

MINEOLA BIBLE INSTITUTE AND SEMINARY

Page | 1

Christian Growth

Radical, Biblical, Apostolic, Christianity



Bishop D.R. Vestal, PhD
Larry L Yates, ThD, DMin

“Excellence in Apostolic Education since 1991”

Copyright © 2019

Mineola Bible Institute and Seminary

All Rights Reserved

This lesson material may not be used in any manner for reproduction in any language or use without the written permission of Mineola Bible Institute and Seminary

Page | 2

Contents

I Go To Meet My Good.....	4
Call Out the Good	6
The Truth About You.....	9
Let It Pass	13
God Bless My Soul.....	15
Friends of God	18
The Transmutation of Riches	20
God's Bank.....	23
How To Stretch Your Money	26
What Hast Thou in the House?	29
The Secret of Giving	32
Awake!.....	35
God Needs You.....	39
You and Your Past	42
The Good Old Days	44
You and Your Future.....	47
Unity	49
Let Something Good Be Said	53
If You Like It, Say So.....	55
The Power Of Praise.....	58
How to Relax.....	61
Rising Out Of the "Dumps"	64
Why Pray?.....	66
Just a Minute	69
Patience is a Winner	71
Will You Help To Restore Peace?	73
You Are a King	75
Thought Control	77
The Little Foxes.....	81
How to Master Self-Consciousness	84
God Has a Wonderful Plan for You.....	87
Our New Neighbors.....	89
Getting Even	92
How to Overcome Your Enemies.....	94
The Last Straw	98

Christian Growth

“Blessed be the God and Father of our Lord Jesus Christ, **who hath blessed us with all spiritual blessings in heavenly places in Christ:** According as he hath **chosen us in him** before the foundation of the world, **that we should be holy and without blame before him in love:** Having predestined us unto the **adoption of children by Jesus Christ to himself**, according to the **good pleasure of his will, To the praise of the glory of his grace, wherein he hath made us accepted in the beloved.**” (Ephesians 1:3-6)

I Go To Meet My Good

The waking time of nearly every person is spent in association with other people.

We meet other people at home, in the street, in the air on a plane, on the train, on the ocean, in offices, at the market, and wherever we go. If there were no people about us, we would be very unhappy.

How we behave toward others determines what life means to us. Our attitude toward others determines what life means to us. Our attitude toward others can bring us happiness, but whether or not we find joy in living depends upon how we treat others rather than upon how they treat us. We meet all kinds of people in our world. Some of the people we meet may seem to us to be helpful and friendly, while others may seem to be unfriendly and offensive. The truth of the matter is that the good or bad results of our association with the people we meet, depends more upon how we think and act toward them, than upon how they act towards us. Therefore, the good we receive is dependent upon how we act toward others than upon how they act toward us.

We should obey the laws of the land, of course, but there is a higher law that

controls our life and affairs more than all of the man-made laws. This higher law is stated by Jesus Christ in Matthew 7:12, "All things therefore whatsoever ye that men would do unto you, even so do ye also unto them: for this is the law and the prophets." When we obey this law, doing only good to others and dealing harmoniously with them in our thoughts, words, feelings, and deeds, we shall find our good coming to us in every experience of our life.

Sometimes we may be worried about some appointment that we are to fulfill with another person or a committee. We dread it, because we think we do not know how to meet the ideas of others that may be contrary to our own ideas and feelings. Instead of fearing this meeting of minds, we should realize that this appointment can be an opportunity for us to express the Golden Rule, and thereby lift up the consciousness of all who are present.

God has given us His power of love to use in overcoming what is not right in such an appointment. We cannot make this overcoming by condemning or by opposing what we think is wrong in the other person's views. We should let the power of God's love, forgiveness, and harmony enter into our mind at the meeting, and when we do this, we shall find a righteous and good solution to the problem that we would not have dreamed could come out of it.

In Luke 22:29 we read how Jesus made an appointment with His disciples. They had been wondering who would be greatest among them, and He told them that a good servant was greater than his master. He tried to show them that meekness and love can make a person greater than force and the power of dominion over others can make him. He said: "And I appoint unto you a kingdom, even as my Father appointed unto me, that ye may eat and drink at my table in my kingdom; and ye shall sit on thrones judging the twelve tribes of Israel." In these words, Jesus was describing how superior is one who enters into the kingdom of God than is one of the rulers of the world who sits on an earthly throne. Jesus sits on a throne of spiritual love and understanding, and does not count Himself greater than others.

So, let us rejoice in all our association with others, as we let God help us find good in all our appointments. God has appointed us to enter His kingdom within, and thereby to be protected from misunderstandings of the world, as we sit on the powerful throne of righteousness. Therefore, let us go joyously toward all of our appointments.

Call Out the Good

You, dear student as a child of God, need never to surrender your spiritual authority and dominion in Christ because of any negative barrier that may be placed across your path.

You are more than you appear to be. There is more to you than body and mind. You are also spirit, and it is the spirit in you that gives you the authority over all things, including the beasts of the field as well as your own mind and body.

When you meet an obstacle in the outer world do not take it too seriously, but remember that there is a Spirit in you, which is greater than any negative condition.

All things in the world are good, but when these things are used by man in a way that is not in accord with the divine plan, we call them evil. Never allow yourself to become entangled in their web of disorder, by letting the so-called evil overshadow the good; stand still in your spiritual might, and have faith in Truth, and thus help to establish divine order. Call out the good in all these things by blessing them, and realizing their inherent goodness. Be willing to change your mind if you have been wrong in your spiritual appraisal of any situation.

Two and two equals four. This statement is good because it is true, but the statement that two and two equals six is not good because it is not true, although all the figures that are a part of it are good. The twos and the six are good, but they are not

arranged according to truth. The conclusion is wrong, not the figures on which they are based.

So, it is with things about us that we call evil. Each thing in itself is good, but when it is in wrong relationship with the others we call it evil. It may sometimes happen that the arrangement of the things or factors in any situation is right, but we have misunderstood it, and we call it evil. Therefore, we should always be willing to admit it when we are mistaken. We should not quarrel with inharmonious conditions, because this negative attitude will only add to the disharmony and confusion. We should bring harmony into the situation by affirming the Truth that establishes divine order. Instead of quarreling with the statement, "Two plus two equals six," we do not become upset when we know that it is not true, and that two plus two equals four.

If somebody should take something that belongs to you, do not sacrifice your spiritual dominion by thinking and acting on the low level of anguish, fear, and unhappiness, but stand firm on the high ground of your spiritual authority by knowing the Truth. Let us analyze the situation and see what is good in it. The thing that was taken is good, the person who took it is good in spirit even though he may not be fully aware of his goodness, and you are good.

The three elements of the problem are good, but they are not in divine order. This disorder we call stealing. You can establish divine order by knowing the truth that God is the source of all good things. Therefore, in Truth nothing can be taken away from you, for everything belongs to God. Declare the truth that God is your supply, and that nothing can be taken from you; you will then find that if this particular thing is not restored to you, nevertheless God's infinite supply will supply you with something better. The person who did the wrong is accountable to himself and to God for his wrong doing, and will need to correct his mistake before he can establish divine order in his life. There is no need for you to become involved in his misdeeds by accepting their untruth as reality, and thus stepping down from your seat of divine dominion.

If someone has lied about you, do not stumble over their untruth, realize that in spirit there is only one truth and righteousness in your world. Nobody can throw your affairs into confusion but you yourself, and when you are established in Truth you will not make this mistake.

If you think you have lost something, know that because the thing you have apparently lost belongs to God, it will find its rightful place. Realize that nothing is lost in Spirit. Do not admit that you have lost anything, and do not let this experience cause you to forget your spiritual dominion.

In Spirit all things are in divine order, and when you maintain your spiritual standard, everything about you will find its orderly place. If the thing you have apparently lost is not truly yours in divine order, but belongs somewhere else, it will find its place. In any event be assured always that nothing that really belongs to you can be taken away from you.

Do not be too quick to condemn a person for what you think is wrong with him, because by your condemnation, you cause a disturbance in your environment which is not in accord with divine order. Send out your blessings in a spirit of forgiveness, and you will help God to bring conditions back into divine order. Even though this order may not be complete as far as the other person's affairs are concerned, you will be free from adverse entanglements.

If someone bears false witness against you, do not lose your spiritual dominion, but affirm the truth that when God is for you no one can be against you. Do not worry; stand firm in the consciousness of God's love, and freely forgive the one who has seemingly done wrong. Set him free from your belief in his error, by forgiving him and asking God's blessing upon him.

There is good in everything, and that good will come out to meet you when the spirit in you calls it out. You can call it out only when you stand firmly on the spiritual

foundation of your oneness with Christ. If someone does something that is wrong, you can best deal with this problem by doing something which is good and generous, rather than by doing an act of retaliation, or by worrying about it, or getting angry, or fighting against it with words or physical force.

Sometimes you may find it well to take the stand that Jesus did when He said, "Suffer it now." This does not mean that you are agreeing with the error involved, or that you are running away from your responsibility. It means that while you are speaking the truth, you have faith enough to depend upon divine order to straighten the tangles out in God's good time. However, you must not fail to do your righteous part while you are waiting. You may at times have to wait for others to grow better, but you should do your best now.

If you do something that is out of order, you should correct it at once if possible. You must be righteous and sincere, loving, kind, and willing at all times to change your mind if you have misjudged someone or misunderstood a situation, and be willing to accept the true facts.

All things are good, but when these good things are pushed out of order by human ignorance, they may seem to be evil. The Spirit of Christ in man is the saving power that can bring back into divine order.

The Truth About You

The most interesting subject that a man can study is himself. Realizing this, the ancients placed over one of their temples the inscription "Man, know thyself." There are many things that you do not know about yourself. Some may be good and some may be bad, but there is an encouraging angle to this, namely that the good things are the enduring things, and that they will outlive the bad things, because God made you good, not bad.

You cannot conceive of God as being anything less than good. Therefore, you, having being made in His image and likeness, must be fundamentally good. You may not realize that you are so good, your friends and relatives may not believe it, and some of them may even think that you are otherwise. Nevertheless, the spiritual pattern of God's ideal man shines through you, confirming the truth that you are perfect in spirit. Keep this truth faithfully in mind, and it will help you to bring this perfection of yours into manifestation in your life. Believe in it, and it will grow into expression in your life and affairs, because it is the foundation of your existence.

Because these things are true, I want to remind you, dear student, that you are a wonderful being regardless of who you are or where you are. I am writing this lesson to say that you are good and you are wonderful. No matter what mistakes you may have made, or what disappointing thoughts you may hold concerning yourself, or what others may have said against you, you are in truth inherently good. Goodness is welling up in your soul seeking to find expression in your thoughts, words, and actions, and doing everything to make you radiant and happy.

You are loving and kind too. You may think that you do not like certain persons and things, even that you have enemies, but I tell you that God loves you, and that the love of Christ is now ready to forgive you, and to come forth in your life and make you a success. Love will help you to prove that all men and women are your brothers and sisters. It will make you happy and fearless wherever you go.

Even though you may feel that you are different from certain persons, and that they do not like you or you them, God's Spirit will help you to love everybody, and to receive their love in return.

The real you is a loving, joyous being. You are also truthful and honest. You are dependable; you are able to spread blessings everywhere, and make people happy wherever you go. Because when the Spirit of God comes into you, it is the source of your life, and you are privileged to be well and be strong. As you begin to realize that

you have the power to bless and to spread happiness, the unfoldment and expression of this power will bring you great satisfaction. It will also stimulate and improve your health.

Many blessings are now ready for you, but you must invite them to come into expression in your outer life by getting acquainted with them. No longer think "I cannot do this," "I am no good." "I am not worthy as others." "I am ill." "I am ignorant." "I am weak." All of these statements are false. They are not true of you. As a matter of fact, when you begin to think about the good things that are yours by divine right, these things will begin to unfold and expand in your life.

Remember that you have an inner spiritual strength that is capable of sustaining you when you need it, no matter how great your need may be. Dependable wisdom resides in you and if you will listen to it you will always know the right thing to do. It is good wisdom because it is God's wisdom.

Remember that all things are possible to you through the power of Christ in you. Within you abides your hope of glory, which means your hope of success, health, happiness, and all the good things that you would like to have and to be.

Be yourself and you will be wonderful. Do not try to be like anybody else. Do not be discouraged if the good qualities you desire to express do not shine forth in you all at once. They are already within you, but they must be encouraged to grow and develop in your outer experiences. You must not be discouraged if your growth seems slow. Make it enduring and peaceful by patience.

Remember that you are indeed a very capable, poised, and dependable person, but because you realize that it is God in you who deserves all credit for your success, you are also a humble person. As you enlarge the expression of your perfect self, you will live more joyously, fearlessly, lovingly, and understandingly.

I have told you this secret concerning your greatness, but you do not need to keep it a secret. Pass it along to others, reminding them that they too are wonderful souls, and that they also may grow more wonderful with God's Spirit in manifestation from day to day.

Those to whom you tell this secret will become more helpful both to you and themselves, because you and they will be working together in the knowledge that you are all children of the one God. Instead of trying to be like certain notable men in the world, you will try to be like Christ.

Too many men and women have accepted some of the lesser traits of character that they observed in others, instead of unfolding their own true Godlike character.

I have called your attention to these wonderful truths about yourself, knowing that they will not cause you to become vain, because spiritual qualities cannot make you vain. When we realize that God is the true and only standard of excellence, we shall never be vain, but instead, we shall grow more thankful and joyous, as we learn to express unobtrusively the universal goodness that God has implanted in us.

There is therefore no need for you to become contentious, angry, afraid, or to doubt; for there is God's Spirit in you that is greater than in all the world. You have an unbeatable spirit, the Spirit of Jesus Christ.

"Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee."

Discouragement is a hobgoblin that men have made out of the imagination.

Those who trust in the Lord cannot be discouraged. Many persons think that they are trusting in the Lord, while all the time they are really looking for their little personal plans. These personal plans sometimes so fill the mind that there is no room left for faith in God.

When their little personal plans fail, these people are apt to think the Lord has failed them. The fact is that they have failed the Lord.

Have you set your faith in God, or have you turned it to personal schemes? If your faith is in God and the personal scheme is a secondary consideration, you are safe, because if the scheme should fail, you still have God.

The man who puts his faith in God may see some of his plans fail, but he will never be discouraged; he will never lose his grip, because his faith is in that which does not change. He will find a lesson and a benefit in every seeming failure, and that will help him to build better next time. No success will turn his head, but he will abide in the consciousness of the goodness of God at all times, and his personal plans will be molded after the divine plan. He will abide in the kingdom where discouragement is unknown.

Let It Pass

Holding on to an unpleasant idea is a most unprofitable way to spend your time. What if some regrettable thing did happen in the past? You cannot help matters now by keeping it in your memory. If there was a lesson in it for you, accept the lesson, and resolve to do better next time.

Begin thinking constructive thoughts. Bless your past and turn it over to God's keeping. Use your present opportunity to think constructive and pleasant things, and you will make room in your life for a host of new and happy thoughts. In this way, you will prepare yourself to live a more useful and happy life.

You are here on earth to enjoy life and to glorify God. Why make life drab for yourself by dwelling in the shadowy land of past mistakes? Let the past go and live now. When you release the specters of the past from your memory, they will sink away

into their original nothingness.

Do the same thing with old grudges. While you hold a grudge, you are miserable. Put good will in its place, forgiving the other person, and you will be happy. Old grudges hurt the grudgers more than they do the “grudgee.” The prayer “Forgive us our debts, as we also have forgiven our debtors” contains a formula that will cleanse your mind from festering old memories that make you sick and unhappy.

It is easy to forgive when you have made up your mind to forgive. When you do forgive another person, you drop a mighty heavy load, for it is a fact that the heaviest burdens that men carry are in their souls.

No doubt many persons forgive their debtors only because they feel that it is their religious duty to do so, not because they want to. This seems a pity, to forgive sincerely, with love in your heart, fills you with powerful baptism of God’s love, joy, and peace. Forgiveness is no longer a duty but a privilege.

To forgive a person who has transgressed against you actually benefits you much more than it does the transgressor. A person who will not forgive, shackles himself with cold chains of his own forging. Many of life’s possibilities are closed to the one who will not forgive, because he is concentrating his attention upon self, instead of opening his mind to the great resources of God’s love.

When you lovingly forgive someone, you open your mind to the appreciation of many new possibilities for good in your life, and you open your eyes to enjoy God’s good air, sunshine, and beauty. You then understand how God is able to make His rain to fall upon the just and the unjust.

Forgiving and forgetting slights, mistakes, snubs, and all wrongs against you, is the best medicine you can take to improve your health, happiness, and prosperity. You may think you are doing a favor to the person who has wronged you when you forgive

him, but the truth is, that you are doing much more for yourself, because you are sweetening your life.

If you should observe that something good is being done for another person who deserves it no more than you think you do, why let it trouble you? Your own good will come to you under the divine law if you keep that law. Rejoice and give thanks always, and in that way, you will be able to share in the joy of this favored person, by rejoicing with him in his good fortune. If you are jealous and wonder why you were not rewarded you only succeed in making yourself miserable. You also set up a wall of resistance about you that keeps away many blessings that God is trying to give you. When Peter, suspecting that John was to receive some favor from Jesus, asked Jesus what was to become of John, the beloved disciple, in his latter days. Jesus answered: "If I will that he tarry till I come, what *is that* to thee? Follow thou me."

