

THE DAILY LESSON

is an activity of the study group found at: www.iwso.org

The subject for our current study is the entire book

“Realization of Oneness”

by Joel S Goldsmith

THE DAILY LESSON, an ongoing open class by Infinite Way Teacher [Al Denninger](#), is inspired by the message of Joel S. Goldsmith. In this Book Study we delve into Joel's books paragraph by paragraph, from cover to cover. I provide Scripture supporting his entire Work and an Impartation from my daily Experience. These classes appear daily [on my website](#) and by [email subscription](#) each day, for my students to take into their daily meditations and carry with them throughout their day.

Students Note: In my teaching, the words that are capitalized throughout the work are not capitalized for emphasis. Instead, the purpose is to Lift the student into the Awareness that these words are a Synonym for, or an Activity of God. The portions that are *italicized* are spontaneous meditations.

The Daily Lesson – January 10, 2025

“Chapter 10

IT SHALL NOT COME NIGH THEE

If you have studied the preceding chapters carefully, you should be beginning to understand that the universal belief of good and evil operates hypnotically upon every person in the world. Every phase of discord that comes into any person's experience is a mesmeric influence from which he has not learned to protect himself. What with automobile collisions, sudden storms, and even coconuts falling from the trees, a person who leaves his home in the morning has no positive assurance that he will return safely at night.” ~Joel s Goldsmith

1 John 5:19 KJV

19 And we know that we are of God, and the whole world lieth in wickedness.

Psalms 91:7 KJV

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

1 Timothy 4:7 KJV

7 But refuse profane and old wives' fables, and exercise thyself rather unto godliness.

2 Corinthians 4:3,4 KJV

3 But if our gospel be hid, it is hid to them that are lost:

4 In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

Only the eyes of the hypnotized shall believe the lies of this-world. False witness blinds the minds of those that are distracted from the Truth. Stay focused on Reality. ~Al Denninger

The Daily Lesson – January 11, 2025

“Every morning of the week, safety engineers forecast approximately how many accidental deaths will occur that day. They cannot tell who will be the victims, but those casualties could be you or me or anyone else. Man has become a statistic. But no one wants to be a statistic. No one wants to fall victim to an accident.” ~Joel S Goldsmith

Psalms 91:5-7 & 9,10 KJV

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

Can we choose to not be a victim of the universal mesmerism of this-world? Yes. How? To See through to the cause of the appearances and Know them as nothing. Make the Lord your Refuge, even the most High, Thy Habitation... Dwelling in Oneness Lights up the Truth. ~Al Denninger

The Daily Lesson – January 12, 2025

“How, then, can such mishaps and catastrophes be avoided? Is there a way? Yes, there most certainly is, if those who have been taught the principles of one power, impersonalization, and ‘nothingization’ can break through their mental inertia in the morning to the extent of consciously realizing:

There is but one Power operating in this universe. It is not a, power of accident, death, disease, or sin. This Power is the same Power that causes the sun to rise and to set at its appointed time, and the tides to ebb and flow. The Power that is operating in this universe is the same Power that is operating in my consciousness, and It operates as the law unto my experience.” ~Joel S Goldsmith

Isaiah 40:25,26 KJV

25 To whom then will ye liken me, or shall I be equal? saith the Holy One.

26 Lift up your eyes on high, and behold who hath created these things, that bringeth out their host by number: he calleth them all by names by the greatness of his might, for that he is strong in power; not one faileth.

Ephesians 4:4-6 KJV

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

6 One God and Father of all, who is above all, and through all, and in you all.

John 14:17,18 KJV

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

18 I will not leave you comfortless: I will come to you.

This-world thought tends to believe its own group-think and accept appearances as they are presented, but will not accept the Infinite invisible Spirit Within that it cannot see. We break through the mist of lies when we learn to Stop and Abide with the One and only Source of all Good. In God’s Kingdom there is no separate presence, mind or power.
~Al Denninger

The Daily Lesson – January 13, 2025

“There is no power in any mesmeric suggestion of accident. There is no power in any belief of infection or contagion. There is no power in the carnal mind, in any of its forms, or in any of its beliefs, individual or collective.” ~Joel S Goldsmith

Philippians 4:7 KJV

7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Proverbs 3:5-7 (to :) KJV

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

7 Be not wise in thine own eyes:

John 5:31 KJV

31 If I bear witness of myself, my witness is not true.

John 14:10 but KJV

10 ...but the Father that dwelleth in me, he doeth the works.

There is no other Power than God. Any other ideas presented are distractions from the Truth. Trust God with all your Heart. ~Al Denninger

The Daily Lesson – January 14, 2025

“A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.’ To whom does that refer? To whom but the person who dwells ‘in the secret place of the most High’—not one who dwells in a house, not one who dwells in an automobile or an airplane, but one who dwells ‘in the secret place of the most High.’
~Joel S Goldsmith

Psalm 91:7 KJV

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

Psalm 91:1 KJV

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty

1 Corinthians 3:16 KJV

16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

Romans 8:11 KJV

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

John 14:17-21 KJV

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

18 I will not leave you comfortless: I will come to you.

19 Yet a little while, and the world seeth me no more; but ye see me: because I live, ye shall live also.

20 At that day ye shall know that I am in my Father, and ye in me, and I in you.

21 He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him.

Romans 8:9 KJV

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

He will never leave us or forsake us, and will Be with us until the end of the world. We have only one job to do—Raise the altitude of our Consciousness. Stop looking at lies and Look Up! Christ stands at the door and knocks. Open the door and Dwell with Him. ~Al Denninger

The Daily Lesson – January 15, 2025

“YOUR EXPERIENCE IS YOUR STATE OF CONSCIOUSNESS OBJECTIFIED

Those are comforting words to read, but the all-important question before each and every person is: How can I arrive at that state of consciousness? How can I become the one who dwells ‘in the secret place of the most High’?

I can assure you that this is not brought about by sitting idly by and accepting what the world doles out to you. It has to be done consciously. Whether you believe it or not, your life is either a conscious activity of your consciousness or the result of your unwillingness to let your consciousness express itself. You either become master of your fate and captain of your soul or you become a blotting paper for all the beliefs of good and evil that permeate the world, respond to them, and show them forth. You can become master of your fate only by an act of consciousness. This is not accomplished by the attitude, ‘Oh, God will take care of it.’ No, no, no! There must be an activity of truth in your consciousness, and that activity of truth has to be built stone upon stone.”
~Joel S Goldsmith

2 Peter 2:2-6 KJV

2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

3 If so be ye have tasted that the Lord is gracious.

4 To whom coming, as unto a living stone, disallowed indeed of men, but chosen of God, and precious,

5 Ye also, as lively stones, are built up a spiritual house, an holy priesthood, to offer up spiritual sacrifices, acceptable to God by Jesus Christ.

