

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

“The Contemplative Life”

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 – June 8, 2025

“The Contemplative Life

by Joel S Goldsmith

Edited by Lorraine Sinkler

Chapter 1

Conscious Awareness

Many persons who are seeking for truth or striving to find a way that will lead them out of the inharmonies and discords of life gather the impression that there is some quick or short way of overcoming all their problems; that there is some kind of a message that they can read in books or hear from the lips of a teacher or lecturer, that will quickly take them away from the troubles of a material way of living into the harmonies of the spiritual life. This is the mistake that is made in every one of the Western countries.”
~Joel S Goldsmith

James 5:1-8 KJV

1 Go to now, ye rich men, weep and howl for your miseries that shall come upon you.

2 Your riches are corrupted, and your garments are motheaten.

3 Your gold and silver is cankered; and the rust of them shall be a witness against you, and shall eat your flesh as it were fire. Ye have heaped treasure together for the last days.

4 Behold, the hire of the labourers who have reaped down your fields, which is of you kept back by fraud, crieth: and the cries of them which have reaped are entered into the ears of the Lord of sabaoth.

5 Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter.

6 Ye have condemned and killed the just; and he doth not resist you.

7 Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.

8 Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

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:

We have a choice: do we want to have improved, but limited, human conditions with an endless cycle of lacks and needs or do we want to Dwell in the Infinite Presence of God wanting nothing? Stablish your Heart for being taught by God and your Teacher will Come and Tap you on the shoulder. ~Al Denninger

The Daily Lesson – June 9, 2025

“It is not so in the East, where the relative unimportance of time is better understood and where it is realized that an evolution of consciousness can take place only over a span of years. But in the West, where in one short life-cycle we have gone from lamplight to modern electric lighting and from the horse and buggy era to automobiles and airplanes, where there has been an increase in the speed of travel from 100 miles an hour to thousands of miles, we do not seem to have sufficient time or sufficient interest to take the time for the development of spiritual consciousness. Because of this unbelievably rapid progress, materially and mechanically, which has set the tempo of our times, many think that it is possible to apply this same accelerated speed to the spiritual life.” ~Joel S Goldsmith

Luke 18:18-27 KJV

18 And a certain ruler asked him, saying, Good Master, what shall I do to inherit eternal life?

19 And Jesus said unto him, Why callest thou me good? none is good, save one, that is, God.

20 Thou knowest the commandments, Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Honour thy father and thy mother.

21 And he said, All these have I kept from my youth up.

22 Now when Jesus heard these things, he said unto him, Yet lackest thou one thing: sell all that thou hast, and distribute unto the poor, and thou shalt have treasure in heaven: and come, follow me.

23 And when he heard this, he was very sorrowful: for he was very rich.

24 And when Jesus saw that he was very sorrowful, he said, How hardly shall they that have riches enter into the kingdom of God!

25 For it is easier for a camel to go through a needle's eye, than for a rich man to enter into the kingdom of God.

26 And they that heard it said, Who then can be saved?

27 And he said, The things which are impossible with men are possible with God.

Lamentations 3:25-26 KJV

25 The Lord is good unto them that wait for him, to the soul that seeketh him.

There is no shortcut to a Spiritual Life. The impatient route takes longer. Be still and wait upon the Lord, until the idea of time ends. Give it all to God. ~Al Denninger

The Daily Lesson – June 10, 2025

“But when it comes to spiritual unfoldment and spiritual progress, it is quite a different story. There, an element of time enters into the situation, and it is this element of time that our Western world seems unwilling to accept, or may not be able or prepared to accept.” ~Joel S Goldsmith

Colossians 3:23 KJV

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

1 Corinthians 15:58 KJV

58 Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.

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.

Philippians 3:14 KJV

14 I press toward the mark for the prize of the high calling of God in Christ Jesus.

Psalms 127:1 KJV

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

In this-world we understand dedication, effort and zeal. But, on the Spiritual side, I like to think of it as effortless effort—a Knowing that Inspires endless effortless Devotion. Time rushes forward in this-world mind, but will stand effortlessly in the Now, in Spiritual Omnipresent Consciousness. Press toward the Mark of High Calling. ~Al Denninger

The Daily Lesson – June 11, 2025

“It is often possible for those of us who come to a spiritual teaching to have our problems quickly met—physical, mental, moral, or financial—but, of course, even if all our major problems were quickly met, we still would be no better off than we were before, except for a little temporary relief from the world's discords, because regardless of what freedom we attain through the help of a practitioner or a teacher, we still have to evolve in our own consciousness in order to maintain and sustain that freedom.” ~Joel S Goldsmith

John 14:5-12 KJV

5 Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way?

6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

7 If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him.

8 Philip saith unto him, Lord, shew us the Father, and it sufficeth us.

9 Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father?

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.