Christ, who is within each one of us by His Spirit, helps us to avoid envious thoughts, suggesting that we follow Him instead of our own envious imaginings. Christ leads us into an appreciation of our good, but envy, doubt, worry, and complaint concerning the good that others may receive, leads us to despair and lack.

"God is no respecter of persons." When we make ourselves ready for our good it will come to us. Let us open the way for our good to come to us, by keeping our eye on the light of Truth, rather than on the shadows that are cast by dark thoughts.

God Bless My Soul

There is one very near to you who needs your mercy and forgiveness. That one is you.

Usually, when we think of being merciful, we visualize ourselves doing kind and loving deeds for other people, and for dumb animals, but we need to show mercy to

ourselves as well as these.

It is generally thought that men and women are more thoughtful of themselves than of others because they are supposed to be fundamentally selfish. Perhaps this is true in a sense. We do indulge ourselves in many ways, often crowding others to one side, but at the same time, we torture ourselves by self-condemnation. Of course, this condemnation is generally expressed under our breath, or perhaps only as a feeling of guilt or as a twinge of conscience.

Condemning a fault cannot cure it. To point out a fault may be the first step in curing it, but we cannot possibly overcome it by continuing to think of it as a reality. Something better must be put in place of the thing that is wrong to cure the fault.

If a fault in me needs curing, I can plant the seed of something better to take its place, by beginning to desire to do that which is better. Then I can cultivate that desire by thinking about it, and mentally dwelling upon the better thing, instead of condemning the fault. I must think of what is right, and stop thinking about what has been wrong. To dwell upon a past mistake is to direct my power into unprofitable channels.

If I think daily of goodness and perfection, I shall be building a structure in my life that I shall not be ashamed of. Day by day I must try to measure up to this ideal, as well as I can, but if I should happen to fall short, I must not condemn myself. I must learn to forgive myself and to set myself free from bondage to ideas of mistakes if I am to do better in the future. A wrong habit is somewhat like a disease. If you have a sick friend, you do not condemn him for his sickness, but you try to encourage him, and through encouragement and cheerful thoughts he thus gets well quickly.

Wrong habits of mind, heart, and hand, are sick conditions that need to be cured. Encourage that weak thought in you which needs healing, instead of stamping on it with a paralyzing thought of condemnation. Jesus said, "Be ye merciful, even as your Father is merciful. And judge not, and ye shall not be judged: and condemn not, and ye shall

not be condemned.” He does not limit this application to other people. It covers everybody and everything, including myself. If I condemn myself, I shall be doing that which He advised against. Paul said, “There is therefore now no condemnation to them that are in Christ Jesus. For the law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.”

If we want to free ourselves from condemnation, we must put ourselves under the law of Jesus Christ, for there is no condemnation in Him. Jesus said to the woman who had sinned, “Neither do I condemn thee: go thy way; from henceforth sin no more.” When we are under the law of Christ Jesus, no matter what our sins may have been, we are no longer under condemnation. If we are under condemnation, it is because of our own unwise words, for Jesus also said, “by thy words thou shalt be justified, and by thy words thou shalt be condemned.” Paul realized how important it was that we do not condemn ourselves when he said to the Romans, “Happy is he that judgeth, not himself in that which he approveth.”

Perhaps there are things you are doing that you know are not right, and that other people know are not right, and you are ashamed of them and want to overcome them. Here are a few examples: Perhaps you tell a little white lie now and then to protect yourself from the opinions of others, and then afterward you are sorry and condemn yourself. Perhaps you nag your family, and then later you are sorry and condemn yourself for it. Perhaps you gossip a little, and afterward sorry and chide yourself for this breach of friendship. Perhaps you may say foolish words that you know are not productive of good; then you recall that you are held accountable for your lightest word, and then condemn yourself. Perhaps you are careless, and make many mistakes because you do not pay attention to what you are doing. Perhaps you have bad habits of various kinds, and you condemn yourself because of them. Perhaps you may have made poor investments, and you go over and over the mistakes you have made, and reprove yourself for them. If you are condemning yourself for anything, stop it now, and remember that condemning yourself will not cure these errors.

You need to be free from these mistakes. Condemnation keeps you in bondage. To be free, you must be free from condemnation as well as free from the unprofitable habit. Since condemnation cannot free you, you must ask Jesus Christ to free you. Be willing to give up the shameful thing to Him, and you will find that He will dissipate it.

If you do not succeed in becoming free the first time you try this method, keep on trying, but do not condemn yourself, even if you should fall again and again. You must learn to forgive yourself seventy times seven if necessary. When you have asked Jesus Christ to forgive you, you then know that you are being forgiven indeed and that you are improving, because Christ in you cannot fail.

Keep your heart light, and know that you are being made free in the consciousness of Christ's power and perfection. Realize that old unpleasant things are passing out of your life and that you are becoming a new creature in Christ.

Friends of God

A father rejoices exceedingly when his son develops in understanding and good judgment to the degree that he becomes a companion and co-worker with his dad.

When boys and girls grow up and prove they appreciate what their father has done to care for and educate them, and have grown sturdy in character by meeting wisely and fearlessly experiences in daily life, they become helpful companions and counselors in the home by aiding their father. Such children are a comfort and a blessing to their father.

How it must delight a father when he realizes that he has a child who understands him and can help solve the family problems. A son or daughter who is a true companion, with whom at the close of the day he can talk over the joys and the problems of the day, glorifies such a father. In this way, the father and child each

contribute something constructive to the life of the home. When the son becomes a real pal to the father, he gets full measure of co-operation in return from the father.

It seems to me, that God our Father must also rejoice when one of His human children grows in spiritual understanding until he becomes a son who realizes the blessed meaning of his having been created in God's image and likeness.

When Father and son become unified in spiritual understanding, the Father will then be in a position to do His mighty works through the son. In this way, the Father will be glorified in the son. When the son recognizes, and has faith in his Father's power and authority, and realizes how great is His love for Him, he will become a real companion to the Father.

The Almighty God, our Father, created man with all the possibilities of perfection, but man is free to accept or refuse the blessings of the kingdom. Man is an individualized creation having a free will and not merely an automaton. Therefore, when a man of his own choice consciously accepts his spiritual heritage from his heavenly Father, the Father knows that here is a worthy son who elects to be like his Father, and is therefore different from a creation that is good only because it cannot be otherwise. Here is a man who is consciously aware of his Father. All that our heavenly Father has, is at the disposal of the son, when he steps out on faith to prove his ability to use these powers rightly.

It is not fitting that a son of God should beg and cry to his Father for the good things of the kingdom when he understands that they are his already to use wisely under divine law. When he finds his true relationship to his heavenly Father, he knows that all the Father has is gladly given him to use to the degree that his ability will permit.

God, our Father, yearns for His children to understand and love Him, and to walk with Him fearlessly. He rejoices when His sons and daughters are ready to share the responsibility of bringing His kingdom into the earth. He rejoices in the companionship

of obedient sons and daughters who glorify Him by their good works. They are His loving children who take time to talk things over with Him daily, because they love to be near Him, and seek His wise counsel in all their ways.

He dotes on sons who have faith enough in Him to ask His advice and guidance, and who seek His instruction before they make any new plans, in order that they may avoid the mistakes of the world; sons who accept the responsibility of becoming like Him, in doing His good works, which include forgiveness, love, generosity, tolerance, order, harmony, and peace.

Jesus Christ, who was the first man to demonstrate His true sonship and consciously to unify Himself with the Father, advised His followers to become perfect also, as their heavenly Father was perfect. He realized that Father and children are all one in Truth when the children grow in understanding, and accept their unity with the Father. Jesus said it this way, "That they may all be one; even as thou, Father, art in me, and I in thee, that they also may be in us."

The Transmutation of Riches

Material things are valuable because man wants them, and he generally wants them because he has use for them. We might say that things have value because they are thought to be useful.

As the ideals of men have changed down the ages, some things that at one time had value have lost their worth, and other things have taken their place in the esteem of men. There was a time when stone axes and arrowheads had value and another time when spears and heavy armor were desirable. Later, large family kettles and individual millstones became useful. Now, soldiers wear no armor and have no need of spears and arrows. The housewife wants a small kitchen, with no large kettles, and instead of operating a millstone, she brings her meal home in little sealed packages, ready to be

cooked.

We have recently added to our list of valuable things new mechanical devices that were never dreamed of in the old days. Automobiles, airplanes, cell phones, television, computers just to name a few. As the ideals of the human race develop along higher lines, spiritual characteristics will be appreciated more and more deeply, because they will be found useful and practical. Material things will still have their place, but we shall cease to contend and to fight for their possession. We shall simply use them in a sensible way, and cease to value them above spiritual realities.

Striving, contending, and fighting for the possession of things consumes thought energy. When a man uses up his thought energy in this manner, he has none left to use in securing heavenly riches. Everyone generates a certain amount of thought energy. We can use our own thought energy just as we please. If we choose to waste it on lesser things, we may do so.

An old fairy tale carries a good lesson along this line. Three wishes were given to someone by a fairy. These wishes had in them great possibilities, but in the story, they were wasted because of the personal selfishness and ignorance of the one to whom they had been given. The wishes may represent our God-given thought power. What we need more than anything else, is understanding, that we may use this power rightly.

The teachings of Jesus Christ point the way to the highest and most satisfactory use of this marvelous power. He said, "Lay not up for yourselves treasures upon the earth, where moth and rust consume, and where thieves break through and steal: but lay up for yourselves treasures in heaven, where neither moth nor rust doth consume, and where thieves do not break through nor steal: for where thy treasure is, there will thy heart be also." He also told us that the kingdom of heaven is within us. Since it is so near, we can be laying up these treasures now, at this present time, in our spiritual kingdom.

How shall we lay up these treasures? By transmuting material riches into spiritual riches. As I said in the beginning, value is put upon things because of man's regard for them. Therefore, things that are counted as riches, are not necessarily riches in themselves, but in man's estimation, they are valuable.

The love of things is a potential power. The love of things is a prophecy of the eternal riches that are in God's kingdom, and the presence of love in us shows us that we have God-given power. When we find that we have this power, then we can learn to turn it toward worthy uses. The love of things is not to be condemned, but rather lifted up so that it will be transmuted into love of the fruits of the Spirit. When we begin to love the things of the spirit, we begin also to lay up treasures in heaven. For example, when our love for God and our fellow men exceeds our love of money, so that we do not wrongfully treat anyone because of money matters, then we are laying up treasures in heaven.

Christ's teachings all point to the desirability of laying up treasures in heaven. Praying to God in secret rather than in the market places to be heard of men, going another mile with a man who has asked you to go but one, and having love in place of hate - these are a few suggestions from Him. His teaching never permits any material thing to become master of the man. God's followers should always be greater than mere things. His followers should never be dominated or enslaved by material riches. In the account of the temptations of Jesus, when the Devil suggested that Jesus jump from a high place to show His powers, saying that it was written: He shall give his angels charge over thee: and "On their hands they shall bear thee up, lest haply thou dash thy foot against a stone," He silenced the Devil by saying, "Thou shalt not make trial of the Lord thy God." When Jesus was hungry, and the desire for material food seemed to be overmastering Him, He said to the Devil - the desire - in response to the suggestion that he turn the stones lying about Him to bread, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

When a man is able to embody the God qualities in his own life, he becomes

conscious of the riches of the kingdom of heaven. All things have their beginning in God.

Material things seem to be created for the purpose of feeding and meeting the various other needs of the physical body, but these things still serve another purpose; they are appliances in life's gymnasium, and we work with them in developing our spiritual powers. The overcomer wrestles with his desire for material things, and, instead of going down conquered by them, rises victorious, his spiritual muscles gained twice as much as he ever had before. This point of the story is a symbol of man's gaining mastery through overcoming his selfishness. "For whosoever would save his life shall lose it; but whosoever shall lose his life for my sake, the same shall find it."

Jesus did not teach that we should suffer lack or unhappiness, for He said, "Seek ye first his kingdom, and his righteousness; and all these things shall be added unto you." He said, "These things have I spoken unto you, that my joy be in you, and that your joy may be made full." His teaching is for the purpose of helping everyone to lift up his love from a merely physical and mental force to a spiritual power, and thus to transmute the transitory riches of the world of appearances into everlasting riches of the world of spiritual reality.

God's Bank

God's bank has assets so great that it is beyond man's ability to appraise them, and the best thing about it is that every man's credit is good at this bank when he complies with the rules governing withdrawals from it, for God is no respecter of persons. However, the withdrawals must be made in accordance with God's rules, for order is heaven's first law.

You have already guessed that God's bank is the kingdom of heaven. Every man can draw as large a check on God's bank as his faith will permit him to write. God's

good things are like money in that they must be circulated in order to be of any help to us. Like the air we breathe, His good things must be constantly kept in circulation, in order that they may benefit us. They lose their value when they are hoarded or are used selfishly.

God is the God of the living, and He is constantly making all things new. It is God's loving desire that His children shall have an abundant measure of every good thing they need. His good gifts include wisdom, health, peace, prosperity, and happiness.

Jesus Christ is the perfect incarnation in the flesh of the Son of God. God, incarnated perfectly in Jesus, came to prove that He wants all men also to become like Him, perfect temples of the living God. This they must do by following Jesus' teaching and example. Jesus Christ said, "I am the way, and the truth, and the life, no one cometh unto the Father, but by me." He means that we must find our unity with the Father as He did.

When we find our unity with God, we can say with Jesus: "All things whatsoever the Father hath are mine." Jesus also promised, "Therefore I say unto you, all things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them. And whensoever ye stand praying, forgive, if ye have ought against anyone; that your Father also who is in heaven may forgive you your trespasses." These words show us how unlimited the possibilities are for our prayers to be answered; also they point out how we ourselves limit the answer to our prayers when we are selfish and unloving.

Practicing unforgiveness is one of the selfish ways in which we often interfere with the free cashing of our prayer checks on God's bank. Jesus Christ also said, "Verily, verily I say unto you, if ye shall ask anything of the Father, he will give it you in my name. Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be made full."

Here we are told what name we must sign on our check, in order to draw supply from God's bank. We must use our true name to prove that we are God's son: our heavenly name, not our earthly name. We must be conscious of the truth of our oneness with Christ in God. This consciousness brings us into the Father's house or kingdom where His riches abound. When we consciously reach the kingdom state of mind, our joy is made full, and we know of a truth, that in Spirit, all things are ours to use as we need them unselfishly, lovingly, and generously.

Jesus assures us: "For your Father knoweth what things ye have need of, before ye ask him." After saying these words, He continued His discourse by suggesting a prayer for all of us to use. It begins: "Our Father who art in heaven." In these words, Jesus refers to God as the Father of us all. What must we understand when the only-begotten Son of God asks us to join with Him in praying to "Our Father"? Does He not mean that all of us who join with Him in this prayer are God's son also?

When we realize that in our spiritual nature we are one with Christ in God, we are admitting that we have part with the only-begotten Son in the Father's kingdom. So when we repeat the Lord's Prayer in spirit and in truth, we find a deeper meaning in it than we had before realized, and through this new realization, we lift ourselves up into a greater degree of unity with God and Christ in Spirit. Until we realize that we are truly the only-begotten Son of God, we are like lost sheep wandering in the wilderness of material consciousness. Jesus Christ has shown us how we can become sons and sharers in our heavenly Father's riches, by finding our true relationship with God in Spirit. When we do this in His name, we are able to say, "I am God's son, created in His image and likeness."

In drawing a check on God's bank, we must properly identify ourselves, by signing in the name of Jesus Christ. We can enter into God's kingdom and receive His riches in glory when we identify ourselves as His son by doing His will. The key to the door of the kingdom is unselfish love. "Thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy mind." We may become joint-heirs with Jesus Christ

and share with Him in the kingdom abundantly if we will follow the spiritual meaning of the teaching of Jesus Christ, when He said, "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you."

The attainment of money is not in itself prosperity, for money is only a symbol of God's true prosperity. If we were wrecked on a desert island and had bags of gold, the gold would be of no value to us, because we can only buy things with gold when there are others to buy from. Therefore, let us remember that God's ideas are always at our service and know that, when we are willing to use them, we shall realize that we and all people are in Spirit children of God. Let us also remember that what we do for others we are really doing for ourselves, because we are activating God's good ideas in a harmonious and prosperous way.

Prosperity really means that we are able to appreciate and use God's spiritual ideas of abundance. These ideas include not only infinite spiritual goodness, but manifest goodness, intelligence, harmony, peace, love, and substance. When we stir up the gift of God within us, we shall not need to worry about anything in the world. Our Father has created substance and goodness enough to supply all of His children's needs forever.

How To Stretch Your Money

Money was invented for the convenience of men in expediting the exchange among themselves of services and goods. Money should always be a servant of man and never his master.

Money was designed to help us, not to worry us. We should think of our money as a helpful friend, but not as a god to be worshipped. Money actually has no power or character of itself, except that which we give to it.

Man's attitude toward his money determines whether it will be a curse or a blessing to him. If a man curses his money or curses others because he fears they are trying to get his money, then a curse will return to him. If he blesses his money, and makes it a blessing to others, blessings will come to him.

Money has no value except that which is given it, my man, and its value is dependent upon a man's faith in his fellow man. No one would be willing to accept money if he did not have faith in those who co-operate in using their money. God created the universe and all things in it. Therefore, God is greater and more important than these things.

If we will remember that God is more important to us than money, and things, we shall be able to maintain correct relations with our environment. When we trust in God instead of things, we shall be poised and happy. Things will never be able to control us, for we shall seek God's kingdom first, knowing that these things shall be added.