John 6:63 KJV

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

2 Corinthian 3:3-6 KJV

3 Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

4 And such trust have we through Christ to God-ward:

5 Not that we are sufficient of ourselves to think any thing as of ourselves; but our sufficiency is of God;

6 Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life.

The newborn babe looks to have its life provided for—lovingly of course, and wonderful it is—but this-world’s babe cannot live without the provider’s gift constantly given in this-world. And so, in order to Dwell in the Secret Place of the Most High, we must look for

the Spirit within the Word, and the Essence of the Word to Shine as Consciousness Awareness. It is the Spirit of the Word that Gives Life Itself and Spiritually Sustains It. The Spirit Comes not by coasting. Are you willing to put in the effort to Build a Foundation of Truth? Are you willing to be so dedicated to Dwelling in the Spirit, to not only receive It, but to ably Minister It too? Are you willing to do what ever it takes to Be a Living Stone in that Foundation? ~Al Denninger

The Daily Lesson – January 16, 2025

“No matter what form of meditation you practice, it has to be built around the principle that there is only one power, that nothing but God, and the activity of God, is power, and that any sense of evil is impersonal, the activity of the fleshly mind. Where you are makes no difference: whether you go up in an airplane or down in a submarine, or whether you are a soldier on a battle front or a farmer tilling his soil. Whatever the nature of the human picture, it has to be consciously met. Every treatment or meditation must embody these two principles: the realized truth that God Itself is infinite and the only power, and that every appearance is but a mesmeric influence, the temptation of the one impersonal evil coming to your consciousness to be accepted or rejected.”
~Joel S Goldsmith

Psalms 139:7-10 KJV

7 Whither shall I go from thy spirit? or whither shall I flee from thy presence?

8 If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.

9 If I take the wings of the morning, and dwell in the uttermost parts of the sea;

10 Even there shall thy hand lead me, and thy right hand shall hold me.

Luke 20:21-25 KJV

21 And they asked him, saying, Master, we know that thou sayest and teachest rightly, neither acceptest thou the person of any, but teachest the way of God truly:

22 Is it lawful for us to give tribute unto Caesar, or no?

23 But he perceived their craftiness, and said unto them, Why tempt ye me?

24 Shew me a penny. Whose image and superscription hath it? They answered and said, Caesar's.

25 And he said unto them, Render therefore unto Caesar the things which be Caesar's, and unto God the things which be God's.

John 19:10,11 (to :) KJV

10 Then saith Pilate unto him, Speakest thou not unto me? knowest thou not that I have power to crucify thee, and have power to release thee?

11 Jesus answered, Thou couldest have no power at all against me, except it were given thee from above:

Is there a place where God is not? [Do we Realize the Omnipresence of God?]

Do we render unto Caesar or God? [Are we entertained by this-world's distractions, or do we Know of the Secret Place of the Most High, and do we Dwell there?]

“Know the Truth and the Truth shall make you Free.” We must Know It and Dwell there.

~Al Denninger

The Daily Lesson – January 17, 2025

“Remember that temptation, whatever its form, has to be consciously rejected. This is not easy to do because the one thing the world is suffering from is mental inertia. It will not wake up and think. It wants to look at pictures. It does not want to give voice to specific truth. It does not want to live with truth. It wants to depend on an unknown God, or on a concept of God that has failed mankind for thousands of years.” ~Joel S Goldsmith

1 Corinthians 2:14 KJV

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

John 6:63,64 (to .) KJV

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

64 But there are some of you that believe not.

Matthew 26:14 KJV

41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Matthew 6:13 KJV

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

There are distractions in this-world that come in such a way that they appear like a good idea. If we fall prey to the temptation that our ego and our judgment rules our life, we are lost until such time that we return home as the prodigal did—to his Father’s House, to Live in the Father’s Truth. When we are tempted into thinking that we could be in control, stop...and demand that the tempting thought “get thee behind me”. God already Knows the things we have need of. His will be done—His Way. Live in the Father’s Truth. ~Al Denninger

The Daily Lesson – January 18, 2025

“It is so easy to sit back and prate, ‘God will do it.’ But God will not do anything that He is not doing—and do not ever believe that God is going to do anything a minute from now that He is not doing now. Do not believe that you are ever going to know enough truth to influence God to do something for you or for anyone else. Do not think that you will ever be so spiritual that God is going to be your servant and fulfill your wishes, your hopes, or your desires. There is no such God.” ~Joel S Goldsmith

[Definition of “prate”: prate /prāt/

intransitive verb

To talk idly and at length; chatter. To talk much and to little purpose; to be loquacious; to speak foolishly; to babble.

transitive verb

To utter foolishly; to speak without reason or purpose; to chatter, or babble.]

Matthew 6:7,8 KJV

7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Isaiah 55:8-9 KJV

8 For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.

9 For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.

II Corinthians 3:13-17 KJV

13 And not as Moses, which put a veil over his face, that the children of Israel could not stedfastly look to the end of that which is abolished:

14 But their minds were blinded: for until this day remaineth the same veil untaken away in the reading of the old testament; which veil is done away in Christ.

15 But even unto this day, when Moses is read, the veil is upon their heart.

16 Nevertheless when it shall turn to the Lord, the veil shall be taken away.

17 Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.

James 1:17 KJV

17 Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.

According to Christ Jesus in His Sermon on the Mount, “Your Father Knoweth what things ye have need of, before ye ask Him”. He Gave His flock the Prayers and Hymns they were used to, but also Lifted them in a Way for everyone to Experience the higher altitude of Spiritual Truth. Then, is it reasonable that God needs to be informed of the

things we think we need? God already Knows. God Always Knows. Is it necessary to babble about baubles with a bunch of words that sound like prayers? Moses Heard The Word of God, Straight from God, but then he left his followers with a lengthy tradition of ritual, rules for humanity and a religion for his earthly generations.