11 Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.

12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.

Jesus' disciples were taught at an accelerated pace, more so than probably anyone that was taught before or since. Their needs were met in live time by the Master—and so, in Truth, by the Father within, according to His Purpose. Thomas and Philip both struggled because they were looking for physical evidence of Spiritual Being. The I that I Am Doeth the Works. These Works are so readily available but so invisible from eyes that can only see in this-world. We don't do the Works of the Father, He Does them. We, if so be we Dwell in the Spirit, are witnesses of God's Infinite Invisible Presence and Loving. There will forever be Great Works witnessed by those who Dwell in and Do His Will. Jesus asks us to follow him—and he doesn't mean only part way. Follow Christ. ~Al Denninger

The Daily Lesson – June 12, 2025

“The Function of the Transcendental Consciousness

Although work such as that of the Infinite Way does help students to overcome their present physical, mental, moral, or financial difficulties, this is not its primary function. The goal of this particular Message is the spiritualization of consciousness which, in the Western world, is described as the attainment of that mind which was in Christ Jesus: Christ-consciousness or the transcendental consciousness. In the East, this same goal is called the attainment of Buddhahood, or the Buddha-mind, or Buddhi, but all those terms mean the same thing, because whether one receives enlightenment in the East or in the West, the result is precisely the same.” ~Joel S Goldsmith

Ephesians 4:13-24 KJV

13 Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ:

14 That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;

15 But speaking the truth in love, may grow up into him in all things, which is the head, even Christ:

16 From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles 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.

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.

Harmony shows up when we put off the former ways of this-world and be Renewed in the Spirit of our Mind that was also in Christ Jesus. We must be willing to be Taught by Christ in Truth and in Righteousness. You'll Know it is so when it is Proven to you. Be still Open your Heart and let Christ teach you. We don't Spiritualize our Consciousness God Does. ~Al Denninger

The Daily Lesson – June 13, 2025

“The point that I would like you to see at this moment is that the goal of all religious work should be spiritual enlightenment, that is, the attainment of spiritual light. When this light comes, it comes as a transcendental state of consciousness, and it is the attainment of this transcendental state of consciousness that really constitutes the activity of the Infinite Way, and is basic to its teaching.” ~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.

2 Corinthians 4:6 KJV

6 For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.

John 8:12 KJV

12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

Isaiah 26:3 KJV

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

Seek ye first the Kingdom of Light and Dwell in God's Perfect Peace. And we shall have the Mind of Christ—Resting gently in His Embrace. Shine on. ~Al Denninger

The Daily Lesson – June 14, 2025

“The first question that would naturally arise in any seeker's mind is: What is the transcendental state of consciousness and what function does it perform in my experience? My answer to that is that the transcendental or spiritual consciousness is a state of consciousness which instantaneously releases an individual from all material concern. That, I believe, is its first and greatest function in our lives. It releases us from fear and doubt; it releases us from concern over what we shall eat, or what we shall drink, or wherewithal we shall be clothed.” ~Joel S Goldsmith

Matthew 6:6 & 31-33 KJV

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

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 14:27 KJV

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:7 KJV

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

The Infinite Presence and Peace of God is not understood in the consciousness of man. The Father Knows You as you Are, not as you appear to yourself. It Comes in the surrender of this-world's noise and reliance on the Truth of Christ. It is Felt In Oneness, silently Listening, Soul to Soul, Spirit to Spirit—taking no thought. Dwell in the Secret Place of the Most High. ~Al Denninger

The Daily Lesson – June 15, 2025

“Most important of all, it releases us from the fear of death. Whether we have ever consciously thought about it or not, all of us on the human plane of life fear death. In fact, the one reason we fear disease is because the natural consequence of disease is death. We also fear age because age carries with it the connotation of coming death. Death, because of its inevitability, is that which is feared, and the fear of death is often the very cause of our diseases.” ~Joel S Goldsmith

Psalms 23:1-4 KJV

- 1 The Lord is my shepherd; I shall not want.
- 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

1 John 4:16 God – 18 (to :) KJV

- 16 ...God is love; and he that dwelleth in love dwelleth in God, and God in him.
- 17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.
- 18 There is no fear in love; but perfect love casteth out fear:

Romans 8:2 KJV

- 2 For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death.

Father, I can of mine own self, do nothing... It is You that Doeth the Works, not me... You are my Shepherd on every level of my Life, and it is You that leads me in the Paths of Righteousness... You are My Life... I Am Your Expression... Where the Spirit of Your Love is Realized, there is Liberty... What can I fear? ~Al Denninger

The Daily Lesson – June 16, 2025

“With the first touch of spiritual light, however, all fear of death disappears, because that light reveals that there is no death and that the experience of passing from this plane of life to what is called the next is not really a death: it is just another experience like our birth; it is a passing from one phase of life to another. In other words, life never had a beginning, therefore our coming into this world was but a coming forth from another phase of life.” ~Joel S Goldsmith

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.

