

## “WATCH AND PRAY”

There is no Mind but God, and nothing mental except in the spiritual world. Everything in the material world is material, namely, what is called vibration or electricity. We have to watch our thoughts continually, “*Watch and pray*” (Mark 13 : 33) and “*Pray without ceasing*” (1 Thess. 5 : 17). This means that directly we think a wrong thought, that is, even any thought that is not harmonious, we have to drive it out of our mind, and cease thinking of things material, raising the level of our thoughts until we are thinking only of God, and things spiritual, that is, truly mental.

One method of doing this is to group our thoughts under three headings :—

First. *Turn in thought to God and heaven.* This is absolutely essential. It does not matter much what your concept is, provided it is your best idea of the glorious world called heaven.

Second. *Deny the existence in heaven of the wrong thing thought of, seen, or felt.* When, for instance, you see an angry man, or feel angry, realise, after first thinking of heaven, that there is no such thing as anger in that spiritual kingdom, the kingdom of harmony, the one reality.

This is called the denial or Angel Michael, which, as the Bible shows us, destroys Satan, alias the imaginary mist of matter which appears to hide heaven from us, and Satan’s angels, namely, the evil thoughts which tempt us to believe in a power other than that of God (see Revelation 12 : 7-9).

Third. *Realise the existence of the opposite.* For instance in the case of anger, whilst still thinking of heaven, realise that in that perfect world, the world of reality, all is peace and love. Think of God as Love, and the spiritual man as absolutely loving. Dwell on this realisation and get it as clear as possible.

This is called the affirmation or Angel Gabriel.

If there is then time, it is advisable to group one’s thoughts under two more headings :

Fourth. *Realise why this is so,* namely because God, the

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Principle of good, rules and governs all, as there is nothing but God and His manifestation in the spiritual kingdom, the world of reality, called heaven.

Fifth. *Try to form as clear an idea as you can of God and His manifestation, heaven, thinking of the infinite love, life, wisdom, joy, and beauty in that perfect world.*

Reversing our thoughts in this way all day long is prayer without ceasing, and is leading us continually to abide "*in the secret place of the most High*" (Ps. 91 : 1). It also teaches us clearly and perpetually to recognise that all sin, disease, worry, limitations, etc.—being, to put it briefly, wrong thinking—are non-realities, i.e., have no permanence about them. It enables us also to realise the truth, namely, that God and His manifestation are spiritual and perfect, All-in-all, omnipresent.

Do not take this as a hard and fast rule for working. Let God teach you the way to work, not man.