The Christ removed the veil of ritual and the business of religion and taught His flock to enter into their closet: To be still and intimately Know the Omnipresence, Omniscience and Omnipotence of God, and Listen intently for His still small Voice. To rest in Silence with an attentive Ear, Opening the Door to the Spirit of Christ Consciousness and to Listen with all your Heart, with the attitude of: “speak Lord thy servant heareth”. Spirit to Spirit ye shall Know the Truth—and where the Spirit is Realized there is Liberty, Abundance and Harmony in All things—and for All People. He said, “All that the Father hath is thine”—so is there one thing to ask for if we already have All. Every Gift from God is Perfectly timed. ~Al Denninger

The Daily Lesson – January 19, 2025

“God is. And God is ‘is-ing’ this very second. God is being this very second, and God is being all that God can be. There is no way for God to change. God is the same yesterday, today, and forevermore. God is from everlasting to everlasting. Do not try to get God to be anything or do anything. God *is*.” ~Joel S Goldsmith

Psalms 90:1,2 KJV

1 Lord, thou hast been our dwelling place in all generations.

2 Before the mountains were brought forth, or ever thou hadst formed the earth and the world, even from everlasting to everlasting, thou art God.

Revelation 1:8 KJV

8 “I am the Alpha and the Omega,” says the Lord God, “who is and who was and who is to come, the Almighty.”

Hebrews 13:8 KJV

8 Jesus Christ the same yesterday, and to day, and for ever.

Proverbs 3:5-7 (to :) KJV

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

God is the Creator, maintainer and sustain-er of all that Is, Was and Ever will Be. Trust Him in All Thy Ways. Be still, rest back and Let God be God. God Is. I Am. ~Al Denninger

The Daily Lesson – January 20, 2025

“The responsibility is on your shoulders. ‘Awake thou that sleepest, ...and Christ shall give thee light.’ Wake up to the fact that your experience is going to be your own state of consciousness objectified. If you persist in walking around all day without living consciously in the realization of God—omnipresent, omnipotent, and omniscient God here and now, the all and only Power—and without impersonalizing all phases of evil and realizing that they exist only as the ‘arm of flesh’ or nothingness, you will not bring harmony into your experience.” ~Joel S Goldsmith

Ephesians 5:14 KJV

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

2 Chronicles 32:8 KJV

8 With him is an arm of flesh; but with us is the Lord our God to help us, and to fight our battles. And the people rested themselves upon the words of Hezekiah king of Judah.

2 Corinthians 13:8 KJV

8 For we can do nothing against the truth, but for the truth.

We will live a life of lies for as long as we work against the Truth. Seek the Truth—and Christ shall Raise thee Up and Give thee Light. Rest yourselves in the Word of God, for He is the only Power. Your Harmony is Truth Realized. Take His Word for it. ~Al Denninger

The Daily Lesson – January 21, 2025

“From the moment of waking in the morning to going to sleep at night, you should be doing protective work. But do not think of protective work in the sense of protecting yourself or anybody else from evil. Protective work is the realization that there is no power from which to protect yourself. It is living in the realization that since there is only one Power there are no powers to do anything or be anything, and any suggestion of some other power is a mesmeric influence. That is protective work.” ~Joel S Goldsmith

John 5:30 KJV

30 I can of mine own self do nothing:

Proverbs 3:6 KJV

6 In all thy ways acknowledge him, and he shall direct thy paths.

1 Thessalonians 5:17 KJV

17 Pray without ceasing.

Colossians 1:16 KJV

16 For by him were all things created, that are in heaven, and that are in earth, visible and invisible, whether they be thrones, or dominions, or principalities, or powers: all things were created by him, and for him:

I can of mine own self do nothing. It is the Father within that Does all the Work.... Always... He is the Source, the only Creator and the only Power to maintain His Creation... There is none other.... The Lord is my Shepherd, my protector, His Truth is my shield and buckler... I am not afraid, because He is with me Now—and I am with Him Now—and I shall live and pray in His House forever.... The earth is the Lords and the Fullness thereof.... ~Al Denninger

The Daily Lesson – January 22, 2025

“Without this realization, even though you are not consciously thinking of accidents or discords, diseases, sins, or temptations, you are permitting yourself to accept unconsciously or subconsciously the world's mesmeric and hypnotic suggestions.”
~Joel S Goldsmith

I Corinthians 2:9-14 KJV

9 But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God.

11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God.

12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.

13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

14 But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned.

Psalms 46:10 (to :) KJV

10 Be still and Know that I Am God.

As long as we believe that suggestions of noisome pestilences are something to react to we are stuck in the cult of the natural man. The Truth is: even if we find our selves in the valley of the shadow of death, God is with us. The only way out of the cult is to be Raised up by the Christ. Be still and Spiritually Discern the Omnipresence of God...

~Al Denninger

The Daily Lesson – January 23, 2025

“Error touches your life in much the same way as subliminal perception operates. Things enter your consciousness which you cannot see, hear, taste, touch, or smell. It is not necessary to see a headline to know that there is trouble in the world, because even though that trouble may not consciously be brought to your attention, you inwardly feel it.” ~Joel S Goldsmith

Luke 8:11-15

11 Now the parable is this: The seed is the word of God.

12 Those by the way side are they that hear; then cometh the devil, and taketh away the word out of their hearts, lest they should believe and be saved.

13 They on the rock are they, which, when they hear, receive the word with joy; and these have no root, which for a while believe, and in time of temptation fall away.

14 And that which fell among thorns are they, which, when they have heard, go forth, and are choked with cares and riches and pleasures of this life, and bring no fruit to perfection.