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.

(from the story of the Raising of Lazarus:)

John 11:25-26 KJV

25 Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:

26 And whosoever liveth and believeth in me shall never die. Believest thou this?

2 Corinthians 5:17 KJV

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

The first Gift of God to Creation was Light. Behold, all things are new, to those that See the Light. Christ has Come to Transform your Vision. Open your Spiritual Eyes. ~Al Denninger

The Daily Lesson – June 17, 2025

“Some of those who have attained a certain degree of illumination are able to go back and see different aspects of their life prior to their present earth experience. Although that may not always be possible, nevertheless, with the first taste of spiritual light, we do realize that, since there is no death, there need be no fear of it, and once that fear is eliminated, the body seems to adjust itself, and health begins to manifest instead of disease and the signs of age.” ~Joel S Goldsmith

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.

2 Timothy 1:10 KJV

10 But is now made manifest by the appearing of our Saviour Jesus Christ, who hath abolished death, and hath brought life and immortality to light through the gospel:

1 John 2:24,25 KJV

24 Let that therefore abide in you, which ye have heard from the beginning. If that which ye have heard from the beginning shall remain in you, ye also shall continue in the Son, and in the Father.

25 And this is the promise that he hath promised us, even eternal life.

God is Life. Life is His Expression. He that Abides in God, and God in him, has Touched the joy, promise and vision of Life Eternal. Rest in His Good and Perfect Gift.
~Al Denninger

The Daily Lesson – June 18, 2025

“The Transcendental Consciousness
Brings a Release from Concern for Persons or Things

Furthermore, when spiritual light has once touched the soul or consciousness of an individual, never again can there be concern about what we call supply: what we shall eat or drink, wherewithal we shall be clothed, or how much money we shall or shall not have. The reason for this lack of concern constitutes the sum and substance of what must be our goal if we are to attain the spiritual way of life.” ~Joel S Goldsmith

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.

Matthew 6:31-33 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.

Psalms 23:1 KJV

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

2 Corinthians 12:9 KJV

9 And he said unto me, My grace is sufficient for thee:

This-world does not provide our supply of anything—God Does. Turn your focus toward Him and behold the Grace and Abundance of All Things Righteous. The Father will Give you everything you need to Fulfill His Will and be Fulfilled. Rely on God. None of the stuff in this-world matters in the slightest way—so give it no thought—its just a distraction of baubles. God’s Grace is more than enough. ~Al Denninger

The Daily Lesson – June 19, 2025

“In the ordinary human sense of life, concern is nearly always for things, persons, or conditions. If at this very moment we were to think about what it is that worries us most we would in all probability find that our fear is undoubtedly about something in the form of an effect: a person, a condition, a thing, an amount, a body, a bit of money, or a piece of property. Always it is about an effect, and what concerns us is always in the realm of an effect.” ~Joel S Goldsmith

Proverbs 3:5 (lean) KJV

5 ...lean not unto thine own understanding.

John 18:36 (to :) KJV

36 Jesus answered, My kingdom is not of this world:

Matthew 6:31 KJV

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

Romans 8:5,8 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.

John 14:27 (to .) KJV

27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you.

The mind of man thinks it understands its needs and how to get them, but the thoughts of the carnal mind are not within the Realm of the Kingdom of God. Attempting to inform God of your needs is foolishness. God already Knows your needs. Be still. Be at Peace. ~Al Denninger

The Daily Lesson – June 20, 2025

“As human beings, are we not always striving for some thing, some person, or some condition? It may be for a living, for fame, or for wealth; it may be for an education; it may be for health—but nearly always our life is centered on the attainment of something or other.” ~Joel S Goldsmith

Colossians 3:2 KJV

2 Set your affection on things above, not on things on the earth.

Luke 12:29-31 KJV

29 And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind.

30 For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.

31 But rather seek ye the kingdom of God; and all these things shall be added unto you.

Matthew 6:33 KJV

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

Matthew 5:6 KJV

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

Father, I know I can do nothing of mine own self... I have tried to find peace in this-world and tried to make peace in this-world... But I have been seeking amiss. I now realize that it is not my effort that brings Harmony.... It is You that doeth the Works... It is Your Righteousness that I hunger and thirst for, not the stuff in this-world. It is the Righteous Awareness of You that must be added... Not the things on earth.... It is the Awareness of Your Kingdom I really seek... It is Your Voice of Spiritual Being that I seek, not in my ears, or with my eyes, but In my Heart... Nothing else really matters... Thy will be Done in me... Thy will be Done, period... My Heart is Open... .. ~Al Denninger

