



Spirit & Truth
A Samaritan Press Publication
Sunshine Cathedral

SunshineCathedral.org
1480 SW Ninth Ave - Fort Lauderdale, FL 33315 USA

May 2021
Dial-a-prayer: 954.462.2004 (6)

Spirit & Truth
Daily Reflection & Prayer

Spirit & Truth - May 1

Rev. Dr. Durrell Watkins

Sometimes I feel a bit imbalanced. May my angels catch me if I stumble. Amen.

“God will command angels concerning you to guard you in all your ways; they will lift you up in their hands...” Psalm 91

Spirit & Truth - May 2

Rev. Dr. Durrell Watkins

Help me avoid needless fear. Amen.

“I will fear no evil; for you are with me.” Psalm 23

Spirit & Truth - May 3

Rev. Dr. Durrell Watkins

Life is a miracle and is filled with miracles. Today, I expect, accept, and give thanks for miracles. Amen.

“Miracles come in moments. Be ready and willing.” Wayne Dyer

Spirit & Truth - May 4

Rev. Dr. Durrell Watkins

Divine Mind, I could probably use a great idea or two today. Fortunately, you have them all. Please share. Amen.

“The Spirit of truth...will guide you...” Jesus

Spirit & Truth - May 5

Rev. Dr. Durrell Watkins

Lady Wisdom, I need your guidance. Amen.

“Those who find Wisdom find life and receive divine favor.” Proverbs 8

Spirit & Truth - May 6

Rev. Dr. Durrell Watkins

For all that you've given, and for all that you continue to offer, and for all that you will yet provide, thank you, Life! Amen.

“My God shall supply all your needs according to heavenly riches.” The Apostle Paul

Spirit & Truth - May 7

Rev. Dr. Durrell Watkins

Angels and ancestors, saints and sages, watch over us, pray for us, cheer us along our way. Amen.

“Such a large crowd of witnesses is all around us!...” Hebrews 12

Spirit & Truth - May 8

Rev. Dr. Durrell Watkins

I live in an abundant Universe and I now ask the Universe to meet my every need. Amen.

“All the world is mine and everything in it.” Psalm 50

Spirit & Truth - May 9

Rev. Dr. Durrell Watkins

Universal Life individuates as every particular life, and so it is that I am one with all that is good. Amen.

“I am part and parcel of God.” Ralph Waldo Emerson

Spirit & Truth - May 10

Rev. Dr. Durrell Watkins

Spirit of Life, I give thanks for my loved ones and I wish each and every one of them happiness and well-being. Amen.

“... pray for each other so that you may be healed...” James 5

Spirit & Truth - May 11

Rev. Dr. Durrell Watkins

Someone needs healing today. God bless them. Give them strength, hope, and comfort. Amen.

“...be not dismayed, for I am your God. I will strengthen you, yes, I will help you...” Isaiah 41

Spirit & Truth - May 12

Rev. Dr. Durrell Watkins

I pray for divine guidance today. Amen.

“Teach me your ways, O God; make them known to me.” Psalms 25

Spirit & Truth - May 13

Rev. Dr. Durrell Watkins

Keep me and all who are dear to me safe today. Amen.

“If God is for us, who can be against us?” The Apostle Paul

Spirit & Truth - May 14

Rev. Dr. Durrell Watkins

I choose to be happy. I am lovable. I am resilient. I deserve success. And so it is.

“There is good for me and I ought to have it.” Emma Curtis Hopkins

Spirit & Truth - May 15

Rev. Dr. Durrell Watkins

There's a song in my heart. I sing it when I need to feel better. It always works. Alleluia!

“God has given me a song to sing.” Psalm 40

Spirit & Truth - May 16

Rev. Dr. Durrell Watkins

May God grant me the blessings I need most. Amen.

“...we have received grace upon grace.” John 1

Spirit & Truth - May 17

Rev. Dr. Durrell Watkins

I ask for health, happiness, and prosperity. I believe these are mine by divine right. I receive them with gratitude. And so it is.

“Ask. Believe. Receive.” The Secret

Spirit & Truth - May 18

Rev. Dr. Durrell Watkins

I conquer fear. I live in the power of joy. Alleluia. Amen.

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

Spirit & Truth - May 19

Rev. Dr. Durrell Watkins

Fill every cell, fiber, and tissue of my body with shining, vibrant health. I receive it. I am thankful. Amen.

“Love is infectious and the greatest healing energy.” Sai Baba

Spirit & Truth - May 20

Rev. Dr. Durrell Watkins

God in me is expressing through me. All is well. Amen.

“One God...of all, who is over all and through all and in all.” Ephesians 4

Spirit & Truth - May 21

Rev. Dr. Durrell Watkins

Spirit of community, I think of people in my life who need help, who could benefit from encouragement, who are due for some good breaks. I send them love. I wish them well. Amen.

“We pray the work.” Mother Teresa

Spirit & Truth - May 22

Rev. Dr. Durrell Watkins

Someone needs a miracle. Dear God, give them one. While you're at it, make it a couple. Thank you, God. Amen.

“All things are possible with God.” Jesus

Spirit & Truth - May 23

Rev. Dr. Durrell Watkins

Right now, I breathe in...and out. In...and out. I relax. I release all tension and anxiety. I allow peace to saturate my being. Love enfolds me. I am safe. All is well. Amen.

“You, God, will keep in perfect peace, those whose minds are stayed on you.”
Isaiah 26

Spirit & Truth - May 24

Rev. Dr. Durrell Watkins

Help me, please. Thanks. Amen.

“Help, Thanks, Wow.” Anne Lamott

Spirit & Truth - May 25

Rev. Dr. Durrell Watkins

I sometimes look for the worst or expect obstacles or obsess about what has gone or could go wrong. Not today! I choose hope. I choose peace. I deserve happiness. I look for miracles. I think I see one on its way already. Amen.

“Choose once again.” A Course in Miracles

Spirit & Truth - May 26

Rev. Dr. Durrell Watkins

In my thoughts, in my attitudes, in my emotions...let healing occur in every way it might be needed. Amen.

“Rise and go. Your faith has made you well.” Jesus

Spirit & Truth - May 27

Rev. Dr. Durrell Watkins

My life is filled with love. I am loving. I am loved. God is love, and God is all in all. Amen.

“Love is the great miracle cure. Loving ourselves works miracles in our lives.”

Louise Hay

Spirit & Truth - May 28

Rev. Dr. Durrell Watkins

As people come to mind, I silently bless each one: Be happy. Be well. Be safe. Amen.

“May God bless you and keep you. May God’s face shine upon you and be gracious to you. May God look upon you kindly and grant you peace.” Numbers 6

Spirit & Truth - May 29

Rev. Dr. Durrell Watkins

I forgive my past self for every mistake. And so it is.

“If your compassion does not include yourself, it is incomplete.” Jack Kornfield

Spirit & Truth - May 30

Rev. Dr. Durrell Watkins

Help me love myself abundantly. Help me appreciate and approve of myself. Help me believe in my potential. Help me be my best self. I ask in faith, and I receive. Amen.

“Self-rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the ‘Beloved.’” Henri Nouwen

Spirit & Truth - May 31

Rev. Dr. Durrell Watkins

I love my life, and it’s getting better every day. As I am blessed, I will bless others. Welcome, Joy! Welcome, Wisdom! And so it is.

“Be in love with your life. Every minute of it.” Jack Kerouac



EASY WAYS TO DONATE



@SunshineCathedral



\$SunshineCathedral



954-399-7333



SunshineCathedral.org



**1480 SW 9th Ave.
Fort Lauderdale, FL 33315**