15 But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience.

Proverbs 14:5 KJV

5 A faithful witness will not lie: but a false witness will utter lies.

Romans 12:2 KJV

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Those “by the way side” are those that are effected by appearances and react to them. Beware of serpents with great presentations. Remain focused on the Truth or be fooled by lies. ~Al Denninger

The Daily Lesson – January 24, 2025

“You may awaken with a headache with a dullness or a sense of fear. None of this originates in you; none of this is a part of you. You may not have heard that there is an epidemic of flu, and yet the first thing you know is that you have come down with an attack of the flu. You were not exposed to it; you did not consciously entertain the idea of it but that suggestion entered your consciousness. When there is not an inner protection, that is, the understanding that this hypnotic or mesmeric influence, this mental malpractice or whatever you want to call it is not power and is not an emanation of God it can take root in you and appear in any and every form. That is why there are these human experiences of discord and disharmony.” ~Joel S Goldsmith

Psalms 94:22 KJV

22 But the Lord is my defence; and my God is the rock of my refuge.

Ephesians 6:10-14 KJV

10 Finally, my brethren, be strong in the Lord, and in the power of his might.

11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness;

Isaiah 26:3 KJV

3 Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Surround yourself in a constant Atmosphere of Truth focusing on God and His Presence and Direction—not in anxious thought, idolatry, fear and mental reasoning as the world does. Distractions come to those that lose their focus. Put on the Armor of Truth. ~Al Denninger

The Daily Lesson – January 25, 2025

“WEATHER AS AN ACTIVITY OF MIND

Miracles will appear in your life when you practice these principles of spiritual living and when you can rise above living in this truth merely for your own sake or your family's and begin to apply them to whatever touches your immediate world or the world at large—from government even to the weather.” ~Joel S Goldsmith

Romans 8:9-11 KJV

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

Matthew 8:5-13 KJV

5 And when Jesus was entered into Capernaum, there came unto him a centurion, beseeching him,

6 And saying, Lord, my servant lieth at home sick of the palsy, grievously tormented.

7 And Jesus saith unto him, I will come and heal him.

8 The centurion answered and said, Lord, I am not worthy that thou shouldest come under my roof: but speak the word only, and my servant shall be healed.

9 For I am a man under authority, having soldiers under me: and I say to this man, Go, and he goeth; and to another, Come, and he cometh; and to my servant, Do this, and he doeth it.

10 When Jesus heard it, he marvelled, and said to them that followed, Verily I say unto you, I have not found so great faith, no, not in Israel.

11 And I say unto you, That many shall come from the east and west, and shall sit down with Abraham, and Isaac, and Jacob, in the kingdom of heaven.

12 But the children of the kingdom shall be cast out into outer darkness: there shall be weeping and gnashing of teeth.

13 And Jesus said unto the centurion, Go thy way; and as thou hast believed, so be it done unto thee. And his servant was healed in the selfsame hour.

Of course, Jesus offered to go to the centurion's home where his servant was sick with the palsy. But, the centurion was the first in Jesus' ministry to Realize that it was the Spiritual Presence of God that needed to be Realized, and the physical touch of the man Jesus was not necessary. The centurion Knew the Truth deep in his heart [had great Faith]. The servant was Healed at a physical distance away from the scene in the selfsame hour—the Father, he doeth the Works. Spirit to Spirit, Soul to Soul, I Am. If so Be the Spirit of the Lord is Realized, there is Liberty. ~Al Denninger

The Daily Lesson – January 26, 2025

“Yes even weather responds to a realization of spiritual principles. If that seems strange to you think for a moment: Is weather something that is external to you? Is weather something that just happens? No, weather is an activity of mind, and because there is only one mind, weather is perfect. The only reason that we experience imperfect weather is because there is a belief in two powers which makes for good weather and bad weather.” ~Joel S Goldsmith

Mark 4:35-40 KJV

35 And the same day, when the even was come, he saith unto them, Let us pass over unto the other side.

36 And when they had sent away the multitude, they took him even as he was in the ship. And there were also with him other little ships.

37 And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

39 And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

40 And he said unto them, Why are ye so fearful? how is it that ye have no faith?

Ever since I was a child I've enjoyed reading this little Bible Story about the great storm swamping the boat, and Jesus asleep on a pillow. I have always thought about the Great Faith and confidence He must have had to not react to the storm. How could that be? You see, in the Presence of Christ there is only Peace, there is no experience of a separation from God.

Also, could it be that he was also speaking to the disciples when he said, “Peace Be still”? I think so. Jesus was already at Peace—it was the disciples who were experiencing the storm. We experience what we think. Why are we so fearful? Have we no Faith in the One True Power? I believe every word in these stories has great meaning to those who seek and find it. Demand the Truth in every experience, even the weather. ~Al Denninger

The Daily Lesson – January 27, 2025

“I do not mean by this that you should get the idea that all days should be filled with sunshine, and that that would be an evidence of spiritual fruitage. What I mean is that no weather need be what we call bad, destructive, or of a nature that takes life or produces injuries. This must be demonstrated by students where situations involving destructive weather arise before we arrive at the point of proving it on a broader scale. Some of us have done that and have proved that destructive and injurious forms of weather can be dissolved through the understanding that weather exists as an activity of mind. If you do not believe this, try to think of weather without a mind to know that there is such a thing as weather.” ~Joel S Goldsmith

Proverbs 3:5-7 (to :) KJV

5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.

6 In all thy ways acknowledge him, and he shall direct thy paths.

7 Be not wise in thine own eyes:

Matthew 7:13-14 KJV

13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

Romans 8:28 KJV

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

Leaning on our own understanding we will experience anything we can dream up, good or bad. The straight gate and the narrow Way is Trusting God and acknowledging Him in every Experience, and according to His Purpose. In God's Hands, all things Work together for Good. Stand firm in the Truth and watch any destructive idea you can come up with dissolve. Stand firm in God's Purpose. ~Al Denninger

The Daily Lesson – January 28, 2025

“There cannot be an activity outside mind. Which mind? You have no choice. There is only one mind, the instrument of that Consciousness which is the source of all action, all law, and all cause. When you behold anything unlike the activity of a spiritual law or life, it is only because of the acceptance of this belief in two powers, two laws, two minds.”
Joel S Goldsmith

Psalms 147:5 KJV

5 Great is our Lord, and of great power: his understanding is infinite.

Ephesians 4:4-6 KJV

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

6 One God and Father of all, who is above all, and through all, and in you all.

I Corinthians 8:6 (to ;) KJV

6 But to us there is but one God, the Father, of whom are all things, and we in him;

God already Knows. His Understanding is Infinite. There is no room for anything else.
~Al Denninger

The Daily Lesson – January 29, 2025

“Nothing happens outside the activity of mind—not a thing. If it did, there would be nobody aware of it. If it is the activity of the mind of God, you cannot change it, you cannot alter it, you cannot improve it, and it would be quite futile to attempt to do so. Do not try to interfere with the movement of the stars, the sun, the moon, or the tides. These are activities of the divine Consciousness, the infinite, immortal Eternal, That which was before there was a human being to know it. But on the other hand, anything that exists as an activity of the carnal mind can be nullified in proportion to the degree of your awareness of these principles.” ~Joel S Goldsmith

Jeremiah 23:24 KJV

24 Can any hide himself in secret places that I shall not see him? saith the Lord. Do not I fill heaven and earth? saith the Lord.

