a good appetite, feels contented and happy when appearances are against him [or her], [one] has reached mastery. Then [one] has the power to “rebuke the winds and the waves,” to control conditions.

[Your] word is [your] wand and...transmutes apparent failure into success.

[You] know [your] universal supply is endless and immediate and all [your] needs manifest instantly on the external. For example, a woman at sea awoke in the morning hearing the fog-horns blowing. A dense fog had settled on the ocean with no apparent signs of clearing. She immediately spoke the word: “There are no fogs in Divine Mind, so let the fog be lifted! I give thanks for the sun!”

Soon the sun came out, for [we have] dominion over “the elements - over all created things.”

Every [person] has power to lift the fog in his [or her] life. It may be a fog of lack of money, love, happiness or health. [Whatever the case may be] Give thanks for the sun!



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