



Spirit & Truth
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Sunshine Cathedral

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Spirit & Truth
Daily Reflection & Prayer

June 1 Spirit & Truth by Rev. Dr. Durrell Watkins
God lifts my head

No matter what others say and no matter how religion has been misused to exclude or belittle, I know God as love and this divine Love lifts my spirit and fills me with hope and joy. And so it is.

“O Lord, how many are my foes! Many are rising against me; many are saying to me, ‘There is no help for you in God.’ But you, O Lord, are a shield around me, my glory, and the one who lifts up my head.” Psalm 3

June 2 Spirit & Truth by Rev. Dr. Durrell Watkins
In awe of God

Thank you, God, for who I am and for the gifts that are mine to enjoy and to share. I am part of you and your loving presence is my joy and my strength. Amen.

“I, through the abundance of your steadfast love, will enter your house, I will bow down toward your holy temple in awe of you.” Psalm 5

June 3 Spirit & Truth by Rev. Dr. Durrell Watkins
We can do better

Dear God, the world is rich in resources, but we hoard and squander them. The human family is full of creativity and genius, but we don't always use our talents for good. Our hearts are capable of great love, but we often forget how loving we can be. Heal us. Help us be as good as you have designed us to be. Amen.

“‘Because the poor are despoiled, because the needy groan, I will now rise up,’ says the Lord; ‘I will place them in the safety for which they long.’”
Psalm 12

June 4 Spirit & Truth by Rev. Dr. Durrell Watkins
God's good is mine

Omnipresent God, in you is all Good. You are the Source and Substance of my life. You are the Life of my life, the Love in my heart, the Joy in my spirit, the Beauty I see, the Power with which all things are possible. Thank you, God. Amen.

“You show me the path of life. In your presence there is fullness of joy; in your hands are pleasures forevermore.” Psalm 16

June 5 Spirit & Truth by Rev. Dr. Durrell Watkins
God is my refuge

There is one Power and one Presence, God, the Good, the Eternal. God is my refuge, the source of my hope and strength, the light within that guides me in ways of peace and fulfillment. I trust my God-Source. I expect and accept blessings now, and so it is.

“The Lord is my rock, my fortress, and my deliverer, my God...in whom I take refuge, my shield, and the horn of my salvation, my stronghold.” Psalm 18

June 6 Spirit & Truth by Rev. Dr. Durrell Watkins
I belong to God

I give thanks that I am in God, part of God, forever loved by God. I am God's and forever will be. This makes me happy and secure. All is well. Alleluia.

“The earth is the Lord's and all that is in it, the world, and those who live in it.” Psalm 24

June 7 Spirit & Truth by Rev. Dr. Durrell Watkins
Strong and peaceful

I am strong because I have God's strength available to me. I am blessed with peace because the love of God holds me and nurtures me every second of every day. I am safe in God. God watches over me. God's light shows me the way. And so it is.

“May the Lord give strength to the people! May the Lord bless the people with peace!” Psalm 29

June 8 Spirit & Truth by Rev. Dr. Durrell Watkins
Help!

Sometimes, God, I don't know what I need. Sometimes, hope seems almost foolish. Sometimes, I feel the need to pray but the words or ideas or mental pictures just don't come. In such moments, Help! Comfort me and strengthen me and lead me toward renewed joy. When I can't, you can. When I don't know, you know. I will trust you always to lend aid where and when and how it is needed. Amen.

“Be pleased, O Lord, to deliver me; O Lord, make haste to help me.”
Psalm 40

June 9 Spirit & Truth by Rev. Dr. Durrell Watkins
Self affirmation

Let me know that I am beautiful. I am worthy. I am gifted. Let me joyfully affirm that I am wonderful in many ways. I am continually blessed. Alleluia! And so it is.

“I am a rose of Sharon, a lily of the valleys.” Song of Songs 2.1

June 10 Spirit & Truth by Rev. Dr. Durrell Watkins
Romance

Thank you, God, for love. Thank you for hearts that connect, for souls that enrich each other, for the ways that two lives can share joy. May those who have known such love rejoice. May those who are looking for it find it when the time is right. Amen.