When we remember that we "live, and move, and have our being" in God, we shall not feel that we are adrift on an uncertain sea of materiality, but we shall know that we are safe in the care and keeping of our loving Father, who has created all things for our good. When we abide in this realization, we shall not be unhappy if there seems to be a temporary lack of money, for we shall know that no material thing can stand between us and God's blessings. When we go direct to God in faith and acknowledge Him in all our affairs, we shall be sustained by Him.

Money is merely a symbol of values. When we place our faith in the symbol rather than in the true value, we are disappointed. We must train ourselves to look to God directly for our prosperity, and not trust too much in money.

If our income seems to be inadequate because of high prices, we must not be dismayed, but we must steadfastly realize that our good comes from God, not from money. Placing the power of God's blessing upon our money, will actually make it

possible for us to buy more with a given sum, than we could purchase by ordinary methods.

If we realize that the money in our hand represents only a symbol of true substance, we can call out the true substance by blessing this symbol. When we realize that there is no limit to God's substance, our faith will call God's substance into service for us, and all our needs will be supplied.

Jesus understood the truth that His good came to Him from the Father according to His faith, and He lacked for no good thing. The fish provided Him with tax money; the multitude was fed from God's invisible substance, and Jesus was always welcome to partake of food in every village He entered. He was neither a beggar nor a financier, but He had close communion with His Father, the Source of all good things.

It is not necessary for God to perform a miracle in order to take care of our daily needs. His wonders are performed before our very eyes through material channels when we have made contact with His substance through our faith. God will stretch anybody's income so as to cover all needs, even as He multiplied the loaves and fishes to feed the five thousand.

By blessing what we have, we increase and multiply it. We need to become attuned to the great universal spiritual ideal back of money, which can be manifested as money or as anything else that is good. There is security in God, and we are very near to it when we go within and consult Him sincerely in spirit and in truth.

God is Spirit, and we must therefore worship Him in spirit and in truth. If we attempt to pray to God for money, and then while praying, because of our fears and worries, fix our attention on our need for money rather than on giving thanks to God for His abundance, we shall not be making a very successful prayer. When we give thanks for His substance, and withdraw our attention from the thought of lack, and place it upon God in faith and thanksgiving, we shall be heard and supplied by the Father.

Paul tells us in the 11th chapter of Hebrews that “what is seen hath not been made out of the things which appear.”

We know that certain invisible gaseous elements when combined will form a visible substance. For example: Hydrogen and oxygen gases combined in right proportion become visible water. But while Spirit is invisible, just as gases are, it is a much finer substance. Jesus explained the Spirit to Nicodemus by likening it to the wind that blows where it pleases; man cannot see where it comes from nor where it goes.

So, it is with Spirit. We cannot see it, but it is nevertheless the invisible substance out of which are formed all things that appear. An oak grows from a little acorn, and expands into a mighty oak tree on a seemingly lean diet of water, sunshine, and microscopic amounts of chemicals in the soil. So does the mighty substance of God come forth out of the Spirit, and take its place in our affairs through natural channels to supply our needs.

If your present income seems to be inadequate for your needs, do not worry, do not complain, do not be critical; do not be afraid. Instead, give thanks to God for His supply, and bless the symbol of substance that you have in your hand. It will grow and increase in buying power. Like the mustard seed, which grew from a tiny seed into a tree, its increase will amaze you.

God's substance is present everywhere, and in truth is more real than the things you can touch and see. Bless the good symbol you have, and see substance miraculously increase in your hands.

What Hast Thou in the House?

Every person who is in trouble, no matter how serious his need may be, has within

himself something valuable, which if drawn upon in faith and prayer, will help him to satisfy his needs and deliver him out of trouble.

The story told in II Kings about the poor widow whose two sons were about to be sold as bondsmen to pay her debts, reminds us that we should not belittle our resources, no matter how meager they may seem to be.

When Elisha, the prophet, said to the weeping woman who was appealing to him for help, "What hast thou in the house?" she replied that she had nothing at all; that is to say, she had nothing valuable, only a pot of oil.

Elisha did not sympathize with her by saying, "Oh, you poor woman! I am sorry for you because you cannot pay your debts with such meager resources." Nor did he give her money out of his purse. Instead, he gave her some very practical advise, telling her to begin to solve her problem by using that little pot of oil which she already had, and increase it through her faith.

He recommended that the boys also do something to help, suggesting that they go out and borrow dishes from the neighbors, as many as they could get, and bring them home to their mother. Elisha then instructed her to take the receptacles with her into her house, and after shutting the door, begin pouring the oil that was in her little jar into the receptacles that her sons had borrowed.

She had faith, and she poured out the oil until she had filled the vessels. And because there were no more vessels, she had to stop pouring. This increased supply of oil was then sold for enough money to pay for all her debts, and release her sons from possible bondage.

The supply of oil seemed to be limited only by the number of vessels that could be obtained to hold it.

It seems to me that the little pot of oil, which the widow confessed was the only possession she had left, is a symbol of a precious but little-appreciated possession that every person has within himself. When understood and rightly and prayerfully poured out, it will supply the needs of anyone who has faith and love enough to use it. It is the tiny seed idea, which through faith and prayer, grows to such proportions that it can deliver a man from any kind of bondage.

I suggest that we think of our needs as opportunities to be used as receptacles into which God's increase may be poured. An empty life crying for satisfaction, if the cry is turned to God, will cause that life to become a vessel filled with the riches of God that truly satisfy. The empty vessels borrowed from neighbors, may represent to us opportunities for pouring out our blessings, and good thoughts upon others. By pouring them out thus, we can increase our ability to draw more heavily upon the infinite Resource.

Oil represents joy and praise, which make life run smoothly. Even if we are without material food, we still have that oil of Spirit within us, which we can pour out to fill up the empty places in our life, and the lives of our friends. We may wonder what good the increase of the spirit of joy and praise can do in supplying our material needs. In the story, the widow sold the increased supply of oil, and then paid her debts with the money she received for it.

Joy and praise are worth money, because they are what all the world is seeking. Like other spiritual gifts, these are enjoyed and increased most when they are given away or shared. Giving and sharing God's gifts, brings more joy to the giver than receiving and hoarding can bring to the receiver.

Those who depend upon the possession of many things to bring them happiness and satisfaction, will remain hungry in soul, even though their barns may be bursting, because material things alone cannot fill the emptiness of the inner man. It is the pouring out of the riches of Spirit in prayer, that satisfies both the soul and the body.

When we give or express life, we increase our capacity for living. When we express wisdom, we grow wiser. When we love, we increase our consciousness of love. When we are joyous, we increase our joy. When we exercise our strength, we grow stronger. Our labors and our experiences in the material world should help us increase our inner, spiritual resources. These include life, love, wisdom, strength, and other attributes of the spiritual man. These grow and expand by proper use, which proper use is the pouring-out process.

Spiritual riches have been given to every man and woman by God, abundantly; and as we prayerfully pour out these gifts, even though at first they may seem to be small, they will surely become great through faith and works. Their possible greatness will be limited only by the capacity of the vessels that we have provided to hold them.

We can discover the limitless nature of the blessings that God has given us, when we draw freely upon them by pouring them out. We can pour them out with such faith and love, that we shall inspire others, with the desire to pass their blessings along also.

The gifts of God are limited only by a person's capacity to express them or pour them out. We can supply our needs for outer things by first drawing the oil of the Spirit from within. This in turn will bring the money to buy what we need. The one who learns how to pour out this inner substance which God has given him, will lack for no good thing in the world.

Let no one despair because he may seem to have little to draw upon. Rather let him look within and rejoice in the abundance that God has given him in Spirit, and then let him fearlessly give forth what he finds in the house.

The Secret of Giving

God has given His children all things, and each child can have as much as he or

she is able to receive and use. We, His children, are here on earth to demonstrate our divine sonship, by using wisely and unselfishly the rich gifts of God our Father. He gives to us freely according to our ability to understand our responsibility in using His gifts properly.

When we begin to realize and to appreciate spiritually the wonders of God's creation, we are like an explorer visiting a new country filled with beautiful and amazing opportunities. We discover beautiful, interesting, and wonderful things everywhere.

Since God has given us everything potentially, we must learn how to discover His gifts, by making them spiritually active in our life. We can do this, by passing them along to others with our love, and blessings. Divine ideas become real to us, and active in us, when we share them with others.

The air we breathe, is most necessary to keep us alive. But, we must constantly breathe it out so that we can breathe fresh air back into our lungs. God has given us His love, which we must keep in action by breathing it out to other persons, and to God, to make room in our heart for a new supply of love.

We must share God's spiritual gifts, before they can increase and become real in our lives. For example, when knowledge is shared, it increases for all concerned. Good will increase when it is shared.

When we share with others our substance and our blessings, they increase for us, and for others as the loaves and fishes increased for Jesus and the multitude. When we share garden seed with God by sowing it in the ground, it increases. We cannot increase any good thing that God has given us by hoarding it. God's good gifts must be kept active in our lives to be helpful to us. When we speak kind words, kindness is multiplied in our life. When we praise God and give thanks to Him for the good things He has provided for us, our thanksgiving and praise circulate between God and us as joy, health, and prosperity.

When we give a material thing out of the necessity, or because we feel obligated to give it, we do not truly give in the true Christ Spirit, because we do not share the spirit of God's good substance. A true gift should bear with it our blessings, and good will and our love. To give truly, we must put our heart into our gift.

Jesus said, "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over, shall they give to your bosom. For with what measure ye mete it shall be measured to you again." He also charged His disciples when sending them forth on their mission to preach the Gospel: "Freely ye received, freely give."

God has given us so freely of His strength, power, love, life, joy, wisdom, peace, and harmony, that we must become His active agents to express these gifts in our life. When we do, we become thrilled with the power of their goodness. When we give anything truly, we help to satisfy a spiritual hunger in our own heart as well as in the heart of the ones to whom we give. We also strengthen our spiritual contact with the heart of God where all good things originate.

Forgiveness is also a kind of giving, but it acts more as a soul cleanser than as an activator, for it erases the errors of the past from our mind. When we forgive a fault, we forgive up, or cast out of our memory, negative experiences, and they become as nothing to us. When these things are forgiven and forgotten, they henceforth have no place in us. Such things are not increased by giving, but are decreased by forgiving.

The success of our life is determined by what we think, say, and do. By sharing our good with others, and with God in our thoughts, words, and deeds, we increase the power and activity of good in our life and affairs.

Tithing is one way of working with God's substance, and increasing it by sharing it in Spirit in helping to take care of the Father's business. God does not need our

substance, but we need His co-operation, and we need to prove the unfailing quality of His substance by joyously sharing it in the spirit of faith and love.

The currency of our country would be of no value if it were not kept in circulation. It represents the substance of God, which is most valuable when it is kept in circulation. And as we do our part in circulating God's substance in spirit and in truth, we increase not only our own prosperity, but the prosperity of our community.

We bring more substance and goodness into realization in our own life, as well as glorify God, when we share our good substance in the name of God's abundant supply. Therefore, let us join God in the joyous game of giving and receiving. Let us prove to God that we have received His bounty, by giving bountifully in spirit and in truth. I am not thinking merely of money, but of divine substance, which sustains not only money, but of divine substance, which sustains not only money and worldly riches, but also sustains our whole being. We live more richly when we keep the good things of our life moving by using and sharing them for God's glory.

Awake!

You can cram book information into your head, but you cannot cram abilities into yourself, for God has already placed them in you. You must find them and bring them out in your life by cultivating them. True education means to draw out the abilities that are within you. They are gifts that God has placed within you for you to find and develop.

God is wisdom, love, life, power, harmony, substance, and goodness. Man, who is created in God's image and after His likeness, therefore must also embody wisdom, love, life, power, harmony, substance, and goodness.

Few men or women have even scratched the surface in discovering the wonderful

potential abilities that are sleeping within them. Jesus Christ came in human form to show us how to discover and use our God-given abilities in our present environment. He taught how each person can find his loving Father, by going to Him in spirit and in truth.

Man has tried to learn about and to unfold his mental and physical abilities, leaving his spiritual abilities mostly undeveloped. Jesus tried to show all men how to find and use their spiritual abilities in their daily affairs as well as in their devotional periods. While Jesus' teachings concern spiritual principles, His words are nevertheless very practical for use in our daily dealings with other persons.

The Spirit in man, when it is given the opportunity, will control and harmonize all his outer actions. Every person in the whole world has spiritual abilities placed within him by the Father, which are like the Father's, but the human race as a whole is making very feeble efforts to cultivate them.

If we would attain the true stature of a child of God, we must begin at once to awaken our spiritual nature, which is like God's, and develop it by practicing its principles in our daily life. In his message to the Ephesians, Paul said, "Wherefore He saith, Awake, thou that sleepest.....and Christ shall shine upon thee."

Christ is the perfect spiritual Son of God, created in the image and likeness of God. This Christ is the light, which is potentially in every man. When we wake up our Christ nature, we begin to see the light of Truth. To be awake means that our spiritual eyes are open to the character of the Christ in us.

Everyone has within himself many abilities and possibilities, both physical and spiritual, of which he is not yet aware, because he has not awakened to their presence in him. Birds have an ability within them that tells them how to build their own kind of nest, and when to migrate. These abilities in birds do not come from without, nor from the bird mother's teaching, because sometimes the baby bird never sees its mother.

The ability comes from something God-given that dwells within the bird.

We human beings have such inner abilities that cause us to eat and to move about, to see, and to make noises in our throat, which noises gradually develop into speech. But, these are only a part of our kind of abilities. Our human abilities are developed largely through our contact with the material realm, while our spiritual abilities must be developed by contact with the spiritual realm within us, and by our application of its principles in our life and affairs.

The average man lives mostly in the material realm, and devotes his attention to it instead of to the spiritual realm within himself. He has not awakened to an awareness of the greater possibilities that lie dormant within him.

Isaiah said, "Awake and sing, ye that dwell in the dust."

Love is one of the most important spiritual qualities, and it is only partially expressed in the average individual. The deeper love of Spirit is the fulfillment of all law, and when it is expressed by a person in his thought, word, and actions, it brings unity and harmony to his mind and body, and to all persons with whom he comes in contact. Writing to the Romans about the law of love, Paul said, "And this, knowing the season, that already it is time for you to awake out of sleep; for now is salvation nearer to us than we *first* believed."

As we study and meditate upon the spiritual principles of love, peace, harmony, and good will, which Jesus explained, we begin to be more alert to understand the meaning of our spiritual inheritance from God. Paul said, "Be ye therefore imitators of God, as beloved children." In order to imitate God, we must develop our God qualities, which He has given us. Jesus realized how necessary it is for all men to awake from the deep, deathlike sleep of mortal consciousness. Before He healed the child, who was apparently dead, He said to those who were weeping in the house, "Weep not; for she is not dead, but sleepeth." Then He took her hand and raised her up, and she lived.

Jesus also spoke of Lazarus as having fallen asleep. When He was told that Lazarus was dead, He replied, "Our friend Lazarus is fallen asleep; but I go, that I may awake him out of sleep." Christ will awaken us from our sleep in sense consciousness when we ask Him with faith to do so.

It is interesting to note the symbolism that is shown in the story of Jacob, who was on his way to his uncle's home in the far country of Haran. One night he fell asleep with only a stone for a pillow. In the morning he woke up with a new idea, a vision of God. "And Jacob awaked out of his sleep, and he said, surely Jehovah is in this place; and I knew it not."

We are all pretty much like Jacob. We think that conditions are hard and unproductive, but when we wake up to the truth that God is with us always, we say: "Surely God is in this place, and I knew it not."

When we are in trouble, and feel that everything is going wrong, if we will open our spiritual eyes, and become awake to spiritual reality, we shall see that God is actually here in this very unlikely environment, and we did not know it. This story of Jacob is in accord with Jesus' statement, "The kingdom of God is within you."

Wherever we are, the kingdom of heaven is with us, but when we are spiritually asleep, we are unaware of it. We may think that the kingdom of this world is the only kingdom touching our life, and if we think this way, we shall continue to be at the mercy of outer circumstances. But when we call out the spiritual power of Christ within us, and use it, we shall demonstrate dominion over our circumstances.

Let us first look within ourselves and find the Christ light. Christ will reveal the Father to us, and we shall become awake to, and discover the Father's gifts in us. These are the spiritual faculties of truth, faith, strength, judgment, love, power, imagination, understanding, will, order, zeal, renunciation, and life.

We can do all things through Christ, who strengthens us. We must never say, “I am not able,” for such an attitude belittles the inheritance that God has given us. Finding our spiritual abilities, and bringing them out into expression, glorifies God instead of our own selves.

If our desire is to develop our physical and mental abilities simply to glorify our personal ego, life will disappoint us. Egotism closes the channel through which God’s greater power flows to us. Therefore, let us do all things to the glory of God, and rejoice in His power, wisdom, and glory working in and through us.

We should never be afraid that we shall not receive credit or praise for our good works, for God has given us all things. His glory in us is a greater reward than the praise of men.

God Needs You

God’s Spirit works through all men, but it works most effectively in the man who believes in the goodness of God’s creation.

God is the very life in our body; but unless we consciously join Him in singleness of purpose by accepting our life from Him, and glorifying it as holy, good, and perfect, we shall not enjoy life abundantly. Everything we have, including the air we breathe, the sunshine that gives us heat and light, and the earth under our feet, comes from God; but when we see evil in these good things, we fail to see God’s creation as He sees it. We are beholding two worlds, a good one and an evil one. God created only one world, and it is good.