The Daily Lesson – June 21, 2025

“Most human beings fail during their lifetime to attain what they have been seeking and pass out of this life frustrated without ever having achieved their goals. Those who do reach their goals find that this achievement brings little permanent satisfaction. Some attain temporarily the perfect body, only later on to witness its disintegration; some attain the wealth that they have sought, and then after they have it, find that when they have eaten three times a day and have an ample wardrobe of clothing, all the rest of their money is of so little use that their efforts to attain it seem almost foolish in retrospect. Rarely does money ever give a person the satisfaction that he thought it would when he was struggling and striving for it. And I do not have to remind you that fame gives back even less of satisfaction and is even more of an empty bauble than is wealth.” ~Joel S Goldsmith

Mark 10:23-27 KJV

23 And Jesus looked round about, and saith unto his disciples, How hardly shall they that have riches enter into the kingdom of God!

24 And the disciples were astonished at his words. But Jesus answereth again, and saith unto them, Children, how hard is it for them that trust in riches to enter into the kingdom of God!

25 It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God.

26 And they were astonished out of measure, saying among themselves, Who then can be saved?

27 And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.

Matthew 6:24 KJV

24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Philippians 4:19 KJV

19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Trusting in the riches of this-world to accomplish our goals and contentment is a foolish distraction. God is our Supply. Trust God. ~Al Denninger

The Daily Lesson – June 22, 2025

“This does not mean that there is anything wrong about the attainment of fame or wealth or health or a perfect body. On the contrary, all these are the added things that inevitably come when the spiritual way of life becomes our first and major concern. In the spiritual way of life, our first step is to disregard temporarily our concern for things, persons, and conditions, and center our attention on attaining a conscious realization of our Source.” ~Joel S Goldsmith

Matthew 6:31-33 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

Disregard your concerns of daily life in this-world, your Father already Knows what you need. Focus on your Spiritual connection with God. Harmony in your Spiritual Life brings Harmony in your every day life. Keep Peace in your Heart. ~Al Denninger

The Daily Lesson – June 23, 2025

Becoming One with Our Source

“It is a part of the Christian teaching, as given in the fifteenth chapter of John, that when we are one with our Source, we bear fruit richly, but when we are separated from that Source, we are as a branch of a tree that is cut off and withereth. The Ninety-first Psalm also promises that none of the evils of this world will come nigh the dwelling place of those who have made God their dwelling place, again indicating to us that our oneness with our Source is what separates us from the evils of this world and maintains in our experience the harmonies of heaven.” ~Joel S Goldsmith

John 15:5,6 KJV

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

Psalms 91:9,10 KJV

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.

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.

Dwelling in the Kingdom of God is what we are Designed and Directed by God to do. We are His Creation Individually Expressed. When we are Abiding in His Presence, and making the Most High our Habitation, we are Aware of our True Self Filled to running over with Harmony, Joy and Abundance. We are witnesses of God Living our Lives, and likewise we are Living in the Infinite. But, we can be tempted to think for ourselves, in a place seemingly separate from God. Of course this is not true, but we can think, fear and reason ourselves into believing the lie that we are our own. In this distraction, all we need to do is wake up from the dream. ~Al Denninger

The Daily Lesson – June 24, 2025

“The revelation was given to me that in my conscious oneness with God, in being consciously one with my Source, the good things of life were added unto me, that is, I was at-one with all good: with every form of good that might ever be necessary in my experience. The Master said, ‘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.... But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.’ And so it was that this very same consciousness revealed to me that when I am consciously one with God, I am instantaneously one with all the good necessary for my experience. Therefore, I must stop taking thought about my supply, my health, or my home. I must stop taking anxious thought or concern for the things of this world, and I must make every effort to abide consciously in my oneness with God.” ~Joel S Goldsmith

Matthew 6:31 & 33 KJV

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

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

Matthew 6:6-8 KJV

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

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.

John 15:4,5 KJV

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Romans 8:9 & 14 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.

14 For as many as are led by the Spirit of God, they are the sons of God.

This is the teaching of Jesus that breaks us free from asking, pleading, reasoning, informing and attempting to correct a lie. He said, “My Kingdom is not of this world”.

So, we should learn to stop looking there for it. Be still, rest and Know... ~Al Denninger

The Daily Lesson – June 25, 2025

“The vital part and the heart of that revelation is that we are *already* one with God. We are already one with our Lifestream, or the Source of our life. As a matter of fact, ‘I and my Father are one’ is a relationship that is indivisible and indestructible. It is an impossibility for my Father and me to become separate because we are not two: we are one! We are and always have been one with our Source, one with God.” ~Joel S Goldsmith

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?