“You have ravished my heart with a glance of your eyes...”
Song of Songs 4.9

June 11 Spirit & Truth by Rev. Dr. Durrell Watkins
Love

I will drink deeply of love. I am willing to love myself. I affirm that Life loves me. The Universe loves me. I allow love to flow through me to bless others. Love lifts me above fear and regret. Life is becoming a celebration of love. I rejoice. And so it is.

“Eat, friends, drink, and be drunk with love.” Song of Songs 5.1

June 12 Spirit & Truth by Rev. Dr. Durrell Watkins
Enduring love

Love is love is love. Love wins. Love is divine. Love is everywhere present. Love is the fabric of the universe. I embrace love. I give thanks for love. I am love in expression. Amen.

“Many waters cannot quench love, neither can floods drown it.”
Song of Songs 8.7

June 13 Spirit & Truth by Rev. Dr. Durrell Watkins
Divine goodness

God in me is gracious, honest, kind, peaceful, compassionate, just, and loving. God in me, express through me. May my Higher Self shine brightly today. Amen.

“There are six things that the Lord hates, seven that are an abomination to God: haughty eyes, a lying tongue, and hands that shed innocent blood, a heart that devises wicked plans, feet that hurry to run to evil, a lying witness who testifies falsely, and one who sows discord in a family.”
Proverbs 6.16-19

June 14 Spirit & Truth by Rev. Dr. Durrell Watkins
Omnipresence

In this moment, I choose to remember that God fills all space and is therefore right where I Am. I rest in God's presence and allow God's grace to minister to my every need. I am calm and reassured. Thanks be to God.

“The spirit of the Lord has filled the world...” Wisdom 1.7

June 15 Spirit & Truth by Rev. Dr. Durrell Watkins
Our prayers are heard

Every prayer, every good desire, every love-filled wish, every vision of justice, every longing for wholeness, every concern for dear ones, you receive, holy One, and you respond with grace. Let us know that prayer is powerful and miracles are possible. Amen.

“Hear, O Lord, the prayer of your servants, according to your goodwill toward your people, and all who are on the earth will know that you are the Lord, the God of the ages.” Sirach 36.22

June 16 Spirit & Truth by Rev. Dr. Durrell Watkins
I love myself

I have unlimited amounts of love to share, and today, I remember to share that wonderful gift with myself. I deserve my kindness, my goodwill, my positive regard. As I nurture myself with love, I find that I have even more love with which to bless others. And so it is.

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.” The Buddha

June 17 Spirit & Truth by Rev. Dr. Durrell Watkins
True strength

I vanquish self-doubts. I overcome needless fears. I defeat regret. I forgive my past mistakes, real and imagined. I heal any sense of unworthiness. I am learning to be a good friend to myself. I declare this in the power of love. Amen.

“To conquer oneself is to be truly strong.” Tao te Ching

June 18 Spirit & Truth by Rev. Dr. Durrell Watkins
Divine unity

The currents of Life flow through us all. The Life of all life expressing through and as every life is One Life, perfect, whole, and eternal. I am one with divine Life, and I connected to all other lives. And so it is.

“The river that flows in you also flows in me.” Kabir

June 19 Spirit & Truth by Rev. Dr. Durrell Watkins
God within

I praise you indwelling Goddess/God. You are infinite goodness. You are perfect Love. You are animating energy. You are wisdom, life, peace, and joy. As I become aware of my unity with you, I feel secure, happy, and abundantly supplied. And so it is.

“The Lord is in me; the Lord is in you, as life is in every seed. Put false pride away and seek the Lord within.” Kabir

June 20 Spirit & Truth by Rev. Dr. Durrell Watkins
No need to play small

I am how the universe knows itself. I am a unit of pure Consciousness. I am part of God. I will now live into this powerful Truth, this Great legacy, this joyful reality. Amen.

