

## **MEDITATIONS FROM JANUARY 2020 SUNDAY BULLETINS**

### **HABITS OF THOUGHT**

January 5, 2020

Rev. Janet Friedline

As human beings, we think a great deal. We gather information, we study and learn. And in the process, we form judgments, reaching conclusions, establishing fixed patterns of belief. And there we would like to stay, content with what we have done. But life does not stand still, and neither should we. Life is designed to move us forward into new conditions and situations. We are asked to consider and ponder in a different way, with fresh “eyes,” and an open mind.

Sometimes our study takes us beyond the established habits of thought, going beneath the surface of life to a deeper reality. The open attitude readily accepts this information, forming new patterns of understanding and acceptance. Wisdom reveals what is real and what is unreal; what is temporary and what is Absolute. We cultivate new habits and patterns, ones that bear witness to an indwelling presence that loves us and cares for us. This is the reality of life, the one with no beginning and no end.

### **IN GOD ALL POWER RESIDES – BE STILL AND KNOW**

January 12, 2020

Rev. Wayne M. Gatewood, Jr.

Man is the power of God in action. To man is given the highest power in the universe, the conscious power of thought. There is a universal, creative force that urges man forward to the recognition of the creative power of his individual thought. This thought is elemental, and all its attributes come under the dominion of man. When he co-operates with Principle...the Truth and the Light of him, with his Source, God, man sits on the throne of his authority and the elemental force is subject to him; it is then that man has entered the Kingdom, and all that is of his Father is realized and brought forth as his wonderful demonstrations out here in the world.

*For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7*

### **MODERN MIRACLE**

January 19, 2020

Rev. Donna Gatewood

Our qualities are Infinite, Eternal, and Perfect. We have been commanded: “Be ye therefore perfect, even as your Father which is in Heaven is Perfect.” If only we were to obey. Jesus the man came teaching, not the Divinity within him, but the Divinity which is in all of mankind. The Divinity in you and in me. Within us all is the potential for the expression of Total Good.

As we unfold in consciousness; as we unfold into the awareness that God is the source of everything, we will begin to manifest a healing in all areas of our lives. A healing of body, of affairs, and of sustenance. Just as the disciples cast their nets into the waters and they caught so many fish they had

no room to keep them; so will a blessing pour out unto each of us that there will not be room to contain it.

The natural order in the world of appearances, the physical life is from without to within. In other words, whatever the senses report, we accept, and then we attempt to adjust accordingly. However, the natural order of spiritual life, the natural order of a perfect expression of life is reversed. It is from within to without. As our awareness of God increases and multiplies, the natural reactions to physical life decreases. As Paul tells us: "Though our outward man perishes, the inward man is renewed day by day." It is here in this consciousness that the perfect Christ within, becomes manifest outwardly. As our consciousness unfolds and develops in its recognition of the Divine life always about us, our divinity becomes more and more manifest. And we become changed men and women. For we have acquired a new awareness. We have acquired a new mind. We have acquired an awareness of life which is forever saying: "I have been with you from the beginning."

### **THE MOUNTAIN TOP**

#### **- The Higher The Climb The Greater The Consciousness-**

January 26, 2020

Rev. Wayne M. Gatewood, Jr.

Metaphysically, a mountain represents an exalted state of mind where the Divine plan may be perceived and unfolded; a state of spiritual realization; it is Consciousness within. The "high mountain" that leads us to our spiritual uplift, is God consciousness of power over mortal thought in all of its limited earthly avenues of expression. When we find ourselves "going up into the mountain to pray," we are in the closet with the door closed to the outside world, elevating our thoughts and our aspirations to the spiritual Truth of our entire Being. When on the Mountain Peak, God and God alone is realized, and all that was below in carnal human thought, full of its sense of separation from the Father, a sense of duality through ignorance....is dead.

*And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, Matthew 14:23*