John 10:30 KJV

30 I and my Father are one.

Matthew 6:8 KJV

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

1 Corinthians 6:19 KJV

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

There is no “other” in Omnipresence. The Father Knows always. The Father Loves always. You are not al-one, but All-One. He is your Shepherd—and you are His Expression—you shall not want. ~Al Denninger

The Daily Lesson – June 26, 2025

“The reason that the harmonies of heaven and the blessings of divine Grace do not come into our experience as they should lies in the one word *consciously*. Nothing can enter your life or mine except as it enters through our consciousness. This is the greatest law, the greatest discovery, unfoldment, or revelation that has ever come into my experience: *nothing can come into your or my experience except through our own consciousness.*” ~Joel S Goldsmith

John 16:13 KJV

13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.

John 4:24 KJV

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

John 14:26 KJV

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

2 Corinthians 3:17 KJV

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

Be still so you can be Led from the Spirit of God within. Open an Avenue of Awareness and be Taught. Where the Spirit is Realized, and put into practice, there is the Consciousness of Harmony. The Divine Way of Being is, as the poet said, closer than breathing, nearer than hands and feet. Open your heart to the Mind of Christ. ~Al Denninger

The Daily Lesson – June 27, 2025

“In other words, you consciously brought yourself to the reading of this book. There are millions of people not reading it and, therefore, not a spark of this message has entered their consciousness, so that they are not even aware that anything of this sort exists in the world, but even you who are reading these words could, if you so desired, shut out of your consciousness the message that is being brought to you. You could sit right where you are, completely unaware of the import of these words, reading them with your eyes only, and they would make no impression upon you, they would not enter the depths, the realm, of your consciousness. If you are to benefit by this message, there must be a responsive activity within your consciousness. Later, as you go deeper into the study of the Infinite Way, you will discover how you have admitted the inharmonies and the discords of life into your experience through your own consciousness and how you can eliminate them after they are there or how you can prevent their taking root there, because nothing can transpire in your experience except as an activity of your own consciousness.” ~Joel S Goldsmith

Colossians 3:2 KJV

2 Set your affection on things above, not on things on the earth.

John 14:26 KJV

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

Galatians 6:1 & 8 KJV

1 Brethren, if a man be overtaken in a fault, ye which are spiritual, restore such an one in the spirit of meekness; considering thyself, lest thou also be tempted.

8 For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

Proverbs 3:5,6 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.

When we are earnestly focused on God we are receptive to His Direction. In doing so, a Way will Open for us to be Taught and Reminded of His Everpresence. We will not be tempted or distracted from the Truth if we are about the Father's Business, Acknowledging Him in all our ways. Sow to the Spirit and cast the weeds aside. ~Al Denninger

The Daily Lesson – June 28, 2025

“Although you and I are one with God, although we are one with our Source, one with the Fount of everlasting life, one with the Source of infinite abundance, these can come into our experience only through our acceptance of them in our own consciousness. In other words, when we begin to declare within ourselves that there is a Source of life, then it must be true that that Source forever governs its creation and forever forth into expression.” ~Joel S Goldsmith

Luke 17:21 KJV

21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

Romans 8:9 (to .) KJV

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.

Psalms 91:1 KJV

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

Psalms 23:1 & 6 KJV

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

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

We are One with God and He is our Shepherd always. But, if so be, we Dwell Spirit to Spirit, Soul to Soul, we can Consciously Discern and Experience that Oneness. Where the Spirit is Realized there is Liberty, Harmony and Infinite Peace. *Behold, Now are we the Sons of God. Knowing the Truth is Freedom from limitation. I and My Father is One-derful. Thank you Father.* ~Al Denninger

The Daily Lesson – June 29, 2025

“And so from the moment that we consciously perceive that we are always in the bosom of our Father and always one with our Source, indivisible and inseparable from that Source, it becomes clear to us that all that is flowing forth from that Lifestream, all that emanates from that infinite Source, is pouring Itself into, through, and from our individual consciousness.” ~Joel S Goldsmith

1 Corinthians 6:19 KJV

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

Zephaniah 3:17 KJV

17 The Lord thy God in the midst of thee is mighty;

Ephesians 4:4-6 KJV

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

Psalms 23: 5 (my) KJV

5 ...my cup runneth over.

The Infinite Source of all Good is within each of God's Individual Expressions. This Good Flows In and Through us to wherever God Directs. His Will is Being Done. Rest back and Realize the Infinite Gift of Love in Christ Consciousness. ~Al Denninger

The Daily Lesson – June 30, 2025

“Gaining the Consciousness of the Presence

As we abide in this, that is, *if* we abide in this Word, if we let this Word abide in us, we shall bear fruit richly. The secret of the spiritual life is to recognize consciously—consciously realize, accept, and declare—our oneness with our infinite, immortal, eternal Source, and accept the scriptural statement that all that the Father has is ours and that the place whereon we stand is holy ground. Not only must we accept it, but we must abide in it every single day of the week, bringing to conscious remembrance the truth:

‘I and my Father are one.’ I am one with my Source, and all that is flowing forth from God is flowing into my experience.” ~Joel S Goldsmith

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.