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

June 21 Spirit & Truth by Rev. Dr. Durrell Watkins
Dare to try

Dear God, may I not let fear of other people's opinions keep me from pursuing my dreams. Give me joy in the pursuit. Let me rejoice in the effort. May something wonderful come from my boldness. Amen.

“Start a huge, foolish project, like Noah...it makes absolutely no difference what people think of you.” Rumi

June 22 Spirit & Truth by Rev. Dr. Durrell Watkins
God is for us

What if God is cheering me on? What if my joy gives God joy? What if God is expressed in my thriving? What if I can tap into the power of God to achieve amazing things? It's all true, isn't it? Thanks be to God! Amen.

“Live life as if everything is rigged in your favor.” Rumi

June 23 Spirit & Truth by Rev. Dr. Durrell Watkins
God in expression

I affirm, praise, and give thanks for my Sacred Self. I am part of all that is good, all that is Real. I am divine Life expressing. And so it is.

“I am no longer the wave of consciousness thinking itself separated from the sea of cosmic consciousness. I am the ocean of Spirit that has become the wave of human life.” Paramahansa Yogananda

June 24 Spirit & Truth by Rev. Dr. Durrell Watkins
Good news

The realm of God is God's presence, and it is at hand, in our hands, always present. To repent is to turn from something and toward another. I turn away from fear-based religion and toward a theology of divine, all-inclusive, unconditional, everlasting Love. That God is Love is the good news. Alleluia!

“The realm of God is at hand. Repent, and believe in the good news.” Jesus

June 25 Spirit & Truth by Rev. Dr. Durrell Watkins

Thank you, God, for the resilience that helps us survive and transcend toxic experiences. Thank you, God, for giving us the ability to shake off poisonous ideas and limited thinking. Thank you, God, for grace that assures that I will be okay. Amen.

“Paul shook the snake off into the fire and suffered no harm.” Acts 28.5

June 26 Spirit & Truth by Rev. Dr. Durrell Watkins
God is everywhere

God is within, above, and all around me. God is omnipresent. God is All-in-all. Today, I am in joyful communion with God. Alleluia! Amen.

“Jesus said, ‘If your leaders tell you: Look, the true realm is in the sky,’ then the birds will precede you. If they tell you, ‘It’s in the sea,’ then the fish will precede you. Rather, the true realm is within you and outside of you.” Gospel of Thomas

June 27 Spirit & Truth by Rev. Dr. Durrell Watkins
Love is

Just as I am, I am loved. I am love. Yes. Amen.

“You are loved just for being who you are, just for existing. You don’t have to do anything to earn it. Your shortcomings, your lack of self-esteem, physical perfection, or social and economic success—none of that matters. No one can take this love away from you, and it will always be here.”
Ram Dass

June 28 Spirit & Truth by Rev. Dr. Durrell Watkins
Love is my innermost truth

Divine Love, in, through, and as me, radiates goodness and joy into the world. My love is part of God's love; it is good. It is blessed. And so it is that I am thankful. Amen.

“Unconditional love really exists in each of us. It is part of our deep inner being. It is not so much an active emotion as a state of being. It's not ‘I love you’ for this or that reason, not ‘I love you if you love me.’ It's love for no reason, love without an object.” Ram Dass

June 29 Spirit & Truth by Rev. Dr. Durrell Watkins
I approve of me

I am God's miracle and not God's mistake. Thank you, God, for making me wondrously, amazingly, beautifully. I am learning to love myself more each day. I appreciate all that I am, all that I am becoming, and all the ways that you are blessing me. Amen.

“Self-approval and self-acceptance in the now are the main keys to positive changes in every area of our lives.” Louise Hay

June 30 Spirit & Truth by Rev. Dr. Durrell Watkins
Thoughts matter

No matter what is happening, I can know peace. I can experience joy. I can look for the blessing, embrace the lesson, rejoice in my resilience, be thankful for opportunities, find humor, release whatever I cannot control. How I think will determine how I feel, and how I feel is how I experience life. Today, I choose comforting, empowering thoughts. And so it is.

“I am affected only by my thoughts.” A Course in Miracles

Reflection Page

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