



**March 2011**  
**From the Desk of**  
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Dear Friends,

While going through some old class papers the other day I came across a prayer I had written down while in ministerial school.

*Oh, Infinite Spirit, instill in me enough happiness to keep me sweet; enough trials to keep me strong; enough success to keep me eager; enough friends to give me comfort; enough wealth to meet my needs; enough faith to know you are within me always, and that the Christ Spirit will give me the determination to make each day better than yesterday. Amen.*

Like books we've purchased, read, and put on the shelf, every now and then we pick one of them back up finding new insights for ourselves. Or we watch a movie we've seen a dozen times and suddenly see something we didn't see before.

I love the way Spirit works in our lives to bring to us that which we need just when we need it. It all comes together so that we can choose what to do with it.

Life is about making choices. We look at our lives and we make choices based on what we see happening all around us. What are you seeing? Do you see a bounty of abundance around you or are your eyes only seeing lack? I love the way Jesus put it in Luke 12:29-32: *Do not ask what you are to eat and what you are to drink, nor be anxious mind. For all the nations of the world seek these things; and your Father knows that you need them. Instead, seek his kingdom, and these things shall be yours as well. Fear not, little flock, for it is your Father's good pleasure to give you the kingdom.*

When the whole world around us seems to be going to hell in a hand basket, it can be hard to hold positive, uplifting, life affirming thoughts. However, that is exactly what we must do. And to help us do just that let us remember that the above

statement by Jesus was not the last word on the matter of God's kingdom. In Luke 17:21 he would emphasize where we were to find it: *"For behold, the kingdom of God is in the midst of you."*

The people of his day not only had problems with everyday life, they also were living under the rule of Rome with very little freedom beyond the confines of their towns and villages. They were waiting for a warrior king to arrive to save them. I am sure Jesus could have, but it would have been short-lived. He knew, as we all must come to know, that no one can give us freedom from pain and suffering but ourselves. He knew that if we were to claim the kingdom and all the blessings God had for us it had to begin within us, within our own minds, with the thoughts and feelings we hold as truth.

All change in our lives begins with a thought and a feeling. When you put these two things together with an affirmation, a prayer of faith, freedom from the negative, destructive thoughts, situations, circumstances, and experiences is not far away. The thoughts we carry around with us can be our friends or our enemies. We choose who we wish to hang out with each and every day. And let's not forget this little gem by Jesus: *"Love your enemies."* So let the negative thoughts move through you, bless them, and then let them go by saying, "I no longer wish to hang out with you anymore." Then start thinking of something positive and affirming.

One way is to practice what Jesus shared with the people: 1) Go to God first for everything; 2) Love God, self, and neighbor as self; 3) Give always with an attitude of gratitude; and then 4) Develop an affirmative prayer of faith for yourself.

A positive statement of faith can go a long way in helping us develop a greater sense of connection with the presence of God in our lives and affairs. I know the one I used in ministerial school helped tremendously as I worked through all the challenges and experiences that the program offered me. I was blessed and so are you!