John 15:5 KJV

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 4:24 KJV

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

John 16:15 (to :) KJV

15 All things that the Father hath are mine:

Acts 7:33 KJV

33 Then said the Lord to him, Put off thy shoes from thy feet: for the place where thou standest is holy ground.

We must remove our “shoes”—any distraction that insulates us from being grounded in Spiritual Being—and immerse our Heart completely in Holy Ground. Abide in Him and Him in You, and lean not unto thine own understanding. All that is needed to Perfectly Perform God’s Will is already within you. Look Up, Know the Truth and Live It. ~Al Denninger

The Daily Lesson – July 1, 2025

“When we perceive that this is true and are willing to make it a part of our *conscious* experience, we are engaging in a form of contemplative meditation. This contemplative meditation, which should take place either before we get out of bed in the morning or a few moments later, might begin with a conscious remembrance of the invisible Presence and Power operating in this universe.” ~Joel S Goldsmith

Matthew 5:6 KJV

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

Psalms 119:15 KJV

15 I will meditate in thy precepts, and have respect unto thy ways.

Psalms 119:97 KJV

97 O how love I thy law! [of Omnipresence] it is my meditation all the day.

Seek ye first, the Kingdom of God. When we are Aware of the Spirit of the Lord in Operation, there is Liberty. Seek to Live—Live to Seek. ~Al Denninger

The Daily Lesson – July 2, 2025

“How did this day come to be? Surely, there must be a tremendous Force, Power, Being, or Presence, which has brought forth the sunlight, the rain, or the snow of this day. There is a Something operating invisibly in this universe, sending forth all this glory into expression, a glory of which I am a part, for I, too, have been sent into expression by That which sent forth the flowers and the trees, the birds, and all that is.” ~Joel S Goldsmith

John 1:1-3 KJV

- 1 In the beginning was the Word, and the Word was with God, and the Word was God.
- 2 The same was in the beginning with God.
- 3 All things were made by him; and without him was not any thing made that was made.

Hebrews 11:3 KJV

- 3 Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

Colossians 1:16,17 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:
- 17 And he is before all things, and by him all things consist.

2 Corinthians 4:18 KJV

- 18 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.

John 6:63 KJV

- 63 It is the spirit that quickeneth; the flesh profiteth nothing:

Every Being and Expression of God is Made Alive [quickened] and is maintained by the Infinite Invisible Word of God. Before, during and after Abraham was I AM. ~Al Denninger

The Daily Lesson – July 3, 2025

“I am one with all life. And just as this invisible Force is pouring sunshine into the room, so it is pouring life and being into me, and through me: intelligence, wisdom, guidance, direction, love, care, and protection. All of these are flowing in and through me from the infinite invisible Source.” ~Joel S Goldsmith

Ephesians 3:16-19 KJV

16 That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man;

17 That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

18 May be able to comprehend with all saints what is the breadth, and length, and depth, and height;

19 And to know the love of Christ, which passeth knowledge, that ye might be filled with all the fulness of God.

Galatians 2:20 (to :) KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me:

2 Corinthians 9:8 KJV

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

The Life of Christ Flows into Infinity beyond words and thoughts. Christ Consciousness Dwells in us as we Dwell in Him and Flows into and through the next. Love has no end. Open your Heart and Let Him Show you. ~Al Denninger

The Daily Lesson – July 4, 2025

“And so we go through this period of contemplative meditation at least three or four times a day, each time taking some other subject. For the moment, however, we are considering our major theme, which is that we are consciously one with God; we are consciously one with our Creator. We are consciously one with the Source of life, but until we make it a conscious activity, until we consciously realize that we are one with our Source, that infinity, and eternality, and that all these qualities and activities are pouring themselves through us—until we *consciously* do this we are not experiencing that which is our birthright. We are children of God, and as children heirs to all the heavenly riches. But let us not think that we are going to come into our heritage without consciously bringing our heritage into expression. It has to be a conscious activity.”
~Joel S Goldsmith

Romans 8:9-17 (to ;) 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.

12 Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.