Psalms 139:7 KJV

7 Whither shall I go from thy spirit? or whither shall I flee from thy presence?

Hebrews 4:12,13 KJV

12 For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

13 Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

Matthew 6:27 KJV

27 Which of you by taking thought can add one cubit unto his stature?

Jesus said, “I can of mine own self do nothing”. The Spirit within Does All, Knows All and Controls All. Can man’s thoughts, wishes or even actions do anything if God Does, Knows All and Is All? Without the Spirit of the Lord, there is no-thing, there is no Life. I Am. ~Al Denninger

The Daily Lesson – January 30, 2025

“Watch this as it is related to weather. Watch it with tidal waves or with storms, and see how quickly they are dissipated when someone knows and understands that they are not conditions of matter: they are activities of the mesmeric mind. Watch how very often they stop instantaneously because they cannot last long in the face of that realization.”
~Joel S Goldsmith

Isaiah 41:10 KJV

10 Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Mark 4:37-39 KJV

37 And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

38 And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

39 And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

At my last home, down on the lake, I had a stunning view looking from the Southeast all the way to Southwest. I looked out over 7 miles of water and over the rolling hills 30 miles down into Arkansas on a clear day. From my windows and out on the terrace I looked right out into the prevailing wind. It was a place of Peace and Inspiration. When I was Captain of the Fire Department I was asked to be a “Storm Spotter” with an eye out to report tornadoes. A call would come on the fire radio that storms were coming and to deploy the “Storm Spotters”. I would do my diligence and watch. Most storms would pass to the South of me, but some would come right at me—so I would Watch and Pray.

I Know I was “Placed” in that Home by Divine Order, so I was never afraid of anything in the 18 years that I lived there. But I can remember several tornadoes and one waterspout that divided into several smaller waterspouts right in front of me about a mile to the South. Every time I would go outside and get a tight hold on the railing and face the wind. I would follow Jesus example and yell aloud “Peace be Still—I don’t believe the lies! You can’t make me believe the lies!” Each time the storm would dissolve. I remember one time my Chief asked me on the radio if I saw the storm that they were watching on the radar. He thought it was headed right for my house. Then he said, “It just dissolved on the radar”... I just Smiled and said, “yeah, I know”. No further explanation was required. I just Smiled to myself and Loved God.

I think it is good Practice, to once in a while, to call out the lies as lies. Not as a reaction to battle with it—but just to say, “I See you lie, and you are nothing”, and go about our business. Practice makes perfect, right? ~Al Denninger

Daily Lesson – January 31, 2025

If you are threatened with a tidal wave or a hurricane and wish to avoid the experience, know this truth:

This threatening storm is not a thing—not a thing at all. It is an activity of the carnal mind, and the carnal mind has no law, being, substance, or cause. Therefore, this storm is nothing but an image in thought, and an image in thought has no power. ~Joel S Goldsmith

2 Chronicles 20:17 (to ;) KJV

17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you, O Judah and Jerusalem: fear not, nor be dismayed;

Ephesians 4:17-24 KJV

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles [the ones by the wayside] walk, in the vanity of their mind,

18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.

20 But ye have not so learned Christ;

21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

Threats are nothing more than disruptive lies and empty thoughts. They try to tempt us into thinking that there is another power, separate and apart from God that we must battle with, or run away from. Others may try to convince you into following them in their fear. Stand ye still and See the God's Activity of Truth within you. Put off the corrupting threats and Rest in the Truth as you have Learned in Christ. Be ye Renewed in Spirit. ~Al Denninger

The Daily Lesson – February 1, 2025

“Some years ago a citizen of a community asked for spiritual help for his city. It had rained steadily for eighteen months in that area, and many of the businessmen in the community were either bankrupt or on the verge of bankruptcy. After the help was given, there was no more rain, although the weather bureau reported that the rain would resume at any moment because the atmospheric conditions that had caused the uninterrupted rainfall were still present. But it did not rain! Then three days later the condition that was supposed to have caused the rain disappeared—but only three days after the rain had stopped! God does not stop rain: God knows nothing about rain.”
~Joel S Goldsmith

John 4:31-38 KJV

31 In the mean while his disciples prayed him, saying, Master, eat.

32 But he said unto them, I have meat to eat that ye know not of.

33 Therefore said the disciples one to another, Hath any man brought him ought to eat?

34 Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

35 Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.

I Know this: God is Love, and He Knows how to Love us. As we Dwell in the House of the Lord there is no discord—only Harmony, Peace and Abundance. Lift up your Eyes to See and Experience The Kingdom of God and It's Infinite Perfection, where there is Exactly what we need for Harmonious Living. Let us Dwell. ~Al Denninger

The Daily Lesson – February 2, 2025

“Once you begin to realize that error—evil in any form—is merely the product of the universal mesmeric mind, and then 'nothingize' it in the realization that it is not of God, it will make no difference to you whether it is weather, false appetite, sin, disease, lack, limitation, or unemployment. They will all disappear. They begin to disappear the moment you realize that they exist only as an activity of this universal mesmeric mind. But this mind is not God-ordained, and it has no God-law to support it. Your knowing that begins to dissolve the picture because all that it ever was, was a picture, an image in thought.

God made all that was made. God is the activity of the sun, the moon, the stars, and the planets. If it were not for the activity of God, there would be no crops in the ground, no oil, iron, or steel, no fish in the sea, and no birds in the air. All these things testify to the fact that the activity of God is infinite and omnipresent, always active.” ~Joel S Goldsmith

John 8:31,32 KJV

31 Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed;

32 And ye shall know the truth, and the truth shall make you free.

2 Corinthians 3:15-18 KJV

15 But even unto this day, when Moses is read, the veil is upon their heart.

16 Nevertheless when it shall turn to the Lord, the veil shall be taken away.

17 Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty.