Jesus said, “If therefore thine eye be single, thy whole body shall be full of light.” He also said, “It is your Father’s good pleasure to give you the kingdom.” The kingdom is the perfect creation in which God’s goodness, harmony, and beauty are realized by

man. When a man accepts this perfect state of goodness, and is born again of the water and spirit, he enters into the kingdom of heaven.

God created all things perfect and good in His world. His world is the spiritual reality, underlying and sustaining the manifest world. God in His love, made man in His own image and likeness, to become a companion and helper to Him. This man is the perfect Christ man, who was created in the beginning. Christ is the true Spirit of God's ideal man dwelling in every man.

God's intention, it seems to me, was to create a physical being who would be able to help Him bring His spiritual world into manifestation on the physical plane. In the Garden of Eden, God gave Adam, the first manifest man, the Garden to care for. This Garden was beautiful and perfect in every respect, and Adam was appointed to dress it and keep it. But since God's perfect love also includes freedom, His beloved son was accorded freedom to think and act as he would. If he were not free to think and act in his own way, he would be merely an automation, who would not be able to love God as God loves him.

God made to grow in the Garden a tree that was known as "the tree of the knowledge of good and evil." This tree was not an evil tree, but it represents the negative results of freedom unwisely used. God's infinite love permits His children to exercise freedom of choice. If they elect to see evil, they are permitted to do so, and they learn a lesson from their mistake.

When man keeps his eye single to the good, he does not eat the fruit of the tree of the knowledge of good and evil. God instructed Adam not to eat the fruit of the tree, but He permitted him access to it. When Adam exercised his freedom to disobey God's instructions, he created in his own mind belief in two powers - one good, and the other evil - thereby setting up in his mind a false god who tormented him. Thus, Adam put himself out of the good Garden by his own acceptance of the idea of two powers.

Temptations come to all of God's free children, and many are putting themselves out of the good Garden as they set up the god of evil in their midst. Jesus Christ points the way for men to overcome the god of evil by loving the true God with all their mind and strength. In this way, Satan can be overcome, for he lives in the thoughts of men. Even Jesus, when Satan tempted Him in the wilderness, met this same problem that had confronted Adam and Eve; but He did not permit it to overcome Him. He maintained His faith in God's perfection and goodness, as He kept His eye single to the truth that there is only one God, and He is good. Jesus' body was filled with life so vital, that it overcame the last enemy - death - after He was crucified. Once when a suffering woman touched His garment while He was surrounded by a crowd, she was healed by her own faith. This is an example of how God's law works through the person who believes in His good power to heal.

Through faith, we are able to see the reality of God's perfection in our body. When we allow ourselves to believe in the reality of conditions that appear to be evil, we are overcome by them. Through the ages, man is educating himself to see only God's perfect creation in his own body, and in the world about him. When he ceases to eat of the fruit of the tree of the knowledge of good and evil, he will be able to eat of the tree of life as Jesus did. When he is able through his eye of faith to see that God is everywhere present, he will become a perfect co-worker with God, and will enjoy the glory that he had with God in the beginning.

God longs for the companionship of every man. He sends forth His Spirit in the image of His perfect Son to carry His light to all men, and those who have had their fill of darkness in their lives, will begin to seek the good things that God has prepared for them.

All the things in the material world are not evil, but man's lack of understanding of God in them makes some of them seem evil to him. When things seem to go wrong, remember that all things made by the loving God are good. It is our privilege to work with God through our faith and love, by seeing His goodness everywhere. In this way,

we can help others also to understand that God's will is good, and that they are living in it. We can help them through our faith to become conscious of this unity with God.

Freedom is a part of divine love. Jesus said that the Father makes His rain to fall upon the just and the unjust. Surely this shows the great freedom He gives as a part of His love for His children. When we can send out our love to both the just and the unjust, we shall surely be getting closer to an understanding and expression of God's great love and goodness.

You and Your Past

The present is eternal; it is always with us. It has always been with us, and it will always be with us. Therefore, the present is of more importance to you and to me than either the past or future.

What we call the past lives only in our memory. It is true that our memory often reminds us of many good things and experiences happening in the past that we do not want to forget, but at the same time, we must be careful that we do not let these memories of the past rob the present moment of its opportunities and its vitality. We must not rest upon the past so comfortable that we have no desire to rise up and enjoy present blessings. We must not depend upon fond old memories for our present happiness.

Dreams of the past must not be allowed to blot out the reality of God's present blessings. Memories of past friendships, must not crowd out the making and enjoyment of new friendships. Neither must past failures, mistakes, disappointments, marriages, or losses, be allowed to intrude themselves upon our present life to dim its brightness and to interfere with today's success.

Remember, that old things have passed away, and that we are now in a new,

glorious, vital world. The present (today) is alive, fresh, and new, because it belongs to God. Realize this, and you will prove that the present is indeed sufficient for all your needs. If you have learned a lesson from an experience in the past, profit by that experience now, but do not let it waste any time in wishing that the past had been different. Your past has been buried in the tomb of time, do not resurrect it again to live again in your thoughts. Do not admit that the past has any power over your present life. **Do not allow yourself to be a “has-been,” but be a “now-am.”**

We can profit by our past experiences to a certain degree, but we must not allow them to dominate or overshadow our present outlook. God is here now. He is our ever-living, ever-present source of good. **Nothing that happened in the past of your life can take Christ away from you now.** He is always with you, eternally new and good.

We may allow the past and future to rob us of our present joys and opportunities if we do not **keep clearly in mind the truth that now is the only time there is.** At one time when the Jews were boasting that Abraham was their father, Jesus said, “Before Abraham was born, I am.” note that Jesus said, “I am,” and not “I was.” When God spoke to Moses in the burning bush on the backside of the mountain, He identified Himself as “I AM THAT I AM.” He did not say, “I was that I was.” He did not say, “I am what I am hoping to be.”

Our ancestors have served us well, but we must not let them rule over us. Let old family traditions go, they are old and outdated, unless the old traditions are founded upon God’s Word. The man who has been successful, but who now begins to live in the memories of the past, and to depend upon his success in time gone by, loses his ability to succeed today, because he fails to keep up with modern requirements of success. Success cannot live for long upon achievements of the past.

Grieving for losses in the past is not good either. God’s present help heals the past. Things that were built in the past and are still with us, are not in the past, but belong to the present. Your home may have been built some time ago, but if it is of

service to you now, it is part of the present.

Many things that had their beginning in the past and are useful now, are a part of the present. Old thoughts about the past are the thieves that steal our present good. Material things are old or new according to the way we look at them. When the ancient tombs of Egypt are unearthed, they seem to be old because we associate old ideas with them. We think of them in connection with people who lived thousands of years ago, but the material in them is no older than the rocks that support the houses we are now living in.

A mummy in the museum is real now as a mummy, but he lives in your mind as a man of ancient times. The museum today is filled with things of the present that represent ideas of the past. These ideas are in our mind, and are recorded as ideas in books and on stones and parchments. The dusty mummy can have little influence upon our present life except through our thoughts about the past.

Jesus has great influence for good upon our present life because He lives today, not because He lived as a man two thousand years ago. Ideas of Truth live forever, but relative ideas grow stale and out of date.

It is not necessary for you to suffer under the cloud of a past experience. Remember, that you are in the eternal sunshine of the present. Open your soul, your mind, and your heart to the present opportunities and live now. The past is gone, let it go gracefully. The present is here, and it is yours forever. Live it, find God in it, and be at peace.

The Good Old Days

Roses are just as fragrant today as they were when you first smelled them in the garden of your childhood. If they are not so sweet to you as they used to be, do not

blame the roses. Look to yourself and discover what you have lost that you now need, to reveal the present sweetness of the roses to you. You will find that the sweetness, or the lack of it, is really in your own mind.

The mind is capable of sweetening many things that we become aware of through the palate and through the nose. Through an appreciative state of mind, fruits, vegetables, flowers, and everything else that we use can be improved.

Some of us think of the days when life held more joy for us than it holds now. We yearn for the good in the past, forgetting that time spent in thinking about the past is largely wasted. We dwell on the excellence of the past because we do not know how to appreciate the good in the present. The fact is that there never was more good at any time in the past than there is right now. "Now is the acceptable time."

We are held back in our present progress when we try to live again in the experiences of the past. We as a race, have unwisely let our ancestors dominate us. They plan our bodily health and mold our characters. We let them do these things because we take it for granted that they knew how to live aright. We have much to learn about life before we can really begin to live, and before we can begin to learn to live, we have much of ancestral precedent to unlearn. We should be growing toward perfection, instead of building upon the haphazard foundation laid by our ancestors.

Our ancestors inherited certain characteristics from their ancestors, and we calmly accept these characteristics as they are passed on to us - frail bodies that last at best but three score years and ten, and that are subject meanwhile to all kinds of diseases, and emotional natures dominated by hatred, lust, greed, envy, fear, discouragement, and the like. We accept them in the belief that they belong to the normal man and woman. Our ancestors experienced many unpleasant things and, in their ignorance, tolerated them, but the fact that they did so, cannot possibly prove that these things are normal. We would not accept from our ancestors an inheritance of personal property consisting of rags and rubbish. We do not need to accept from them a negative

inheritance in our minds and bodies if we do not choose to do so.

The way to refuse an undesirable inheritance, is to deny that you are a child of the flesh. Deny that you inherit weakness, lust, fear, disease, or any other negative thing from your ancestors, and affirm your inheritance from your heavenly Father, which includes life, health, joy, peace, purity, and harmony. These are yours for the asking. If you will ask for them and believe in them and use them, then you are truly an heir of God. “Call no man your father on the earth: for one is your father, even he who is in heaven.”

We can never make real progress in self-mastery until we break away from the dominance of our ancestors and of the past in general. We thoughtlessly believe in and do many foolish things merely because our ancestors did them and believed in them.

The whole array of troubles, hardships, wars, sin, and death is a relic of the blunders of our ancestors, who, instead of depending on God, their Father, ignorantly relied on their own strength to solve their problems.

We must learn to deny the power of our ancestors over us, and must think of God as our Father. When we do this, we shall break away from a vast accumulation of mental and physical error that has been holding us down, and we shall find them in our new freedom, possibilities of growth and life that we never before dreamed of.

It is not a good idea to spend much time boasting of the good that you have done in the past. It is better to let your present goodness speak for yourself.

Remember that while marshaling your forces in a repetition of a past victory, you are leaving your present weak points unguarded.

In praising yourself for past achievements, you are exalting your personality. As the personality is exalted as a thing apart from God, you are separated from the one

source of all power.

You can increase your present usefulness, by depending upon God for your strength and ability. Today is the only day that concerns you.

It is right and proper to believe that through the Spirit of truth within you can do all things, but it is a mistake to be puffed up with pride on account of this fact.

There is no greater hindrance to a man's spiritual growth, than his holding to the reality of past achievements and family traditions.

The past is a hard, stern reality to those who believe in it, and it enfolds its devotees in a stifling little shell, that prevents their souls from soaring into the greater possibilities of the present.

There are no "good old days." Today, if you find God in it, is the best day that you have ever lived.

You and Your Future

Your future is bound up in your present. What you are thinking and doing and being today, is the pattern of what you will be thinking and doing and being tomorrow. If you would make tomorrow better than yesterday, change the things you do today.

Today is yesterday's tomorrow. How do you like the experiences you are having today? Are they as good as you counted on their being yesterday? Yesterday did you look for tomorrow to be so much better than yesterday that you slighted yesterday? Are you making the same mistake today and slighting today's opportunities because you are dreaming of tomorrow's possibilities?

This moment brings you many rich opportunities. It holds the key to the success of your future moments. This key is your right appreciation and co-operation with the source of your success now. If you seek the source of your spiritual good today, you will lay a firm foundation for the manifestation of your good tomorrow.

Actually, there is no tomorrow, for today is always here. If you waste today, you waste tomorrow. When you put off your good until tomorrow, you are placing it beyond your reach. Take it now while you can and cultivate it, and it will grow so that you will be able to harvest its increase when tomorrow becomes today.

It is proper to plan ahead, but all successful planning must be founded upon an appreciation of present opportunities. Many persons feel that the present is a blank, but that the future holds riches and honor for them. They fail to see the good things at hand today, because their mental gaze is focused upon the future. Worrying about the future will not promote your success, and it will take the joy out of your present. The present must be well lived, blessed, and improved, for tomorrow is dependent upon it. Do not quarrel with the present, for it is your faithful, generous friend who will respond richly to your love and appreciation.

Do not delay getting acquainted with the possibilities of your ever-present friend. Perhaps the greatest of these possibilities is your opportunity for getting acquainted with the Christ within you. Do not postpone this thrilling experience till a more convenient season. Do not put off the enjoyment of your spiritual blessings until tomorrow. You do not defer sleeping, eating, or breathing until tomorrow. Remember that your sustenance does not depend entirely upon the material food you eat, for you are also nourished by the inspiration of the Spirit of God. Every Word proceeding out of the mouth of God helps to sustain you and keep you well and happy. Without this spiritual food your soul would starve. Eat the soul-nourishing bread of God's living Word freely every day, and you will live more abundantly.

It is no wonder that so many people feel dissatisfied with life. They are so

because they try to live on material food alone. They put off eating the real spiritual food of life till the future. They are spiritually hungry and they do not realize what is the matter with them.

You can begin today to enjoy the bread of life and by eating it with your mind, you will fill your life with joy, peace, love, and harmony. Do not put off the enjoyment of these good things until tomorrow. Begin enjoying them at once.

Jesus said, "Seek ye first the kingdom, and his righteousness; and all these things shall be added unto you." He also said, "The kingdom of God is within you." He did not mean that it is within your material body, but that the ability to contact the spiritual kingdom lies within you. The kingdom of God is within the spiritual man. As you search diligently for God within your heart you will find Him.

Christ, the perfect Son of God, is the spiritual foundation of your being. It is only through Christ that you will be able to know God. Christ is standing at the door of your heart knocking. Why not open the door today, and let Him in? Begin today to live the life more abundant. God manifested through Jesus Christ announced that He came that we might have life and have it more abundantly. That abundant life is omnipresent and is waiting for you to enjoy it. It is the very body of Christ. Take it, eat it, drink it, and be filled with it today. Since there is no tomorrow, you must do it today.

Unity

Unity is the greatest need of the world today. The need for it is mentioned in the newspapers and magazines every day. Unity is needed in politics, in human relations, in religion, in business, and in national and international affairs. Unity means concord, harmony, accord.

Many workers may be engaged in doing a certain job, and these workers may

have a diversity of opinions about many subjects, but even so, they can work together harmoniously as long as they are unified in the common purpose of doing a good job.

There may be several political parties in the field, but they can meet in unity when they agree that they all love the same country, and sincerely work to serve and promote the best interests and welfare of their fellow citizens.

There are many religions in the world, but there is no need of the members of one religious group quarreling with the members of another religious group. All can cooperate in the common purpose of doing something to promote the spiritual welfare of the followers of their own group, even though the groups may have quite different religious beliefs on doctrine and methods of worship.

When we see the wonders of the universe about us, we must conclude that there is an intelligent power pervading it, which created man, and now cares for his material and spiritual welfare. It matters not what we call this power. A name cannot change it. Jesus called it God and “the Father.” All worshippers of a power higher than themselves, can work together to promote good will, harmony, and peace among themselves. If we find ourselves unable to love a certain person, we should be able to love the power that gives them life.

The universe and all things in it are manifestly held together by an intelligent power, which functions to maintain unity and harmony in its operation. We students like to think of this intelligent power as God’s love.

Jesus pointed a way for us to become consciously unified with this power, by saying that the greatest commandment is to love God with all our soul, mind, and strength. In order to care for so many creatures, this infinite power of love must be omnipresent, whether we are aware of its presence or not. If it were not now enfolding us, we should not be here. There would be nothing to hold our body together.

The universe did not just happen to be. Even the human body, with its intricate cells, organs, and its ability to grow, proves that there is a super presence of intelligence and harmony at work in it. We must conclude that God must have great love for all of us, when we realize that His life pervades us and provides us with love, air, and sunshine, while at the same time, we are freely permitted to take or leave as much of these blessings as we will.

How wonderful it would be if every one of us could appreciate and enjoy with full understanding the gifts that God is trying to give us! If we would accept more of His love, we must express more of it in our thoughts, words, and actions. When we learn to express more of God's love, greater harmony will become manifest in our affairs.

Many of us today, are thinking that if other people would be more peaceful and loving, it would be possible for us to be more peaceful and loving. We may think something like this: "When others are ready to do their part, I shall be ready to do mine." But this attitude cannot solve the problem of disharmony, because others are perhaps saying the same thing about us. The fact is that the only person who can change my world is me myself. It will do little good for us to wait for someone else to save the world. The beginning of unity and harmony in our world is in our own hands.

What you yourself think and do, sets up the pattern for unity and harmony in your world.

The whole world is waiting to see what you are going to do. God has placed a great responsibility on you, for He has given you authority over all things in your world. When you consciously establish your unity with God through love, you open the way for a certain degree of harmonious co-operation between yourself and all persons. You may not understand or appreciate your next-door neighbor's desires, ideals, or problems, or agree with his religion or politics, but when you strengthen your unity with God through practicing love to God, you begin to understand your neighbor better, because the same God who is in you, is with him also.