13 For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live.

14 For as many as are led by the Spirit of God, they are the sons of God.

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;

2 Corinthians 3:17 KJV

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

The work of The Infinite Way is to practice, meditate and learn to consciously bring the Awareness of the Word of God into our Experience—and so into our Life to Live It. We humbly give the life that we think we know, to God—he had it all along anyway, right? And He, at a time we think not, Shows us our Life as Seen by Him. We are His Life, His Heirs, Individually Expressed. Have a wonderful and Complete Independence Day today! ~Al Denninger

The Daily Lesson – July 5, 2025

“Whatever of harmony, joy, or success is to come into our experience must first of all be brought there through some conscious activity of our mind or through a conscious activity of a meditative nature. Some day, the Western world will understand this subject of meditation better than it does today, and even the Eastern countries will have restored to them the knowledge of meditation which has largely been lost in that part of the world. It is not that those of the East have not meditated, but, because they have not known the real secret of meditation, they have not meditated correctly, even though it is in the East that meditation was discovered and has been practiced most widely. With the loss of the art of meditation comes the loss of all that is really worthwhile in life, because this lack of communion with the Father removes us from that conscious oneness with our infinite Source, and when that happens, we are no longer one with our good.” ~Joel S Goldsmith

Ephesians 4:22-24 KJV

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.

2 Corinthians 3:18 KJV

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.

1 Timothy 4:15 KJV

15 Meditate upon these things; give thyself wholly to them;

Be still with God. Very still... Have an open conversation with Him. Sometimes I talk to God just like a friend. If you have nothing really to ponder, open the Scriptures—something of God’s Word in there will pop off the page and give you something to ponder... When you come to the end of all of that, and there is nothing left to say.... Be still, and Open your Heart... And listen... If you get distracted, just get up and go about your day for a while. And come back to it... This should not be a strain—it must come easy... In time you will find that you can Be Still, comfortable and Receptive just about anywhere. Be Renewed, in the Spirit of your Mind. ~Al Denninger

The Daily Lesson – July 6, 2025

“It takes only a very few weeks of devoting a few moments a day to a quiet meditation in which we recognize our oneness with the Source and realize that our oneness with that Source constitutes our oneness with all our good before we begin to perceive in our outer and daily experience the fruitage of that meditation.” ~Joel S Goldsmith

James 4:8 (to .) KJV

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

Matthew 7:7,8 KJV

7 Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

8 For every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

James 5:7-8 KJV

7 Be patient therefore, brethren, unto the coming of the Lord. Behold, the husbandman waiteth for the precious fruit of the earth, and hath long patience for it, until he receive the early and latter rain.

8 Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

Be patient, be calm and be devoted to your focus on God. Come up with a good plan to remind yourself to meditate throughout your every day. Start when you wake in the morning, and again the last thing you do when you retire at night. Draw nigh to God and He will Draw nigh to you. ~Al Denninger

The Daily Lesson – July 7, 2025

“Every moment of meditation rewards us richly. Far more will come forth from it than we put into it. On the other hand, nothing will come forth except what we do put into it. For example, the presence of God is closer to us than our own breathing, and this has always been true. If we try to visualize something closer than our own breathing, we shall understand that actually the very presence of God is where we are. When we are in the depths of disease, sin, or lack, at that very second, the presence of God is as available to us as it was to Moses when he was leading the Hebrews out of slavery, or as it was to Elijah when he was finding cakes baked on the stones or a widow supplying him with food. The presence of God is as present with us as it was with Jesus Christ when he healed the sick or when he multiplied the loaves and fishes or forgave sinners, but even so, that presence of God may be doing absolutely nothing for us because the responsibility for bringing it into active expression in our lives rests with us.” ~Joel S Goldsmith

Romans 8:5,6 & 9 (to .) KJV

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but *to be spiritually minded* is life and peace.

9 But ye are not in the flesh, but in the Spirit, *if so be* that the Spirit of God dwell in you.

Psalms 91:1 KJV

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

Luke 17:21 KJV

21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

The Spirit of God Is, was and ever will be within us. There is nothing we can do to change that. But it is our responsibility to be Spiritually Minded, and Dwell in and With God, and He in us. The act of Dwelling is not so much to bring harmony to our carnally minded needs or ideas, but just to Dwell for the sake of Dwelling.... We are to Live and Move and Breathe in His active Presence to abide under the shadow of God. So Dwell... ~Al Denninger

The Daily Lesson – July 8, 2025

“The presence of God is on the gallows; the presence of God is on the battlefield where death and destruction are imminent; the presence of God is where every accident occurs anywhere in the world. The presence of God is in all those places and circumstances, but the presence of God is of no avail to anyone except to those who are dwelling in the conscious awareness of this truth. We must abide from morning to night and night to morning in this realization:

Where I am, God is. The presence of God is closer to me than breathing; I and my Father are inseparable and indivisible because we are one. If I mount up to heaven, I will find God, not that I will find God in heaven, but I will take God up to heaven. If I make my bed in hell, I will find God, not because God is in hell, but because I will take God with me; and if I walk through the valley of the shadow of death, I will find God because where I am, God is, and where God is, I am: we are inseparably and indivisibly one.” ~Joel S Goldsmith

Luke 17: 21 KJV

21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

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.