18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Genesis 1:1 & 31 (to .) KJV

1 In the beginning God created the heaven and the earth.

31 And God saw every thing that he had made, and, behold, it was very good.

While traveling down a road on a hot sunny summer day we may be presented with the appearance of water on the road in front of us. Is it real? Should we react and try to do something about it? Do we stop and wait for the water to be removed? Do we make a wish to Santa Clause to remove the water from the road? The water is nothing the instant we Realize that it is a mirage appearing as an image in thought. We have been temporarily fooled by our ignorance of Truth. There was never anything real about it. The moment we know the truth we are free to proceed on our journey. In the Kingdom of God there are no mirages—no lies to deceive. God Created every thing, and behold, every thing is Good. Rest now... It's All Good! ~Al Denninger

The Daily Lesson – February 3, 2025

“But I have just been told about an approaching storm. Yes, but what is it? Another form of mesmeric suggestion! Another activity of the carnal mind that would claim to operate as a condition! It is only a mental image in thought, without life, without law, without being.” ~Joel S Goldsmith

Matthew 4:8-10 KJV

8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them;

9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

2 Timothy 1:7 KJV

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Mark 10:17,18 KJV

17 And when he was gone forth into the way, there came one running, and kneeled to him, and asked him, Good Master, what shall I do that I may inherit eternal life?

18 And Jesus said unto him, Why callest thou me good? there is none good but one, that is, God.

First, don't be tempted into believing lies, even if they seem like good or reasonable ideas. God has Given us His Spirit of discernment of Power, Love and Truth. Demand the Truth be told. There is only One Goodly Understanding, lean not unto yours. As individual Expressions of God, All that the Father has is thine—including Discernment.
~Al Denninger

The Daily Lesson – February 4, 2025

“You build a consciousness of this truth by working with it. You may wake up in the morning and find some rather frightening weather outside. Then the very first thought that should come to you is, “Yes, but is it power?” If it is not power, what difference does it make if the newspapers call it good weather or bad weather? It is just weather. Who thus labels it as good or bad? The farmer who needs rain does not call rain bad. And the umbrella manufacturer does not think of rain as bad. The human being, Adam, calls things good and evil and gives them their names.” ~Joel S Goldsmith

Psalms 127:1 KJV

1 Except the Lord build the house, they labour in vain that build it: except the Lord keep the city, the watchman waketh but in vain.

Psalms 86:11 (to :) KJV

11 Teach me thy way, O Lord; I will walk in thy truth:

2 Timothy 2:15 KJV

15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.

Matthew 7:14 KJV

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

Matthew 5:45 KJV

45 That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

Genesis 1:31 (to .) KJV

31 And God saw every thing that he had made, and, behold, it was very good.

Genesis 2:19 KJV

19 And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof.

1 Corinthians 15:45 KJV

45 And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit.

Few there be that find the Truth, because few there be that labor in the Truth. The Father stands at the door and knocks giving Truth to all that Enter. Are you the first

Adam, or are you the Last Adam? Let God build Your Mansion in Heaven. ~Al Denninger

The Daily Lesson – February 5, 2025

“SAFETY AS AN ACTIVITY OF CONSCIOUSNESS

Once you know that anything that is the emanation of the carnal mind is without law, without God-being, God-presence, or God-power, you have begun to nullify it. If it does not yield the first time, keep at it a hundred times if necessary. Sometimes it takes hundreds of times of knowing the truth to break a situation. Undoubtedly, the Master at his height could have broken through any hypnotism immediately, but you and I are not at that level at present.” ~Joel S Goldsmith

Romans 8:7-11 KJV

7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

8 So then they that are in the flesh cannot please God.

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

10 And if Christ be in you, the body is dead because of sin; but the Spirit is life because of righteousness.

11 But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.

John 6:63 KJV

63 It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

Colossians 3:2 KJV

2 And whatsoever ye do, do it heartily, as to the Lord, and not unto men;

James 1:3-7 KJV

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

The carnal mind doesn't want to let go of its ego so it opposes surrendering to God. If so be we learn to Dwell in the Presence of God we will begin to Feel the Spirit of Unconditional Love and the Conscious Feeling of Life Everlasting. Perfection needs and wants nothing. Just keep working on this. Be diligent. Be patient. ~Al Denninger

The Daily Lesson – February 6, 2025

“It is only the degree and the depth of your awareness that really meet a situation. So if you have not had a sufficient awareness today to meet an apparently unyielding situation, go back to a realization of the principles a second, third, or fourth time, and keep at it until the problem dissolves. The time will come when you will find that there will be very little human effort involved, very little mental effort, but that will come only as these principles are embodied within you and become real to you.” ~Joel S Goldsmith

Hebrews 5:13,14 KJV

13 For every one that useth milk is unskilful in the word of righteousness: for he is a babe.

14 But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

1 John 2:5 KJV

5 But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him.

Matthew 5:6 KJV

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

God takes no effort in Being God. And so, His Word is Perfected in His every Individual Expression. Keep His Perfect Word in your Heart and Practice. Practicing effortless effort makes Perfect. ~Al Denninger

The Daily Lesson – February 7, 2025

“In the early stages of working consciously with these principles, whenever you receive suggestions of bad weather, accidents, sickness, sin, war, depressions, lack, or unemployment—as soon as these things touch your consciousness—it is necessary to be alert enough to know that this is the tempter. This is the temptation; this is a suggestion of a power and a presence apart from God. Then you must reject it in the realization that it is nothing but the fleshly mind. With that, you dismiss it, and that is the end of it. It takes only a minute, but in that minute you have consciously recognized within yourself the power of Truth, and Truth being infinite, nothing else can enter.”
~Joel S Goldsmith

Matthew 6:13 KJV

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

Hebrews 2:18 KJV

18 For in that he himself hath suffered being tempted, he is able to succour them that are tempted.

Luke 4:5-8 KJV

5 And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time.

6 And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it.

7 If thou therefore wilt worship me, all shall be thine.

8 And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

James 4:7,8 (to :) KJV

7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.