God is your neighbor's life, even though your neighbor may not realize God's presence. Therefore, when you unify yourself with the God power that is in you, you also unify yourself with the God power that is in your neighbor. Though he may not consciously know God as you do, nevertheless, God knows him, and is with him, giving him as much good as your neighbor is able to receive. Of course, God could help this neighbor a great deal more, if he would co-operate with God more definitely by expressing more of God's love.

God gives His love to help His children as a human father extends his hand to help his little child over a rough road. But the child must put forth his hand and clasp his father's hand if his father is to steady his steps. So, our heavenly Father extends His hand of love to us, and we take hold of it by clasping it in love. We must love God sincerely if His love is to work perfectly in our behalf. We can establish our unity with God's love more firmly by loving Him more sincerely.

By loving God more sincerely, we also establish a greater degree of unity between ourselves and Him and all people. Even though many people may not yet have consciously learned to work in co-operation with God's love, nevertheless, His love is with them, and is having a certain influence over them that may be unbeknownst to them, but the truth is that their very life depends upon His love.

As you learn to love God more dearly, you experience an increasing love toward all persons. Instead of condemning those who are falling short of your ideals, you will see by the light of your greater love, new ways to help them, by sending your thoughts of healing, harmony, peace, and good will to them. They need help because their negative thoughts and actions can bring them only disappointments.

Unloving thoughts create conditions that will fall into oblivion of their own weight. In the end only truth, unity, harmony, and peace will endure. We must help people everywhere to think thoughts that endure and bring to pass life, joy, and peace.

The whole world is waiting for you and me to express our unity with God's love. Let us no longer think, "Let somebody else start their millennium, and I will try to follow them." We may start a new spiritual wave of peace on earth today, if we will begin now to practice loving God all day long every day. This great opportunity is waiting for any person who is willing to make business of loving God. By expressing each day more love to God, you will discover that love is the key that unlocks the door to God's kingdom.

Heaven is indeed within the heart of every man, but each man must find his unity with God, and with all men.

Let Something Good Be Said

We should all consider well what Jesus said about the use of words, for He points the way to mastery of them. Here is loving advice: "I say unto you, that every idle word that men shall speak, they shall give account thereof in the Day of Judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned."

Since God created all things by His Word, and since man and His Son was created in His image and likeness, and given dominion over all things in the earth, it must follow that man's words have creative power also.

God's words are constructive and creative, but man has acquired the bad habit of speaking destructive words. Jesus realized that men were using words in negative ways, and no doubt that is the reason why He gave advice and warning concerning their use. He knew that man lives by words, for He said, "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

Too many of us today, are using words that harm us. We might just as well be speaking words that are constructive, that build up our inner power and joy, and that

harmonize our outer affairs. Because we are justified or condemned by the words we speak, we should recognize the great responsibility that goes with our power of speech. Because our words are the expression of our thoughts, we must control our thoughts as well as our words, and guide them into fruitful expression.

It is important to note how our words uplift or depress our loved ones. I have known cases where one member of a family weakened and depressed another member by his well-meant but negative words of sympathy. A husband undermined his wife's courage and lessened her will to get well when he sympathetically continued to call her "poor thing." His words encouraged her to believe that she was in a hopeless state of health. He told her how sorry he was for her, and he explained to his friends in detail how she suffered, and how hopeless her case was. His words, which were meant to be kind and helpful, were really cruel and hurtful, because they emphasized the condition that they both wanted healed.

Everyone will find it well worth his while to practice saying words that are in harmony with God's creative words. God did not belittle the things He had created; He blessed them and saw that they were very good. When we think of God as seeing His creations as very good, and when we try to follow His example by also seeing all things as good, we shall join with Him in bringing His perfect creation into manifestation in our life and affairs. Jesus Christ admonished: "Ye therefore shall be perfect, as your heavenly Father is perfect."

We must not allow outer appearances to trick us into saying words that are destructive or untrue of God's creation. Many times every day most people speak idle words. They do not realize that by doing so, they are asking for things and conditions to come into their life that they do not want.

The affirmations of truth that are given in this lesson are intended to help students direct their words into constructive channels. An affirmation is a statement of truth to be spoken by the student in an effort to correct negative conditions in his body and affairs.

Truth affirmations also train him to form the habit of speaking constructive words instead of careless negative ones.

Why should man use the wonderful power entrusted to him by his Creator to destroy his own happiness and peace of mind, which are part of the good world that God created for him? Let us think more seriously about the words we speak.

We do not need to fear negative words; rather, we should learn to love constructive words, and use them to bring good to ourselves. Instead of being afraid of negative words, we should be courageous as we stand firmly with God in speaking good words, words that create about us a world that is in accord with the perfect world that He created in the beginning. By the use of creative good words, we can bring the manifestation of God's good world into our life experience. This will be the coming of the kingdom of heaven into our earth.

We should not allow our human sympathy to trick us into saying negative words. If we really love someone and truly want to help them, we must speak positive words of encouragement to them, words of love, strength, and courage. We should not ease them off into a negative limbo of discouragement and sadness by our slushy, negative words of sadness and depression.

If You Like It, Say So

It seems only fair that we should make acknowledgement of the good that comes our way. We should not just take for granted the blessings that we receive, whether they come from God or man.

When we gratefully acknowledge a gift, we complete the transaction by doing our part. If we do not acknowledge a gift, we fail to do our part.

If your wife prepares a good meal for you, and you eat it in silence without comment, you miss an opportunity to promote harmony and good will in your home. No doubt you enjoyed the food, but not as much as you would have if you told her that you liked it.

Your acknowledgement of a good service done to you is a prosperity affirmation. Seriously ask for something and you may get it, but make an affirmation of thanks for it, as already received in Spirit, and you are sure to receive it in manifest form.

Unity teaches that an affirmation thanksgiving prayer is more effective than a begging prayer. Jesus tells us to pray as though we have already received. As a matter of fact, God has prepared for us every good thing we need before we ask Him for it. When we make an affirmation acknowledging the good that we desire, we bring ourselves into touch with the good that He has already prepared. Our prayers are really answered even before we ask, but we must have faith enough to give thanks for them to render ourselves fit to appreciate and accept the good things that God is more willing to give than we are to receive.

Truth affirmations are made in a positive manner because they state what is true in God's perfect creation. When we affirm, "God is my health," we are speaking the truth about God and yourself as a child of God. Even though our physical body may not seem to measure up to our affirmation, we should acknowledge what is true of God and His perfect kingdom, if we wish that kingdom to come into our earth.

Our acknowledgement brings the good that God has created in the realm of Spirit down into manifestation in our life. We can help God answer our prayer by making a positive acknowledgement of His power and goodness. It requires true faith to acknowledge what God has done for us before we can see it manifest in our life.

Grateful acknowledgement is an excellent way to receive in full measure the essence of God's good gift. When we accept and use a blessing that God gives without

making acknowledgement of it, we can enjoy it only to a limited degree. Nearly everyone accepts God's air as a matter of course, and does not think of its value unless his supply of air should be shut off, and he be in danger of smothering. Then he realizes that air is the most valuable thing in his life, as he would be glad to exchange anything he possessed for it.

If we would give thanks to God every day for the air we breathe, we should enjoy our air more intensely. God's most precious gifts are poured out upon us every day, and are seldom acknowledged by us. These include life, love, wisdom, power, peace, and harmony. If we would accept these with thanks, joy and enthusiasm every day, we should be able to enjoy these blessings more fully, because we realize they are coming direct from God.

We can acknowledge the truth that God is our life and our love, by affirming that God is our life and our love. Affirming the truth brings us closer to God's life and love. We become partners with God in making manifest His spiritual blessings in our life.

We can make affirmation acknowledging the truth of God's perfect creation in Spirit, even though our affairs do not seem to warrant it. Such an affirmation will lift us up to a better understanding of our unity with God, and will also open the way for His perfection to become manifest in our life.

Some devout men have thought that for a man to affirm perfection would be to tell a lie, because it would not be in accord with material facts. It is the appearance however, that is deceiving us. God made only perfect things. When we harmonize ourselves with God's truth by acknowledging it, then appearances must change to agree with God's truth. When we have enough faith in God's power, love, and wisdom to affirm their omnipresent reality, then divine light begins to shine into our affairs, and we shall see the truth demonstrated there, proving that our affirmation was right.

Do not be afraid to acknowledge the receipt of that which God has given you in

Spirit. Jesus said, "If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you." "According to your faith be it done unto you."

When we persist in acknowledging God's eternal omnipresent goodness, even amid adverse appearances, our faith is proved by a demonstration of God's goodness in our life.

The Power Of Praise

A praiseful attitude is like a well of living water bubbling up in your soul. It is pleasant, inspiring, and refreshing to you and to all persons you meet. It also stimulates the growth of good in your life.

Everyone and everything respond to sincere praise, and are uplifted and blessed by it. Even plants and animals respond to heartfelt praise. They may not be able to understand your words, but they will be moved by the uplifting impulse that comes to them from your heart. Flowers grow better when they are praised; animals behave better and are more tractable when they are praised.

Children are also touched by true praise. True praise does not mean telling a child that they are better than another. True praise calls their attention to the good points that they have without comparing them with the poorer showing of another.

Praise your work, and you will find that it will become easier. Praise the organs of your body; your faithful heart; your marvelous digestive system; the wonderful cooling and heating system of your body that keeps it always at the same temperature.

It is good for us to praise God, and thank Him for guiding us with His infinite wisdom, before we try to solve any problem or perform any duty that confronts us. When we praise God, we shall find that He is with us ready to help us in all our ways.

As we continue to praise God, we receive more power to praise not only God, but all things and all persons. When we praise God, we quicken our life by filling it with the power of God, which is the source of all power. God does not need our praise, but we need the spiritual lift that praising Him brings us. When we praise a person, we inspire him to a degree, but we also lift up something in ourselves which makes us happier, healthier, and more prosperous.

The sincere praise we feel and express in thoughts and words, helps us in mind, body, and affairs. Daniel of old, gave thanks to God, and praised Him for revealing the king's dream and its interpretation to him. Daniel did this before he went before the king to recite the king's dream and its interpretation, something that all the sorcerers and soothsayers of the realm were unable to do. Daniel was able to contact God's wisdom through prayer, praise, and giving thanks. We should praise God and thank Him for revealing to us the solution to our problem, instead of worrying about it, and wondering if we shall be able to solve it.

The Psalms are filled with words of praise. In Psalms 33:3 we read:

“Rejoice in Jehovah, O ye righteous:

Praise is comely for the upright.....

Sing unto him a new song.”

God is already infinitely wonderful whether we praise Him or not, but when we praise Him, we do something to ourselves. We lift up ourselves in consciousness to a better understanding and appreciation of His goodness, and as a result we are able to enter more actively into His goodness, and to sing a new song. We can fill our life with radiance by praising God.

It is a law of mind that we become more or less like the kind of thoughts we think. When we allow negative, critical thoughts to dominate our thinking, we acquire a negative outlook, and lower ourselves into a realm where we cannot see the good opportunities that lie before us. Such a procedure limits our happiness and our

usefulness. But when we fill our mind with praiseful thoughts concerning God and the people we know, we acquire a new point of view, and rise into a realm where we can see a new and more nearly perfect world about us. Old, negative things will pass away and even old, familiar, inanimate things in our surroundings will take on new beauty and present new possibilities of usefulness to us.

Praising others does not mean that we are to pour out words of flattery upon them. Flattery is not as spiritually effective as true praise. Sometimes it is better to praise a person silently, rather than to stimulate his ego with spoken words. By praising the spiritual potentialities of a person who is traveling a negative path, we may help them see enough light to guide them onto a path that will lead them toward more positive thought and action.

By understanding and rightly using our power of right thinking, we can rise above and pass over the rough places in our world, as a pilot guides his airplane far above rough roads and swollen streams, and sails smoothly through the air where the uneven places in the earth are no longer problems. Praise is the lifting power in our life that can carry us above the seamy problems of our earthly experiences.

We may inspire others through our praise, but by praising, we do even a greater service to ourselves than to those we praise. So, when we meet obstacles and troubles in our world, let us rise above them by praising God and all His works. We do not always need to express our praise audibly, for silent thoughts and loving feelings of praise are quite effective.

Let us in consciousness rise on the wings of praise to a state where we can recognize and appreciate the spiritual beauty of the very kingdom of God, which is within us.

How to Relax

Your physical body is made up of millions of little parts called cells. These little fellows are intelligent, and they are busy doing things for your good.

Page | 61

You do not know these little cells very well, even though they are very close to you. You would find them very interesting entities, if you could know every one of them individually. But since there are so many of them, to know them all would be like knowing everybody in the world.

Since you cannot know all these cells individually, there is a way in which you can appeal to their intelligence; for they are your servants. They are your faithful subjects, although you do not direct their activities individually. You have efficient assistants who pass your orders on to the multitude of cells.

You are like a mighty king upon whom millions are depending for their inspiration and their very existence.

These little cells make up the various parts and function-centers of your body. Some from your head; some, your hands; some, your feet; one group forms your stomach, and still another group forms your lungs.

There are brain centers in different parts of your body that are directing the activities of the function-centers under their control. These brain centers are like broadcasting stations; they are constantly sending messages through the nervous system, and also through other means to all the cells in their localities. These brain centers receive messages from the subconscious mind, which, in turn, receives instructions from the conscious mind. The brain centers are like a chain of broadcasting stations, which take up a program from headquarters, and distribute it in their respective localities.

Your subconscious mind controls these centers for you, thus carrying on a vast and intricate work. If you did not have this faithful assistant, and if you had to think of drawing in the air each time you breathed, you would be so busy with supervising your breathing, that you could not do much else, and while you were busy directing your breathing, your heart might stop beating. However, the faithful subconscious mind and the brain centers relieve you of all the detail work, and faithfully perform these operations, and many others for you, including the renewing of injured parts, the growing of finger nails, hair, the digesting of food, and the circulating of the blood, which keeps the interior of the body clean and in order.

The subconscious mind had its original instructions from the Creator, to the effect that the body was to be kept in perfect running order, and that all its functions were to remain harmonious and healthy. The subconscious mind has tried to follow these divine instructions, and will do so, except when you direct it otherwise.

Your conscious mind dominates your subconscious mind. You can tell your subconscious mind the truth, or you can tell it error. It is very obedient, and it will carry your instructions on to the brain centers and to the cells.

One of the most unfortunate error messages that you can give to your subconscious mind to pass to your body-cell people, is a decree of condemnation. You may condemn some person outside, but your subconscious mind inside is impressed with the condemnation idea, and carries it into your body, where it plays havoc among your cell people. Condemnation snarls them up, stops their free and natural functioning, and makes them very unhappy. Such thoughts as fear, unhappiness, and hate, also affect the cell people of your body adversely.

When your little cells receive the broadcast message of condemnation, their free expression is hindered. They become inharmonious, and when a large group of cells in a certain locality are continually commanded to resist or to become tense, you develop a chronic ailment.

We sleep in order to relax, but sometimes we do not sleep and so do not relax. The reason we do not relax, is that some destructive or unpleasant message has disturbed our body-cell community.

The idea of condemnation often holds our body nation in bondage. Forgiveness is one of the most important messages that you can broadcast to your cells. When you lie down at night to go to sleep, forgive everybody and everything. Send everyone thoughts of love and good will. As you forgive, a harmonious message will at the same time be broadcast in your body, and there will be an unloosing and a freeing of your functions. The little cells that were before inactive or on a strike, will respond to your message of love, and go joyously back to work. The blood and lymph will circulate freely through your organs again, and you will rest while your body conditions will have an opportunity to improve.

You are the one who has full charge of the broadcasting programs that are being sent to your body-cell people. You have, in fact, a monopoly of the broadcasting business in your realm. Therefore, if your cells are not getting the right kind of instructions, no one but you yourself is to blame.

You can open your broadcasting station to the Christ or super conscious mind. The Christ will “put on a program” for you that will thrill and revive your cell subjects.

You must first forgive everybody and everything in order that the Christ mind may bless your body with its healing life. Your cells must be set free by forgiveness before they can relax, and receive the great message.

You are a mighty monarch ruling over a populous domain, and you have it at your disposal, a wonderful system for broadcasting to every member of that domain.

As you make your cells happy, they, in turn, make you happy; therefore, be good to your body-cell people. Be a wise and loving ruler and broadcaster.

Rising Out Of the “Dumps”

The “dumps” are a state of mind. When a few conditions seem to be unfavorable, and you react negatively by being worried or fearful, you find yourself in the dumps. As a matter of fact, the dumps are in you, not you in them.

Page | 64

God does not wish you to suffer, to be afraid, or to be in the dumps. God is perfect love. Perfect love casts out all fear. Perfect love supplies your every need. God has provided all the good that you need, before you ask for it. You must have faith in God’s good before you can discover it and use it. Go into your “inner chamber” and shut the door, and ask God in secret, and He will reward you openly. This is what Jesus Christ promised.

Put out of your mind all worry thoughts and ask in faith. You do not have faith when you worry. Prove your faith by giving thanks. Rejoice and be glad. Thank God with a glad heart that your prayer is answered. Believe that it has been answered, and rejoice. Express more love.

You are God’s child: you are as dear to God as the prodigal son was to his father. When he returned, his father met him with open arms, and he shared in all the good things that the father had. How do we return to our Father’s house? By taking our attention away from malice, jealousy, greed, lust, fear, and doubt, and turning it in love toward God. “God is no respecter of persons,” but, the individual must choose whether he will co-operate with God fully, or follow his own selfish inclination by going “into a far country.” When he chooses the selfish way, and reaps unsatisfactory results, he may feel that God does not love him. The selfish way includes doubt and fear, as well as greed and pride.

