

## **MEDITATIONS FROM FEBRUARY 2015 SUNDAY BULLETINS**

### **THE ART OF LISTENING WITHIN**

February 1, 2015

Rev. Maria Borrero

Can we see ourselves as our Father knows us, pure, perfect, full of joy and love? Probably not, yet if we abide in God's Silence and listen to the still small voice we will know and see as our Father sees and knows. "God is spirit, and those who worship him must worship him in Spirit and Truth" John 4:24

Be still and know that I am God are instructions to have a relationship with our Father. We need not say a word to God. We need to listen, contemplate and have an open loving heart. This is the secret to return to our true place in God's Kingdom. Isaiah 44:6 reminds us by revealing, I am the first, and I am the last; and beside me there is no God. Let us turn within every day in perfect silence for the pure pleasure of being in our Father's Presence. And so it is, Amen.

### **THE GIFT OF GRATITUDE**

February 8, 2015

Rev. Donna Gatewood

“Praise ye the Lord, Praise God in his sanctuary; praise him in the firmament of his power. Praise him for his mighty acts; praise him according to his excellent greatness. Let everything that hath breath praise the Lord. Praise ye the Lord.” Psalm 150:1,2,6

We give thanks that we are all the individualized expressions of God and that we are part of his great and glorious plan. We rejoice and give thanks as we recognize the Source of our joy, the Source of our harmony, the Source of our goodness, the Source of our healing, and the Source of all truth.

Gratitude is sometimes thought of as the joy we give to God. There is real power in gratitude; there is power in rejoicing that the goodness of God is active in our everyday living. Gratitude and praise to God bring a lifting in consciousness. Somehow our troubles disappear and our difficulties dissolve. Why is this? It is because we change the direction of our attention. Through praise and gratitude we change our thoughts from our problems to God.

If you find yourself experiencing anything that seems wrong—physically, emotionally, mentally, or financially—stop a moment and give thanks for the good you now have and be assured that greater good will flow.

Begin this moment to form the habit of praising God and showing gratitude to Him continuously. Praise God for the great abundance of all good that He has given and is continuing to give every moment of every day.

## **A DAY OF DECISION**

February 15, 2015

Rev. Janet Friedline

Most of us are familiar with the Biblical passage that tells us “this is the day which the Lord hath made, let us rejoice and be glad in it.” And I dare say there are times when we would like to turn this day over to the Lord and just ask him to take care of it. Wouldn’t that be nice? And if it wasn’t possible to do this, could we at least ask him to make our decisions for us? That would be a big help, for surely the Lord would know what to do.

Well, yes, this is true. The Lord knows what to do. And it is also true that we may allow him to direct our day. But in order to do this, we must release our personal ideas about what should happen. The ego must be reminded that it is not in charge. And most of us are simply not able to do this. We may say that we want the Lord to direct our ways, but we want to look over his shoulder while he is doing it. We have only one decision to make and it is this; choose ye this day to serve God or to serve man – it is up to us.

## **THE PERFECT TRUTH**

February 22, 2015

Rev. Donna Gatewood

The Truth which Jesus said shall set us free is a cure for all of our stresses and distresses. It is the way by which we may all be set free from all that holds us back and hinders and causes us to suffer.

This Truth is simple. It is so simple that only a child can understand it. For didn’t Jesus say, “Unless you become as a little child, you cannot enter the kingdom of heaven.” We are living in the kingdom of God right now, this very minute; for the kingdom of God is peace and joy in the Spirit. It is not missing from us for Jesus told us, “Behold, the kingdom of heaven is at hand and within you.”

To discover this Truth is a great discovery. We are here to find the Truth which has been with us always. Become as a little child that you may be open and receptive with ears to hear and eyes to see beyond the human condition.