8 Draw nigh to God, and he will draw nigh to you.

Galatians 5:16 KJV

16 This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

The only way we can be tempted into believing that we might be separated from God is to think we are. The Truth is that we are never separate. Now, let us Realize our Oneness, submit to God and Live and Move and Have our Being in Him. Walk with Christ. Walk in the Spirit. ~Al Denninger

The Daily Lesson – February 8, 2025

“On every side, you are witnessing sin, disease, death, lack, limitation, unemployment, disfigurement, alcoholism, drug addiction, poverty. All these things confront you on the streets, in the press, and on the radio, and you cannot afford to be a blotting paper. You cannot afford to let those things enter your consciousness and take root. You must be consciously alert to realize, ‘Yes, these are pictures of sense; these are mental images—suggestions being presented to me—but in my understanding of one God, one power, one law, they are nothing.’” ~Joel S Goldsmith

Matthew 6:25-34 KJV

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

The pictures of sense, the mental images, are not Reality. No thoughts can make them Real. All that the Father hath is thine. All that the Father is is True. There is no other Truth. Seek ye first, the Kingdom, rest in His Green Pastures and thou shalt not want.
~Al Denninger

The Daily Lesson – February 9, 2025

“Then you will find that you are abiding ‘in the secret place of the most High,’ and none of these things will come nigh your dwelling place—if not literally ‘none of these things,’ certainly few. And when they do come, you have a principle with which to work to free yourself from the belief in them.” ~Joel S Goldsmith

Psalms 46:10 (to :) KJV

10 Be still, and know that I am God:

Romans 8:9 KJV

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.

Psalms 91:1-10 KJV

1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

8 Only with thine eyes shalt thou behold and see the reward of the wicked.

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

Nothing but God Dwells in the Secret Place of the Most High. Dwell there in Spirit—in Oneness. In Dwelling, I am as I am Known—an Individual Expression of God and All that the Father hath IS. Be still and Know... ~Al Denninger

The Daily Lesson – February 10, 2025

“As far as I know, there are no human beings on earth who have completely avoided all discords and inharmony—not even those who have locked themselves away in monasteries or convents—because that same old human mind follows them wherever they go, and it accepts these suggestions even when they are not aware of them. There is no place where we can go to hide from the world's troubles because wherever we go we carry our mind with us, and if it is a receiving station for the suggestions of the world, we do not have to see, hear, taste, touch, or smell them in order to become aware of them. They are in the atmosphere. Jesus referred to them as appearances when he said, ‘Judge not according to the appearance, but judge righteous judgment.’ Everything that came to his awareness was an appearance, and he never judged by what he saw. He let it pass by in the realization that it was only an appearance and could have no power.” ~Joel S Goldsmith

John 7:24 KJV

24 Judge not according to the appearance, but judge righteous judgment.

Matthew 6:31-34 KJV

31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

John 5:30 KJV

30 I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.

Mark 10:17,18 KJV

17 And when he was gone forth into the way, there came one running, and kneeled to him, and asked him, Good Master, what shall I do that I may inherit eternal life?

18 And Jesus said unto him, Why callest thou me good? there is none good but one, that is, God.

As human beings we are susceptible to believing in the knowledge of good and evil—or the pairs of opposites that seduce and hypnotize this-world. According to Christ Jesus, there is only One Good, One Mind, One Judgment, One Source—and that is God. The appearances of this-world can subliminally deceive us with thoughts of our own. Righteous Judgment is God Consciousness Actively Present in our Consciousness. Let the lies pass by. ~Al Denninger

The Daily Lesson – February 11, 2025

“LAYING UP SPIRITUAL TREASURES

As we engage in this practice, we will save ourselves from many of the woes and negative experiences of this world, but what is even more important is that once we have proved these principles in our own experience, we will see how quickly our conscious awareness of them begins to set others free. They do not have to know that we are knowing the truth of their spiritual identity, and yet many will receive healings without knowing the direction from which their help comes.” ~Joel S Goldsmith

John 8:32 KJV

32 And ye shall know the truth, and the truth shall make you free.

Matthew 22:37-40 KJV

37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

38 This is the first and great commandment.

39 And the second is like unto it, Thou shalt love thy neighbour as thyself.

40 On these two commandments hang all the law and the prophets.

John 14:15-18 KJV

15 If ye love me, keep my commandments.

16 And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever;

17 Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you.

18 I will not leave you comfortless: I will come to you.

Romans 8:28-30 KJV

28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

The Truth sets us Free to Recognize our Self as God’s Perfect Expression, Seeing the Love of God manifest in everyone, and in every neighbor. Keeping God’s Commandments is: Being His Instrument of Love—according to His Purpose ~Al Denninger

The Daily Lesson – February 12, 2025

“Since we are not seeking personal glory but only to witness principle in operation, we need not be concerned about getting credit for any healing for which we may be the instrument. To us, the joy and the satisfaction are that we have discovered a principle of life that we can live by and which will benefit those who are receptive and responsive to it. Getting credit is lot of nonsense, because it makes no difference how many medals are pinned on us while we are here or how many honors or titles we receive in this life, we cannot take them with us. Our money, stocks, and bonds we check at the probate court as we go out, and the medals, the titles, and the honors are taken down from the wall, stored away for a few years, and then burned. These are of no avail to us—not one bit. Even the good that is sometimes spoken of us is relatively unimportant because there are probably just as many saying the opposite about us.” ~Joel S Goldsmith

John 7:16-18 & 24 KJV

16 Jesus answered them, and said, My doctrine is not mine, but his that sent me.

17 If any man will do his will, he shall know of the doctrine, whether it be of God, or whether I speak of myself.

18 He that speaketh of himself seeketh his own glory: but he that seeketh his glory that sent him, the same is true, and no unrighteousness is in him.

24 Judge not according to the appearance, but judge righteous judgment.

Matthew 6:1-4 (to :) KJV

1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.

2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.

3 But when thou doest alms, let not thy left hand know what thy right hand doeth:

4 That thine alms may be in secret:

1 Corinthians 10:31 KJV

31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Peter 1:24, 25 (to .) KJV

24 For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away:

25 But the word of the Lord endureth for ever.

Bear witness to the Glory of God and His Complete Creation. God alone Is. This-world has no owners. ~Al Denninger

The Daily Lesson – February 13, 2025

“What we do take with us as we leave this plane is every bit of good that we have brought into active expression in our life and every bit of spiritual enlightenment we have gained. These are stored up where neither ‘moth [nor] rust doth corrupt,’ and these we take with us to become the foundation of our next experience. Every spiritual principle of life that we embody becomes our state of consciousness throughout all time just as every skill that we attain here is ours throughout our experience here. The spiritual principles we learn are our protection, our health, safety, security, and peace; and we know that as the world awakens to this truth, these are the principles that will eventually bring about freedom for every individual on the face of the globe.” ~Joel S Goldsmith

Psalm 127:1 (to :) KJV

1 Except the Lord build the house, they labour in vain that build it:

Matthew 6:19-21 KJV

19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

21 For where your treasure is, there will your heart be also.

Ephesians 5:14 KJV

14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

Matthew 16:15-19 KJV

15 He saith unto them, But whom say ye that I am?

16 And Simon Peter answered and said, Thou art the Christ, the Son of the living God.

17 And Jesus answered and said unto him, Blessed art thou, Simon Bar-jona: for flesh and blood hath not revealed it unto thee, but my Father which is in heaven.