We must be obedient to the law of good. If we expect good, we shall receive good. We cannot enjoy the good unless we are obedient to the laws of good. Every person really wants only good, but some persons think that good is uninteresting, not

understanding that their very desire for unworthy things is but a misdirected yearning after the good. They do not understand their desires. They will never be satisfied with anything less than good. Husks may appear attractive, but husks cannot satisfy soul hunger. We must learn to give thanks for our good now. If we wait for the good to manifest, we put off the day of our thanksgiving, and it may never come. It is therefore very important that we learn how to be thankful, and that we also employ much of our time in expressing thankfulness, and in rejoicing, because of the fundamental truth that God has already answered our prayers.

When we really feel the joy of thanksgiving, then do we prove that we have faith. It is absolutely necessary for us to have faith if our prayers are to be answered. Faith is that something which reaches out into the invisible, and takes hold of the good that God has already prepared for us in Spirit, and makes it tangible for us. Let us learn to rejoice. Let our rejoicing have its roots in a consciousness that God is more important than anything else in the whole universe. All things are dependent upon God, and by being thankful to God, we put ourselves in touch with the original Source of every good thing.

Let us meditate upon some of the promises from the Bible that concern rejoicing. As we read these, let us catch the spirit of joy that they radiate, realizing that our prayers are already answered. We should push aside every doubt and fear, and let the joy of the Lord enter our hearts.

“Thou shalt rejoice before Jehovah thy God in all that thou puttest thy hand unto.”

“Let all those that take refuge in thee rejoice,

Let them ever shout for joy, because thou defendest them:

Let them also that love thy name be joyful in thee.”

“Thou has turned for me my mourning into dancing;

Thou hast loosed my sackcloth, and girded me with gladness.”

“Let the righteous be glad; let them exult before God;

Yea, let them rejoice with gladness.”

“These things have I spoken unto you, that my joy may be in you,
and that your joy may be made full.”

“Rejoice in the Lord always: Again I will say, Rejoice.”

“Let your forbearance be known unto all men. The Lord is at hand. In nothing be anxious; but in everything by prayer and supplication with thanksgiving let your requests be known unto God. And the peace of God, which passeth all understanding, shall guard your hearts and your thoughts in Christ Jesus.”

Why Pray?

Prayer changes things in our life by first changing our attitude toward God. We pray to God because we know that He is the Giver of our very life and all things we need.

Prayer is a means of becoming more definitely associated with God's love, substance, harmony, wisdom, and power. God is omnipresent, and by praying, we become more aware of His presence. As we pray, we bring our thoughts and words more definitely into accord with the power of God's Word.

All things were made by the Word of God, and these things bear His spiritual mark of perfection. Sometimes we see the manifestation of God's good works as “in a mirror, darkly,” because we do not understand the wonder and harmony of His perfect plan. We therefore do not always appreciate His perfect works and co-operate with Him as we would if we could see as He does.

Through prayer we learn to see all things in a better light. True prayer does not consist in begging God for things we want, because God has already given us everything we need, and He is more willing to give than we are to receive. True prayer is actually a way of getting better acquainted with God and His love. Many people lift

their eyes toward the sky when they pray, not because they feel God exists only in the sky, but because lifting their eyes symbolizes the turning of their attention away from worldly thoughts and feelings toward a higher spiritual understanding of their relationship to Him.

As we gain a better understanding of God, the spiritual source of all things, we are able to accept His rich gifts more freely. God must be worshipped in spirit and in truth. You remember that Jesus told the woman at the well that God must be worshipped in spirit and in truth. We worship God in truth when we speak the truth about His creation, which includes our body, our affairs, and our friends. We worship God in truth when we speak the truth about His good creation, and we worship Him in Spirit when we put all our selfish thoughts out of mind, and speak to Him with our whole being in loving devotion. We must speak to Him with sincerity and love from the true self within us. In this way, we attune our consciousness to God's loving presence.

We speak affirmations of truth to build up our faith in God's power. When we affirm: "With God all things are possible" over and over again, we increase our awareness of His mighty, omnipresent power. Our affirmations of truth bring our minds into God's way, so that all our thoughts and words come into harmony with His good plan.

True prayer lifts our minds into a state of unity with the great Mind that controls the universe. We each have a subconscious mind that is obedient to the instructions given it by our conscious thoughts and words. Our subconscious mind takes care of the functions of our body. When we keep saying or thinking, "I am sick," or "I am weak," we instruct our subconscious mind to establish these negative conditions in our body. This procedure is not according to God's good wishes for our welfare. But the subconscious mind also obeys us when we speak the truth to it. When we say, "I am well, I am strong," the subconscious mind at once gets busy and works for health and strength.

Often, after we have made a few true affirmations, we lapse into negation, and begin to think and speak about our sickness or weakness, and when we do this, our

subconscious mind receives a greater number of negative suggestions than positive suggestions. Therefore, if we would give proper authority to our subconscious mind so that it can work constructively and in harmony with God's good plan, we must be faithful and persistent in speaking truth every day and many times a day.

Many children have learned *The Prayer of Faith*, the first line of which is "God is my help in every need," and they repeat it often. This simple little prayer has worked wonders for the children, by bringing them closer consciously and subconsciously, to a realization of God's omnipresent power and goodness.

An effective prayer is an affirmation of truth concerning God's perfect creation. An affirmation spoken faithfully, either audibly or silently, changes our way of thinking from negative, selfish thoughts to positive, God-like thoughts. When we speak to God in His own language of Truth and Spirit, He helps us to find and to use the abundant blessings that He has prepared for us. Divine order can be established in our body and affairs only as we let God's thoughts govern our way of thinking.

People who do not pray, allow their minds to wander into all kinds of scattered negative ways of thinking. Prayer helps us to bring divine order into our lives, which results in a greater degree of health, happiness, and prosperity for us.

Let us pray constantly in Spirit and in Truth, by using good thoughts that will keep our life in tune with God's plan. By prayer, we bring our thoughts into the kingdom of heaven, where we find wisdom, harmony, peace, health and prosperity.

Obedience to God helps us to enjoy His glory. So, let us pray with faith that God's will is being done in our earth, our body, and in all our affairs, as it is being done in heaven. Jesus gave us the teaching in the Lord's Prayer. Whenever we repeat this prayer, let us enter into His Spirit, so that we may become unified with God's consciousness of loving power and glory.

Just a Minute

No minute spent with God in prayer is ever wasted. Just one minute with God can bring you more good than many hours spent alone in struggling with your worldly problems.

Page | 69

Man measures time by seconds, minutes, hours, days, months, years, and centuries, but God's time is always now, even though man may try to divide time into todays, yesterdays, and tomorrows. God is always with you, now, this very minute.

One minute spent with God brings you joy, peace, harmony, and well-being. When you are with God, you are free from the regrets of the past, and the fears for the future. You can, if you choose, abide now, this minute, in the wondrous power of God's unchanging love and guidance.

This present minute, lived with God, can free you from the burdens of past memories, and the dread of the future, for now is the acceptable time in which you can enjoy a visit with God. All is right with God this minute. Why not tune in for a visit with Him and enjoy His eternal love? If the hours of your day are dragging along in a weary procession as you groan under the burdens of memories of past mistakes, old grudges, and unforgiveness, just take a minute to cast your burdens on the Lord. Or, if you are burdened by worries and about the fear of what may happen in the future, take a minute with God to find the right path into a pleasant future. In this minute, relax, and feel the freedom from all the past and future problems, as you abide now in God's eternal, unchanging goodness.

If you have had a long hard day, and are worn out, and you are concerned about what will happen tomorrow, and you are doubting that you will be able to meet its problems, why not relax, and take a little period of rest as you say to your troubles: "Just a minute, please, while I speak to the Master of my life, and let Him show me what is best for me to solve my problems according to His love and wisdom." Then seek God with your whole heart, as you listen to His still small voice. Feel the power of His Word

as He speaks silently: "Peace, be still. Be still, and know that I am God." Rest in His assurance, and you will be strengthened and guided.

Whenever anything comes into your life that disturbs you, stop before you do anything unwise, and take a minute out for consultation with your Maker to get His guidance. If someone offends you, before you say anything in anger, or even think disharmonious thoughts, stop to take just a minute for divine guidance, instead of saying something you will be sorry for later. Let God's Spirit guide you to victory over disharmony, by using Jesus Christ's method of returning good for evil.

No insult can overcome your peace of mind when you abide in God's love. With the light of divine guidance shining upon your affairs, you will find friends, where before, in the shadows, you thought you saw enemies.

Paul gave the Corinthians some good advice concerning their attitude toward the divine source. This is what he wrote in his second Epistle to them: "Wherefore we faint not; but though our outward man is decaying, yet our inward man is renewed day by day. For our light affliction, which is for the moment, worketh for us more and more exceedingly an eternal weight of glory; while we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal."

If we consider our right relationship to the visible world, and to God and His invisible kingdom, as Paul has shown us, we shall understand how much more powerful is the power of God within us, than the power of the external things that bother us in the world. By spending a minute with God, we can do more to free ourselves from the problems and the troubles of the world than we can do in days by fighting them with our human powers. If we seek the Truth, the Truth will make us free indeed.

Truth abides in the invisible Mind of God, which is eternal. Therefore, when we seem to be beaten and battered by the things of the outer world, let us take just a

minute to abide in the eternal goodness and power of God.

Patience is a Winner

Quiet patience can and does master and outlive all boisterous, stormy human discords.

Patience is one of the expressions of God's love. Patience stills our human, selfish urge to follow the dictates of our personal will, so that we can stop and listen to the beautiful spiritual guidance of our indwelling Christ. Patience helps us to enlarge our understanding of our surroundings, so that we can find good in them. Patience shields us from suffering, from sudden reactions that make us angry, and restrains us from speaking discordant words. Patience helps us to succeed by refusing to acknowledge failure. This it does by causing us to wait on the Lord, and to listen for His guidance before we do or say something that will interfere with the manifestation of our good, before we have discovered that there is good in the thing that upsets us.

There is usually a better way to solve our worldly problems than our human intellect, unaided by divine guidance, can point out to us. We can find this better way when we stop worrying, and patiently wait for divine understanding to show us the right way. When something disturbs us, if we will wait patiently before we say or do something foolish, we shall find peace of mind, as well as wisdom. Patience will help us to find a way to meet discord, without our entering into a state of mental discord.

Patience opens the way for us to perceive a larger view of life and its relationship to our world. Patience helps us to see beyond our personal limiting doubts, fears, and willful thoughts, and to behold the realm of truth, love, and harmonious thinking. Our patience is founded upon our faith in God, a faith that makes us master of every situation.

God is always patient with us, His children. He forgives us for the mistakes that we make, but we cannot partake of the fullness and joy of His patient love, while we fill our minds with impatient and willful thoughts. God does not punish His children. We punish ourselves, by refusing to accept and to express His bounty of love and goodness. The prodigal son punished himself when he left his father and went into a far country, thinking that in this way he could get more pleasure out of his inheritance than he could by staying at home. Later, he came to want, because he had wasted his inheritance in riotous living, and he decided to go back to his father's house. His father ran to meet him with a kiss, and welcomed him. His father was not angry, nor had he been angry with his son.

Our impatient ego self, often drives us into a far country of worldly pleasures, where we spend our God-given substance unwisely, by leaving God out of our life. In such a case our unhappy experience reminds us to go back to our Father, who has always loved us, and is patiently waiting for us to return, and to enjoy His bounty.

By exercising our God-given power of patience, we can overcome the effect of any angry, condemnatory thoughts and words that other persons may send our way, and instead, use our thought power in our life and affairs. Patience endures, while anger blows itself to destruction. Patience is the first requisite in the development of our spiritual understanding.

“Great peace have they that love thy law;
And they have no occasion of stumbling.”

Patience gives us a larger view of the possibilities for good that are all about us. Where the impatient man sees failure and discouragement, the patient man sees new opportunities. Patience is a gift from God, which we receive by faith, and it helps us in every department of our daily living. Patience helps us to maintain self-control over our behavior, so that we will always do the right thing. “Let us run with patience the race that is before us, looking unto Jesus the author and perfecter of our faith.” One of the

ancient writers, Plautus, who lived two hundred years before Jesus Christ, wrote: "Patience is the best remedy for every trouble." And in The Epistle of James we find: "And let patience have its perfect work, that ye may be perfect and entire, lacking in nothing."

Let us control ourselves by patiently waiting on the Lord. When something disturbs us, or when we are discouraged or unhappy, let us become quiet and be patient as we open our mind and heart to the divine current of God's love and guidance.

Will You Help To Restore Peace?

Peace and harmony were a part of God's original creation, for He did not create war or disharmony. These conditions exist only in the world of man. They cannot exist in God's perfect spiritual creation.

War on earth is the result of man's wrong thinking. Wrong thinking is the result of man's failure to realize his unity with God. Because he has not lived close to God's love and wisdom, he has lapsed into fear, greed, hatred, and misunderstanding. As a man finds his unity with God, his harmonious state of mind vanishes. As he cultivates faith in God's goodness and love, he automatically corrects his habits of wrong thinking and acting.

Since war is caused only by the thoughts in the minds of men, war can be eliminated only by a change in men's thoughts. This means bringing the thoughts of each individual back to God's way of thinking. Passing laws, building up the armies, exploding atom bombs - nothing in the outer world can correct man's erroneous way of thinking, or stop war.

God's goodness and love and power are the only realities. These must be fully realized and incorporated into the minds of all men. Men must have the mind in them

that was in Christ Jesus.

If men will erase wrong thinking from their minds, and turn their attention toward God's real universe, the universe of spirit, they can redeem the human race from its bondage to the adverse appearances of the world, and they will then be free to enjoy the beauty of the realities of creation.

We are confused by many things about us that seem distorted to us because of our lack of clear spiritual vision. But when we clarify it and remember that God made all things good, and that He is always with us, we begin to see a better world about us. It becomes beautiful and harmonious, and the people in it more loving and co-operative. As we clarify our vision, we find that the kingdom of heaven is indeed at hand. The whole world may seem to others to be in an uproar, but when we realize our oneness with God, and let Him direct our way, we walk in paths of peace and righteousness, we live in the good world that He has created. The storms of adversity that roar in the average man's world, cannot disturb us, because we live in God's world, and these storms are not a part of it.

After thousands of years, man is slowly growing up spiritually, and is gradually learning to understand that he is not merely flesh but spirit also, a son of God, and joint heir with Jesus Christ. When he is able to realize and understand the full meaning of this mighty truth, he will not depart from his Father's house again, to dwell in a land of woe and strife.

When a man finds God within him through the Spirit, he no longer needs to fight evil. Man has been learning the hard way, by experience. So far, he does not seem to have profited much by his hard experiences. Now is a good time for him to turn over a new leaf, and stop searching in the wrong places for the answer to his needs. Let him now turn directly to the source of his life and existence, and find the answer to all his questions in God, who will meet him more than halfway.

One man searching for God will find Him, but when a number of men join together in searching for Him, they exert a tremendous power for good in behalf of the whole race. Jesus said, "Where two or three are gathered together in my name, there am I in the midst of them." A few persons with faith in God, can generate power enough to help many others to come into and enjoy God's kingdom.

However, to inspire the more than two billion people who live in the world with the power of God's loving helpfulness, will require many times two or three working together in the name of Christ. There must be a definite and consecrated effort by a large number of enthusiastic, spiritually enlightened men and women, if the world is to be freed from its ignorant, inharmonious thoughts, and its people directed into a loving, powerful faith in the true good world inhabited by good people that God created.

Men come to resemble what they believe in. Every man must learn to believe in his loving Father, and to unify himself with the Father, by loving Him with all his heart, soul, mind, and strength.

You Are a King

You are the one who must decide what kind of thoughts shall enter your mind. No one else can enter into your mind and arrange your thoughts for you. It is true that others may be able to help you to decide, but before they can do so, you must first accept their constructive ideas, and change your thinking accordingly. If you refuse to accept their ideas, they cannot help you.

God has given each individual the great responsibility of choosing his own thoughts and beliefs. God is saying to each of us: "Choose you this day whom ye will serve." We must decide for ourselves what we shall believe in. The testimony of our senses, and the advice of other people may help us in making our choice, but in the end, we must make it ourselves. We must each decide whether we will believe the

things of the world as they appear to be according to the testimony of our physical senses, or whether we will believe the truth, the reality, as it is revealed to us by the Spirit of truth that our Father has given us.

We must decide for ourselves whether by our attitude of hate and our fear thoughts, we shall take up arms against what seems to be “a sea of troubles,” or whether we shall call upon the Spirit of God to show us a better way to face these troubles. God will help us as He helped Moses, and the children of Israel when they faced a crisis, the sea before them and the Egyptians behind them. Moses changed his attitude toward these appearances from one of fear to faith in God, and said to his followers: “Stand still, and see the salvation of God.” A dry path was provided through the sea for their safe passage to safety.

Every individual is a king in the castle of his own mind. As king of his thoughts, he can think those thoughts which will make him an unhappy and fearful monarch, or he can make his reign joyous and harmonious, by listening to the still small voice of God within himself before making decisions.

Jesus made this choice by deciding to let the will of the Father be done in Him, rather than His own will. Thus, He brought His rulership of His thoughts to the exalted standard of a perfect child of God. He would not allow appearances to influence Him to think thoughts of hatred, unforgiveness, or defeat.

Everyone must make his own decision as to whether he will accept the guidance of the Father, or let outer events lead him into thinking disturbing, antagonistic, unhappy thoughts. When we let Christ within us help us to rule our thoughts, we shall find that we have chosen the wise way, for then we shall rise above the confusion of the world of appearances with its fears, and overcome its negative power to influence our righteous way of thinking.

In our daily life we are often disturbed by harmless noises. We allow noises of the

physical world to enter into the kingdom of our mind to disturb our orderly thinking processes. We do this when we forget to exercise our spiritual dominion, our power to think powerful, constructive thoughts.

Some of us are made unhappy when we allow our attention to be diverted by noises in the neighborhood. Perhaps the noise may be a machine grinding, a juke box blarring, an auto horn tooting, a child practicing on a piano, a neighbor's dog barking, water dripping, the rapid tripping of an air hammer, a motor running, or even a chair squeaking. When we direct our attention to such things, and agree that they annoy us, our consciousness is so bound by this noise, that we cannot think pleasant or constructive thoughts.

How often we may allow the disturbing conditions around us, which may consist of things other than noises, or offensive things that people are saying and doing, "get under our skin." Sometimes such conditions seem to grow more annoying from day to day, but when we stop thinking about them, and place them in God's hands, we change our attitude toward them, so that we think of them as expressing God's good will. By so doing, we can accept His harmony into our thinking. We can find that there is after all, a divine order in these troublesome things, and that when we take the right attitude toward them, they will bring good to us. We shall find harmony where apparently there had been only discord.

By right thinking, we shall find that the kingdom of God is right here in our daily affairs. So, let us be wise rulers of our thoughts, and accept only those thoughts which are true in spirit and in truth.

Thought Control

All things are created and now exist as ideas in the Mind of God. Creation includes the things that are invisible as well as the things that we can see.

The Bible tells us that God created all things by His Word. We know that ideas in the mind are the power and intelligence back of spoken words, so we therefore conclude that God's ideas must have created the universe. People who live in various parts of the world speak different languages, and because of this, use words that are different to express the same idea. The idea is therefore more important than the words used to express it. We may be sure that "the Word" used by God to create the world, describes the action of ideas in the Mind of God.

God's living, universal ideas are always with us. As we learn how to express these ideas in our thoughts and words, we are better able to understand how God's ideas can create in our mind the order and goodness that are in His mind. When we speak the words "God" and "Christ" with faith and humility, we bring into our minds the spiritual power that these names represent.

By faithfully repeating words of truth, we can train and direct our thoughts, so that they will be in accord with God's perfect ideas.

Our thoughts and words are the connecting link between us and God. God's Word, or His thoughts in action, is creative and perfect. Our words, or our thoughts in action, have creative power in our individual world. As we grow in spiritual understanding, we become more obedient children of God, and learn to control our thoughts, by thinking God's thoughts after Him.

The man who would control his own thoughts, must first realize that God's ideas and thoughts are orderly, and perfect, and then bring his own thoughts up to God's standard of perfection, which we call righteousness, by thinking in accord with the divine plan. The divine ideas of God constitute the divine plan, which is the will of God. Jesus Christ has told us: "The words that I say unto you I speak not of myself: but the Father abiding in me doeth his works."

The Father's perfect idea of man is the Christ. Jesus, the manifest man, unified

Himself with Christ, the perfect Man. He has shown us how, by bringing this Christ-man idea into our own mind, and letting it have dominion over our thoughts, we can control our thinking, and will no longer need to fight evil thoughts. Paul tells us to “Have this mind in you, which was also in Christ Jesus.”

While our thoughts are creative, we have been given the freedom to use them as we please. Because they are creative, and are continually changing our little world, we must learn to control our thoughts. We can make our world harmonious and good like the kingdom of God, or we can make it a world of discord and unhappiness. Isaiah said: “So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I send it.”

Even our idle words are creative. Jesus said in Matthew 12:36: “And I say unto you, that every idle word that men shall speak, they shall give account thereof in the Day of Judgment.” He also said: “For by thy words thou shalt be justified, and by thy words thou shalt be condemned.”

Our need is to let the Christ Words dwell in us as stated in Colossians 3:16: “Let the word of Christ dwell in you richly; in all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with grace in your hearts unto God.”

Since man has been given dominion, that makes his every word creative, he has power to make manifest whatever he decrees. His spiritual nature and his spiritual thoughts and words, have greater power than his negative thoughts and words. Jesus said: “The words that I have spoken unto you are spirit, and are life.”

We can best control our thoughts, by letting the Christ Words of spirit and life come into our mind, and expressing them through our spoken words. When we do this, we have not only put our thoughts in order, but we have put our little world in order also.

If we think that we must control our thoughts by means of our human will, we shall not be able to achieve true control over our thoughts. Our human will would advise us to fight against and condemn persons who speak negative words. Such condemnation and contention is a mistake that most of us make. Many persons interested in reform movements, also make the same mistake. We spend too much of our thought energy in negative thoughts of condemnation and contention. We should not give our attention to the evil that we do not want, and thus forget to think about the good that we do want. When we condemn wrong, and are hateful and angry about the misdeeds of others, we must remember that the negative and destructive thoughts are in our own mind, and that by expressing them, we are building disharmony into our own little world.

We can overcome negative thoughts only by filling our mind with positive thoughts.

True reform comes to us when we let the Christ Mind come into and rule our mind. If someone does what we believe is evil, and we try to destroy the evil by condemning him, and making a disturbance about this evil he has done, we put our thought power into the business of creating more discord.

We cannot control our own thinking by making someone else change his way of thinking. We can accomplish more good by thinking thoughts of forgiveness, and by trying to see the Christ in those who do wrong. Of course, we should not encourage anyone in wrongdoing. However, punishment alone cannot change the wrongdoer into a doer of good. The punishment may prevent him from doing something in the outer way, which solves only a part of the problem. When our mind is in order and is controlled by God-Mind, our outer actions will be in order.

Most important of all, we must overcome hate with love. We must overcome evil with good. Of course, we have to “Render.....unto Caesar the things that are Caesar’s; and unto God the things that are God’s,” but if we stir up great discord in rendering unto

Caesar the things that are his, we shall rise up so much of our thought energy in doing so, that we shall have no creative power left in us, to render unto God what is His. If we render something unto Caesar, let it be done with forgiving love. By doing so, we can help God to put our mind in order.

The Little Foxes

Negative thoughts are like the little foxes mentioned in the Bible that destroy the vineyard. If such thoughts are not denied expression, they may grow in numbers, and destroy a portion of the crop of good things that are growing into fruition in your life. God has planted fruitful vines in the vineyard of your soul; you must not let the little foxes of negative thought destroy them.

One little fox cannot do much harm, but if you encourage him by giving him your favorable attention, he may invite a horde of other foxes to come in, and do a lot of damage to your crop of peace and happiness.

Spiritual good things are growing in your consciousness, and should bring you much fruit. Some of these fruits of your vineyard are peace, joy, success, and satisfaction. You can protect and encourage this crop of good things by using good thoughts. Every thought you think, adds something to the sum total of your consciousness. Your consciousness is built of the thoughts, ideas, and feelings that you have stored in it, by your daily thoughts and reactions through the years. The good fruits of your inner vineyard grow into perfect spiritual maturity with the help of your mental creative process, when it is in accord with Divine Mind.

Of course, the nature of your consciousness is changing to some degree every day, as you change the character of your thoughts, and your mental attitude toward the things that come into your life experience. When you persist in following a certain trend of thought, your consciousness becomes definitely colored, and influenced by that

trend. The optimist has a pleasant outlook on life as compared with the pessimist, who has a dark outlook. The consciousness of each is colored light or dark, according to his outlook. One has more sunshine, and the other more shadow in his soul consciousness, each according to his own outlook.

But just being an optimist, is not enough to produce an abundant crop of good fruit. You must also train yourself to look for and discover the good in everything that happens to you, and find a way to make use of this good, by blessing it in your thoughts, words, and actions. Do this with the faith that God's omnipresent wisdom and power is helping you.

Do not let the bad habit of negative thinking grow on you. It may start in a harmless kind of way. You may begin by looking critically at a few negative points in your associates; you may not like something that someone is doing, or the way he wears his hat, or the tone of his voice. It is always possible to find something in nearly everybody to criticize, but there is always more good in everybody than bad.

You can always find and enjoy something good in every person if you look for it. When you discover this good, and make the most of it even if you do not mention it, glory will be added to your inner vineyard. But when you pick at the faults in anyone who annoys you, a shadow flits across your consciousness.

Suppose a group of people go into a beautiful garden where there is much to please the eye and to praise, but one of the group who has developed a habit of negative thinking, searches among the roses, and discovers a worm on which he concentrates his attention and interest.

Its appearance shuts out the beauty of the garden for him, as he shudders at the unpleasant experience of watching this ugly worm. The time that he spends in viewing this ugly sight, might just as well have been used to enjoy the roses and the beautiful things in the garden. The beautiful Garden of Eden was filled with good things, but

Adam and Eve chose to concentrate their attention upon the fruit of the tree of good and evil.

Hunting for worms by the gardener in order to cast them out, is quite different than when a guest who has come to enjoy the beauty of the garden calls attention to them.

Cultivate the habit of looking for the good things of life, and of praising these things as you enjoy them and you will be happy.

It is just as easy to find and enjoy these things as it is to complain about the unlovely things; in fact, it is much easier, because there are so many more good things in life than bad.

If there is something wrong and you can fix it, it is right to give it attention while you fix it, but to indulge the bad habit of looking for flaws, and dwelling upon them when you cannot remedy them, actually hurts you more than anyone else. Thinking about mistakes, troubles, disappointments, slights, and grudges, opens the gates of your consciousness to the little foxes that destroy the fruit of your God-given vineyard.

God is a good, loving Father, and He is everywhere present. Look for Him everywhere you go, and you will find His goodness in the most unexpected places. The power of His love working through you, will shut the gate against the little foxes. They can have no power to destroy your vineyard, unless you give it to them by your negative attitude toward life.

It seems easy to say, "So-and-so has snubbed me and I am miserable," and it is easy to criticize a person's manners or the cut of his hair, but such thoughts are not helpful. We must learn to rise above negative thinking, and keep the little foxes from eating up our store of good thoughts.

One bad habit that opens the way for a pack of little foxes to come into your

vineyard, is to count your troubles instead of your blessings. Your problem cannot destroy your good, but your negative thinking about your problems will destroy it.

Thinking about unpleasant things instead of praising the power of God's goodness, destroys the good fruit of your vineyard. Many people today, are carrying around in their heart heavy burdens that they do not need to carry. They take upon themselves unnecessary worry burdens, that are heavier than their duties.

It is right to think about ways to solve your problems, but your thoughts about these problems must be positive, and be backed by the assurance that you can solve them by the help of God's power, and wisdom. You must learn to cast your burdens on the Lord. When your negative thoughts are turned over to God, they become as nothing, and if it is necessary for you to do something, it will be shown to you. You do not need to carry the heavy excess baggage of negative thoughts, for God will show you what to do if you will let Him, and He will also give you the strength to do it.

The greatest burden that you have to bear, is the burden of your own belief in the evils that you think you see. You can just as well work with constructive ideas that will protect your vineyard from the little destructive thought foxes.

The best way to deal with these little foxes, is to remember that God's good words are always with you, waiting for you to express them in thought, word, and action. Think with God, and let the little foxes go back into the wilderness of unreality from which they came.

How to Master Self-Consciousness

You have no cause to be confused at any time, and you will not be confused unless you allow your personal self to monopolize your thoughts. You should avoid dwelling upon thoughts about personal traits that cause your embarrassment. Think

about the good you desire to manifest instead of about things you fear or dislike.

The members of the human family are on the whole so much alike in fundamental qualities, that none of us needs to become disturbed because of his fancied inferiority in the presence of others.

If a person keeps his poise, he will not seem to be awkward or out of place anywhere. But if he loses his poise by thinking about his handicaps, he will become self-conscious, advertising this fact by his nervous behavior, and thus drawing to himself the very adverse attention that he dreads.

A child of God has no need of being self-conscious. Remember that you are a child of God. If you will concentrate your attention upon the thing you are doing, forgetting your human personality, you will be natural and charming.

Humility is a charming grace that is appreciated by all. A person who is self-conscious, often believes he is humble because he depreciates himself, but in fact, he is seldom truly humble. He thinks so morbidly about his personality, that he is unable to get an accurate perspective of his relationship to others. One moment he raises his personality to the heights, and the next moment he lowers it to the depths. If he cannot personally be superior to others, he is so disappointed that he feels inferior to all.

Self-consciousness is a form of conceit. The truly humble man is one who looks out upon life with poised and peaceful mind. Comparison of his own appearance, and standing with those of others, does not upset his equilibrium. While he is humble, he does not think of himself as being inferior. He is open-minded, and ready to accept improvement at all times, but he is not unhappy about his present status. He does not condemn himself, because he seems to know less than someone else, nor because he is not the equal of a neighbor in good looks.

No one should be miserable because he feels inferior. There is One in you who is inferior to no human being: your Christ self. If you are a person who worries about

being inferior, you should begin at once to forgive yourself for thinking bad thoughts about a child of God. If you will always remember that in Spirit you are a child of God, and that everyone else is also a child of God, you will begin to realize that you are a member of a large, loving family, and you will not feel ill at ease in the presence of anyone.

Each individual has his particular God-given gifts that he should cultivate and develop to their highest degree. Everyone must be himself, which means that he must be the best “self” of which he is capable. You should thank God continually for life, love, intelligence, beauty, and harmony, which are yours to use abundantly. As you give thanks for these things and praise them, they will begin to unfold and expand, and you will daily become a better expression of the particular good qualities that have been given you by the Father. The sunflower does not worry because it is not a rose; neither should a person with certain gifts worry because he does not have gifts just like those which others seem to have. What a drab world it would be if everyone expressed just the same qualities!

It takes all kinds of persons to round out a world. Every individual has a number of talents that he has not yet fully developed, and that would bring him much pleasure if he would develop them. Instead of condemning yourself because you do not have another’s outstanding characteristic, you should give thanks that you are a charming efficient, radiant child of God expressing your talents in your own natural way. When you realize that Christ is the real self of you, then you will know that you are superior to embarrassing situations. The personal self of you will react in a peaceful and harmonious way toward all experiences when you are directed by the Christ within you.

Never be discouraged because any other person has achieved something that you have not; rather, work joyously to bring out the faculties that God has given you. Do not try to imitate other persons. Give thanks when someone develops a good gift, because he is proving that you can make your gifts splendid also. Be on friendly terms with all good, developed gifts. Do not be unfriendly toward any good work just because you did

not do it. Resentment never brought anything good out of a soul, but blessing a good quality, even though it may belong to someone else, will help you to develop some good talent in your own life.

God Has a Wonderful Plan for You

Remember that God is a loving Father, and that, because He loves you, He has made a perfect plan for you.

His plan, if you follow it, will help you to succeed and to be happy, prosperous, harmonious, and healthy. His plan will help you to go safely through all the difficult experiences that may challenge you in the world. God does not force you to follow His good plan, but He is lovingly waiting for you to accept it, and to let Him walk with you in the way.

Because He is your loving Father, He does not punish you if you refuse to follow His good plan. But if you do not follow it, your own plan, followed without God's help, may cause you to make many unwise decisions and mistakes.

Jesus' parable of the prodigal son can help us to understand how our Father-God loves us so much, that He gives us freedom to leave the blessedness of our Father, and go into a far country of our own choice to seek for our happiness in selfish ways. Our journey into a far country may follow a plan that we think will bring us happiness in the world without the help of God. When our plan fails, and we come to want, we can always change our mind, and return to our heavenly Father's house. He is always ready to receive us with a loving welcome, and to let us enter into His good plan.

If today we are traveling in a far country where we are finding poverty and unhappiness, we can stop and come to ourselves, and remember that we are a son of God, and thereupon return to our Father's house. The prodigal son decided to go back

to his Father's house and become a servant. The wayward son returned with a meek spirit, ready to become a servant in his Father's house, but his Father received him with love as a son who had been lost.

In order to enter into God's plan for us, we must become meek. When we are meek toward God, we do not need to feel that we are not as good as other people, but our meekness should help us to give up our own selfish plans, and desire so that there will be room in us to receive God's ideas. When our minds and hands are full of our own inharmonious ideas, we cannot open them to take hold of God's wonderful plan. In order to make room in our life for God's plan, we must relax and let go of our negative ideas. In this way, we come with open minds and hearts to receive His goodness.

The Father's perfect way for us is a way of joy, happiness, prosperity, health, and harmony. As we follow God's plan, we walk in the right way. Today, as we drive down a road, we often see a sign that reads: "Keep right." This is also a good instruction to follow when we seek to follow God's plan in life. To go the right way, we must be willing to give up our personal ideas. When we follow the selfish, human way, because we are afraid of others, we may become angry, dictatorial, or egotistical, as we seek the applause of men. These attitudes of mind may lead us into rough paths, because we are not following God's good plan. God's plan is a very smooth way in which we enjoy the beauty of harmony, peace, and forgiveness.

To follow God's plan, we must forgive our enemies, and love them instead of fighting them. We should not become angry and run away from our good because we are afraid. We should remember that the love of God is stronger than all the negative conditions in the world.

God's plan lifts us above the rough places of the world, as we joyously share our good with others. The first commandment is that we must love God with all that is within us. When we do this, we stir up God's gift of love in our consciousness, so that it flows out to all our neighbors, and the more we share it, the more it expands.