18 And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.

19 And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven: and whatsoever thou shalt loose on earth shall be loosed in heaven.

Jesus built his Church on the Recognition of the Christ with us. Christ Consciousness is the Rock, the Foundation of which Spiritual Life is Built. God Reveals the Son and the Son Reveals God simultaneously. Awake, arise and follow—the Christ Truth is With us now and It unfolds perfectly as we Live and Move and have our Being in Him. Where the Christ is Realized, there is Liberty. ~Al Denninger

The Daily Lesson – February 14, 2025

“At first, it is hard work to apply these principles throughout the day because we forget more often than we remember. It is usually ten or eleven o'clock in the morning before we remember how much we have forgotten that we should have been consciously knowing since seven o'clock, and then we have to start in at noon to make up for lost time. By the time we get into bed at night, we have really gotten ourselves into a jam because then we have to get up to undo all the forgetting we have done throughout the day. It is a strict discipline for at least a year, and oftentimes much longer than that.”
~Joel S Goldsmith

Proverbs 3:5-7 KJV

- 5 Trust in the Lord with all thine heart; and lean not unto thine own understanding.
- 6 In all thy ways acknowledge him, and he shall direct thy paths.
- 7 Be not wise in thine own eyes: fear the Lord, and depart from evil.

1 Thessalonians 5:16-18 KJV

- 16 Rejoice evermore.
- 17 Pray without ceasing.
- 18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Phillipians 4:6,7 KJV

- 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
- 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Too loose your focus to anxious thought is a slow death. Acknowledge God in all your Ways and Live. Keep Christ close. ~Al Denninger

The Daily Lesson – February 15, 2025

“You will understand what I mean if you try just such a simple thing as making an agreement with yourself that you will never eat a bite of food of any kind or drink a drop of any kind of liquid without consciously recognizing that God is the source. Then at the end of the day count how many times you have forgotten this, and you will know how difficult it is.” ~Joel S Goldsmith

Matthew 7:13,14 KJV

13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat:

14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

Psalms 23:3 KJV

3 ...he leadeth me in the paths of righteousness for his name's sake.

Isaiah 30:21 KJV

21 And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when ye turn to the right hand, and when ye turn to the left.

James 1:2-4 KJV

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

There are distractions and temptations on the right and left, but keep straight and focused on the narrow Path of Righteousness. Be grateful for every moment of joy and abundance provided on our Journey. Be patient and forgiving of ourselves, and Listen for the Voice Within Nudging us Onward and Upward and dedicate your Life to being Grateful. ~Al Denninger

The Daily Lesson – February 16, 2025

“But, on the other hand, watch the magical effects in your life when you do reach that place where you consciously recognize with every bite of food that but for God it would not be there for you to consume, that but for God's grace you would not have it because it would not be on earth, and but for God's grace you would not be able to digest it.”
~Joel S Goldsmith

John 5:30,31 KJV

30 I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.

31 If I bear witness of myself, my witness is not true.

Ephesians 2:8-10 KJV

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

9 Not of works, lest any man should boast.

10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

John 14:10 KJV

10 Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.

Father, I am so grateful to Know that Your Grace is my government and that I can do nothing without You.... It is my Joy to Watch You Open Your Way in my Life—and my friends Lives on their Path... I realize that Your Grace is Your Love Acting on me, and all of Your Infinite Creation alike... I surrender Father to Your Will Directing me... In stillness and in confidence I await your Voice... Your Peace... Your Love... Speak Lord, thy servant is listening.... ~Al Denninger

The Daily Lesson – February 17, 2025

“Come to the realization that the most trifling acts of your day, such as waking up in the morning or sleeping at night, cannot be performed without an activity of this invisible Spirit, and observe what happens when you begin to acknowledge Him in all your ways. Notice what happens as you consciously remember when you get into your automobile that God drives not only your car but, since there is only one Being, one Selfhood, God is the driver behind the wheel of every car. Your conscious recognition of this sets you free from statistical beliefs.” ~Joel S Goldsmith

Psalms 91:1-7 KJV

- 1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
- 2 I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.
- 3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.
- 4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.
- 5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;
- 6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.
- 7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

John 14:10 but KJV

- 10 ... but the Father that dwelleth in me, he doeth the works.

Ephesians 2:10 KJV

- 10 For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.

Psalms 23:1 KJV

- 1 The Lord is my shepherd; I shall not want.

Where Christ is Realized and Practiced, there is Liberty. Dwell in Christ. ~Al Denninger

The Daily Lesson – February 18, 2025

“For a long, long time, this is hard work. This is not an easy path, but eventually something beautiful begins to happen. You no longer have to think consciously. Thoughts come of their own accord, automatically arising within you, and you really understand what Paul meant when he said, ‘I live; yet not I, but Christ liveth in me.’ After that there is very little of conscious effort. It all flows from within.” ~Joel S Goldsmith

1 Timothy 4:13-16 KJV

13 Till I come, give attendance to reading, to exhortation, to doctrine.

14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

15 Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.

16 Take heed unto thyself, and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee.

2 Corinthians 5:16-18 KJV

16 Wherefore henceforth know we no man after the flesh: yea, though we have known Christ after the flesh, yet now henceforth know we him no more.

17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

18 And all things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation;

Galatians 2:20 nevertheless (to :) KJV

20 ...nevertheless I live; yet not I, but Christ liveth in me:

Stay on the straight and narrow Path, whatever it takes—keeping yourself focused on the The Kingdom of God. Practice the Presence. Open an Avenue of Awareness and Dwell in the Secret Place of the Most High. One day in a Thunder of Silence, in the twinkling of an eye, the Voice will Come to you and You will be Anew, never to return to your old self—Reborn of the Spirit—One with Christ. Dwell in Christ and He will Dwell in You. Live in Christ Consciousness and Christ will Live in you and Through You. ~Al Denninger

This concludes our study of Chapter 10 in the book “Realization of Oneness”
Tomorrow we begin: Chapter 11 “Lifting Up The I”