The joy of the Lord is our strength, and when we stir up the joy that God has put within us, and express it, it will be reflected back to us from all outer things. Joy does not come to us from things, but it comes through us from God to shine on all things.

We have been given muscles in our body, but unless we use them, they will not develop. So it is with the blessings that God has given us. These blessings include joy, harmony, peace, and love. They are all included in the good plan that God has prepared for us. When we give thanks and rejoice as we move along in God's plan and well-being, no difficult situation that arises can turn our personal feelings away from God's plan. When something in our life seems to go wrong, we should relax, and let God show us the loving, harmonious way to handle the situation.

God's plan leads us to do that which is good for all concerned, as well as for ourselves. Therefore, let us rejoice continually as we work with God with all the power that is within us. When we let God's wisdom, love, power, and joy express themselves in us, we become new creatures in Christ Jesus.

Our New Neighbors

The Commandment, "Thou shalt love thy neighbor as thyself" was given by Jesus Christ many years ago. We today, must apply it to a much larger number of neighbors than the people who heard Jesus could have imagined.

In those days of limited methods of travel and communication, a man's neighbors were confined to those persons who lived within a radius of a few miles. However, Jesus made it clear that a man's neighbors were not limited to persons living in his own country, for He explained to His listeners that a man from the despised country of Samaria could also be considered a good neighbor.

Today, the bounds of our neighborhood are spreading so rapidly, that our

neighbors will soon include the inhabitants of the whole world. People who live on the other side of the world are neighbors of ours today, because of the fact that we are aware of them, and, in many cases, they are affecting our way of life through commerce, travel, printed matter, and war.

Though some of our neighbors may be separated from us by thousands of miles, they are daily coming closer to us through the media of radio, television, airplanes, and modern methods of land and sea travel. It is not unusual today for us to see and hear what people are doing on the other side of the world right while they are doing it.

What modern television is bringing us is marvelous. Television is a modern miracle produced by science, and yet it is not the ultimate means of our knowing our distant neighbors better. Through improved scientific devices of man, we shall continually be brought closer to the people who live at the ends of the earth, but these devices will help us eventually to understand the truth, namely, that all people are already one in Spirit.

Spirit can give us a better understanding and way of co-operation than television or radio, or any other material man-made device. Because it is controlled largely by consideration of things in the material world, our present consciousness keeps us from knowing how very close we are to all our neighbors. When we truly love God and our neighbors, we become unified with everybody in peaceful friendship. We are all one in the perfect, spiritual man that God created in His image and likeness in the beginning. When we attain this consciousness of unity, we shall better understand how closely we are related to all people.

God-Mind is omnipresent. Spiritual ideas therefore move in God-Mind faster than light. God's idea of love is omnipresent. It needs only our acceptance and use of it to bring us into contact with it in other persons, even though they may be in distant lands. It is necessary for us to realize our unity with God's love in our neighbor, for it is able to bring us all together in unity of purpose. When we abide in God's love, which is within

ourselves, we are at that instant at one with God's love in all people. Thus, we see how God's ideas move faster than radio waves.

In our present limited state of consciousness, we are prone to be suspicious, and afraid of newly-found neighbors, and we therefore set up barriers between them and ourselves. When divine order is established in our affairs through our acceptance and use of divine love, the barriers will disappear, and we shall be able to work more efficiently together with our neighbors here or abroad.

There are things that others can do better than we can, and there are other things we can do better than they can. When we work in a loving and orderly way, and are not afraid of others, we are able to co-operate with them by doing the service we love to do, and can best do, and thus, we become happy servants of others, because we are servants of God.

The day is not far off when God's servants will do their work to His glory, and the spiritual uplift of their fellow men. No one will then be afraid that his good may be taken away from him, but everyone will work joyously and produce what he loves to produce, and will then exchange his surplus for the surplus of others who do other things.

Everyone has a talent and something to offer to others. We shall someday no longer be afraid that the products of our neighbors, who live in foreign countries, will deprive us of our good.

In the very process of becoming acquainted with our neighbors today, we are finding much that disturbs us. Because we do not understand our neighbors, we are afraid of them, and as a result, we have wars and troubles. It seems a roundabout way to get acquainted with our neighbors when we do it through strife and trouble. Such a means of introduction is indeed crude, but it will lead eventually to world unity if and when people everywhere learn the truth about themselves and God.

As we approach the goal of universal brotherhood, we are entering into new and more difficult problems. We are meeting our neighbors in most instances the hard way, by the way of war and strife. Our problem is to unify all people with us by first unifying ourselves with God. The present troubles of the world are the birth pangs of a new and unified world in which there will be no more fear, hate, or war, a world in which there are no enemies, for all will be good neighbors.

We who are learning to understand truth, should steadfastly maintain our poise as we practice more faithfully to maintain a consciousness of God's love no matter what may happen. By so doing, we shall speed the coming of the day of universal peace.

We must avoid thoughts of fear, hate, criticism, and condemnation, as we keep close to the saving power of God's love through the Spirit of Christ within us. We must do more than repeat with our lips the Lord's Prayer; we must be co-workers with Jesus Christ in bringing order, peace, good will, and prosperity into the earth by thinking, speaking, and doing everything as if we were living in the kingdom of heaven now.

Getting Even

You cannot get even with a person who has offended you by offending him in retaliation. Because someone misbehaves is no reason why you should misbehave.

If someone calls you a bad name you can hardly get even with him by saying, "You're another!" But you can maintain your peace of mind, poise, and self-respect, by giving him a sincere silent blessing.

There is often a feeling among children and sometimes among adults also, that you must give the offender back in kind what he gives to you. In this way, you are supposed to get even with him. However, it does not seem logical to reason that you can better yourself by duplicating another person's wrong deed.

Every spiteful word or deed you speak or do, places you in a lower level than the loving, friendly level of happy living. If you stoop to get even with a man who has done something you do not like, surely you are lowering yourself to his level. In this sense you will be getting even with him.

Why not be a lifter instead of a depressor? Jesus said: "And I, if I be lifted up from the earth, will draw all men unto myself." Everyone who lifts up Christ, will draw others to a higher level.

A person who understands how to apply the power of the Word of God, can counteract the human tendency to practice retaliation. He can do this by raising his own level of spiritual consciousness.

Paul's advice was that we should try not to overcome evil with evil, but that we should overcome evil with good. When we stand firmly on the solid foundation of faith in God's Word and goodness, we are able to lift up others so that they can see the light of His goodness, and by this light, avoid sinking into lower levels of consciousness. But if we follow in the footsteps of those who walk in darkness, we shall sink with them.

There is a great need in the world today for all men to maintain a high standard of conduct, not in the world of appearances alone, but in the world of spiritual reality, which is the true character of man. The Spirit of Christ dwells in everyone who has obeyed the Gospel. Therefore, we must look within to this Christ goodness for guidance, instead of following the example of those in the world who are practicing the old traditional ways of the cave man.

Jesus Christ is the Saviour of the world, and to be saved, we must obey Him and His Word, and follow Him instead of following those who are going down in the darkness of sin. We must turn our attention to the light of Christ, which leads us up to the heights where we are saved from the dark places below. When we are in this high state of consciousness, those who are in darkness will not be able to offend us. We shall not be

insulted or made unhappy about anything that happens in the consciousness of a person whose level of consciousness is lower than our own. Let us therefore be wise, and consider how much better it is to lift up our would-be-tormentors, than to fall into their misguided ways.

The world today, needs men and women who are able to stand steadfast in truth, and help those who are stumbling, men and women who can forgive, and enlighten those who are making mistakes, instead of condemning them or following their bad example, men and women who will let their light shine by thinking better thoughts, and doing better deeds. This world in which we live affords us amazing opportunities, because here it is possible for us to find the kingdom of heaven or its opposite, right where we are.

Man finds heaven by lifting up the Spirit of Christ within himself, allowing God's light to shine into all his affairs. Whether he realizes it or not, everyone who lifts up his own vision toward the Christ consciousness, is helping to lift the vision of others. He is also helping to lift up the world consciousness out of its nightmare of fear, hatred, greed, and those other states of mind which cause war and unhappiness. So, let us who know the truth, be alert to set a good example for those who are making the mistake of trying to get even with evildoers by following their example.

Jesus Christ is the light of the world, and we are also the light of the world when we let the Christ light shine out through our thoughts and actions into the world, which so greatly needs spiritual light.

How to Overcome Your Enemies

Your enemies are not really people. Enemies are the wrong or dark thoughts that people think. Human enemies are in a sense the out picturing of the dark thoughts that you and I and everyone else are thinking. When we erase these dark thoughts from our

mind, we take the first step in overcoming our enemies.

The best way to dispel these dark thoughts, is to bring the light of Christ into our consciousness. Christ will show us how to overcome our enemies with love. The light of the love of Christ can fill our being so full of powerful thoughts of truth and light, that there will be no room for enemy thoughts in us.

God did not create evil, and therefore evil thoughts are not real in His sight. They are real only in the realm of imagination in man's human thinking. God created good ideas only, and His good ideas are all-powerful. We, His children, are free to use His all-powerful ideas to overcome peacefully the weak, enemy thoughts of the world. Here are the names of some of our enemies that make our lives unhappy and full of strife: hate, fear, jealousy, ill will, selfishness, personal pride, greed, lust, suspicion, condemnation, revenge, worry, doubt, envy, and discouragement. All these conditions arise out of the dark, negative thoughts that exist only in the minds of men. They will disappear when we realize that we are all-powerful children of God, and fill our minds with the light of Christ. Light always overcomes darkness and error.

According to Genesis 1:3, God created light on the first day, and we know that God's light is the spiritual foundation of our universe.

Enemy thoughts are the ugly, destructive products of man's wrong use of his power to think. God's creations are harmonious and constructive. Our fighting evil cannot overcome it, but when we turn on the light of truth and harmony, evil will disappear.

Perfect love overcomes fear, hate, and other dark, inharmonious thoughts that are the cause of our unhappiness and insecurity. Security and true joy are a part of God's harmonious plan for us. We can accept His plan, which is His will for us, and enjoy His security and joy, or we can refuse to abide in His will, and suffer from the unreality of darkness.

“The joy of Jehovah is your strength.” Jesus Christ tried to show us how to overcome our enemies, by using God’s good ideas, instead of man’s destructive ideas. In the book of Matthew, Jesus shows us how powerful love can be in helping us to overcome our enemies. This is what He says: “Ye have heard that it was said, Thou shalt love thy neighbor, and hate thine enemy; but I say unto you, love your enemies, and pray for them that persecute you; that ye may be sons of your Father who is in heaven; for He maketh his sun to rise on the evil, and the good, and sendeth rain on the just and the unjust. For if ye love them that love you, what reward have ye? Do not even the publicans the same?” In Luke He says: “But love your enemies, and do them good, and lend, never despairing; and your reward shall be great, and ye shall be sons of the Most High; for he is kind toward the unthankful and evil. Be ye merciful, even as your Father is merciful. And judge not, and ye shall not be judged: and condemn not, and ye shall not be condemned: release, and ye shall be released: give, and it shall be given unto you; good measure, pressed down, shaken together, running over, shall they give unto your bosom. For with what measure ye mete, it shall be measured to you again.”

The destruction of our enemies, therefore, must begin in us, for when we are armed with truth, and act in accordance with God’s thoughts, we can overcome the enemies in our own thoughts. Through the realization of God’s light and truth, we shall become so powerful, that the enemy thoughts of other persons cannot harm us. We shall have power to find the Christ in others, and when we do this, we shall no longer need to fear or hate those who are suffering from their own dark thoughts.

We cannot destroy our enemies by warring upon and killing the men who are expressing the enemy thoughts. When we turn on the light of Christ in ourselves, we outshine the untrue thoughts of our supposed enemies, and as our light shines, it reveals to us the good in the lives of others. We can best help those who seem to be our enemies, by helping them to let their light shine, and so reveal to themselves the nothingness of their enmity toward us.

The true light of Christ abides in everyone who has been born again of the water and the Spirit, but in many, it is hidden under a bushel of their human ignorance, and lack of understanding. The world needs more people who are willing to be illumined with the Christ light, and who will radiate His love and harmony to others. Peace will come into manifestation internationally, when more people become more interested in expressing God's love than they are in counting their enemies.

We can say that we believe in Christ, but unless we think and radiate Christ thoughts and help others to think them, we cannot bring peace into our world. We cannot do away with war by fighting those who are war-minded. We must come out of the darkness of worldly thoughts of hate, fear, and strife, by increasing the activity of our mind in thinking peaceful, loving thoughts. The power that holds God's creation in place and keeps it in harmonious activity is hidden in God's powerful ideas of love, harmony, freedom, life, forgiveness, unselfishness, and good judgment.

We must learn to agree with all the members of our family, in Christ, and when we do this, our whole family will be at peace in spirit and in truth. Then we shall find that the kingdom of God is truly with us in our household.

To be truly harmonious in our daily living, we should let our love for God come first, and our love for members of our family come second. If we attach more importance to the members of our family than we do to God, they become to us, in a sense, enemies to true harmony in our home. It is written: "Even so, let your light shine before men; that they may see your good works, and glorify your Father who is in heaven." Let your Christ light shine before your family, and in so doing, you will find the key that will open the door to peace and harmony for all its members.

When we let the true light of God shine in us, it will make our path so bright that no shadows will appear on it. Jesus Christ seemed to have enemies, but He overcame them all. He even overcame death, the last enemy, because He would not give in to fear, or contend with those who would kill Him. We, too, can overcome all enemies by

following His example and His teaching.

The Last Straw

Quoting a popular saying is a poor excuse for indulging in a fit of rage or self-pity. To say, "That was the last straw" does not give one a right to act like a spoiled child.

"The last straw breaks the camel's back." That last straw has for hundreds of years been encouraging people to believe that they are justified in allowing some comparatively trivial matter to overrule their better judgment.

Of course, there may be a time when a straw may not seem to be so trivial. It may look like a telephone pole, but that is because you are holding it too close to your eyes. Give it the proper perspective, and it will be only a straw, and even though the old saying avers that it was that one little straw that broke the poor camel's back, no one really believes that one straw could do such a thing.

Suppose you have done a great deal for someone, spent years of your time and lots of money on him, and then you find that he does not seem to appreciate what you have done. That may seem to be a pretty big straw, but remember that the weight of it depends upon your own thoughts about it. You can make it an overwhelming burden if you load it with depressing thoughts, regrets, sadness, and resentment, or you can make it as light as a feather by turning it quietly over to the Lord, who will gladly relieve you of its burden. The good you did, the service you rendered during the years, this was your means of expression. They were good for you. Bless them, bless what you did. Do not spoil it all now by condemning your good works.

Your reward comes from God. Keep sweet and enjoy your opportunity for serving. Your reward not only will come, but it has been coming to you from the Lord. He is blessing you now, but if you make burdens out of your straws, you will fail to

understand how He is trying to help you. If the person you helped does not appreciate what you did for him, do not make the same mistake, and fail to appreciate the wonderful things God has been doing for you all these years.

You were created for the purpose of expressing God's life, love, wisdom, and power. Doing things for others affords you an opportunity of living and enjoying life. If you could not render anyone a service, you would be unhappy indeed.

There is much remuneration in the joy of rendering a service, an additional remuneration will come to you according to the law of giving and receiving. If you are doing a kindness for the sake of a reward, for the sake of someone's appreciation, then are you not doing it for a selfish purpose instead of for the love of serving?

The last straw can be handled in several ways. It need not be still further weighted down with your leaden feelings of sorrow and weeping. It can be placed lightly on the top of the pile of service and its weight will never be noticed.

But look at your problem in another way. Let us consider that there is always a reason for everything that happens. If there is a lack of appreciation, there is a reason for it. In order to bring appreciation from anyone, you must render something more than ordinary service. If a person works hard to please someone else and does it selfishly, he fails to stir up the true spirit of appreciation.

The "last straw" may in reality be only the straw that shows which way the wind blows. It may indicate that you have been looking to man for your reward instead of to God, and it may be a warning to you to change your attitude toward service.

The "last straw" breaks our camel's back only when we add the weight of our resistant attitude to it. God lightens all burdens. Jesus Christ gave the assurance that His yoke is easy and His burden is light, and He also said: "Whosoever would be first among you shall be your servant." The best way to make the last straw light is to bless

it, and thank God for it. If we can really rejoice when we bless the last straw, we shall be directed to a blessing. Then good must come from it to us even though we seemingly have depleted our earthly store in the service we have given.

By giving thanks to God, we open the floodgates of God's supply that will replenish our store. Remember, that the last straw is very light, and need not harm the camel at all.

Today, many people are keeping themselves from entering into the blessings that might be theirs, by complaining, by lacking faith, and by dwelling in the past. Everyone who desires to go forward, and accomplish greater things, must expect to find new and untried experiences in his path. New experiences and new problems indicate growth and progress. If we are able to master a new condition, we are then ready for still another experience. If we would progress toward the Promised Land, we cannot expect to sit still and eat from the fleshpots of Egypt. We must go on into new thoughts and experiences. Some of these thoughts and experiences may seem to be lacking in interest and some may frighten us, but we must go steadily forward in the faith and assurance that God is guiding and caring for us. When we take this attitude, every adverse experience will be overcome as it makes its appearance. We shall not be affrightened by any circumstance that may loom before us in the future. God will take care of every problem when it presents itself. Let us not borrow trouble from tomorrow. Let us not turn back or be afraid. Let us not lose faith. The race is not to the swift, but to the one who endures with staunch faith to the end.

XXXXXXXX