Psalms 23:4 (to ;) KJV

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me;

John 15:4 KJV

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

Isaiah 26:3 KJV

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

I can of mine own self, do nothing... God is with me, through every experience... No matter where I go, in thought or deed, I take God with me... If I want peace I must bring peace with me, and God Leads the Way... If I experience a lack of some kind, I am the one who didn't Realize the Truth and drifted off... I brought God right with me to the

distraction.... How silly of me—when all I needed to do was STOP, Wake up and Dwell in the Kingdom of God—that is my Reality... Where the Truth is Realized, there is Harmony... All that the Father hath was mine all the while... Thank you Father.... ~Al Denninger

The Daily Lesson – July 9, 2025

“Those who abide in this realization consciously find that when any form of evil comes into their experience, it dissolves and disappears. This is the secret of the mystical life; this is the secret of the spiritual life. It is all embodied in the one word consciously. Those who consciously know the truth are those who experience truth because truth is present, whether or not they know it. Two times two is four, even in the presence of those who do not know it; but to be of any benefit, two times two must be consciously known.” ~Joel S Goldsmith

John 15:4-8 KJV

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

7 If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

8 Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

We are an Expression of God, and so One with our Source. We will not bear fruit richly if we are entertaining a sense of separation or distraction. To sluggishly coast along in this-world is not being Consciously Connected or Communing with God, and although we are alive we have no Liveliness. There is no evidence, or proof, of Life in Abundant Harmony. It is like old Testament faith, which is true, but is veiled without the Christ. To Experience True Life or Christ Consciousness, we must consciously Abide in Oneness with our Source. Abide in Me. ~Al Denninger

The Daily Lesson – July 10, 2025

“Gratitude and the Contemplative Life

Gratitude is one of the most powerful forces in the life of any individual because it is one of the many facets of love. If we understand the nature of gratitude, we shall find that it will play a far greater part in our experience than we can possibly realize. The mistake of most of the people in the world is that they are grateful for the good that comes to *them*. They are grateful for the bread on *their* table. They say grace, little realizing how much time they are wasting as long as their grace is only a gratitude for the bread on *their* own table.” ~Joel S Goldsmith

Psalm 100 KJV

- 1 Make a joyful noise unto the Lord, all ye lands.
- 2 Serve the Lord with gladness: come before his presence with singing.
- 3 Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.
- 4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
- 5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

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.

Psalm 118:24 KJV

- 24 This is the day which the Lord hath made; we will rejoice and be glad in it.

Romans 11:36 KJV

- 36 For of him, and through him, and to him, are all things: to whom be glory for ever. Amen.

We Live and Move and have our Being through Him. God is Love, and All that the Father has is Abundant for His every Offspring. Rejoice and be Glad. Thank you Father. ~Al Denninger

The Daily Lesson – July 11, 2025

“Gratitude has nothing to do with gratefulness for the good that comes to us. Like everything else in the spiritual life, God is not only universal, but impersonal, in the sense that God is no respecter of persons and never has sent anything to you or to me or given any thing to you or to me. All that God has is ours, but if we were to claim that for ourselves alone, we would perhaps lose it. When I say, ‘All that the Father has is mine,’ I mean that that same allness is yours and everyone else's. The fact that all the people in the world are not recipients of that good is because of their unawareness—their lack of conscious recognition—of this truth.” ~Joel S Goldsmith

Psalm 23:1 & 6 KJV

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

6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Luke 15:31 KJV

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

Acts 10:34 KJV

34 Then Peter opened his mouth, and said, Of a truth I perceive that God is no respecter of persons:

Psalm 145:9 KJV

9 The Lord is good to all: and his tender mercies are over all his works.

All that the Father hath is thine—Infinitely—beyond words, human understanding and personal reasoning. God's Unconditional and Limitless Love can be Experienced by every One of God's Individual Expressions as they Dwell in the House of the Lord forever. There is only one Way this can happen, It is God's Infinite Way. God is Good to All. Thank you Father. ~Al Denninger

The Daily Lesson – July 12, 2025

“In other words, be assured that God has never singled out Joel or anyone else to whom to give anything: not even the message of the Infinite Way. The Infinite Way is an activity of consciousness, and anyone who opens his consciousness to it can experience it, because God is no respecter of persons. God does not set a table for you or for me; God has set a table for this whole universe. God has not put anyone's name tag on the cattle on a thousand hills, the crops in the ground, the pearls in the sea, or the diamonds in the earth. God has not put anyone's name on anything that He has given to this universe: God has expressed Himself universally; God has shown forth His glory universally.” ~Joel S Goldsmith

Matthew 6:9 KJV

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

Psalms 100:5 KJV

5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

Romans 8:14-17 (to ;) KJV

14 For as many as are led by the Spirit of God, they are the sons of God.

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

17 And if children, then heirs; heirs of God, and joint-heirs with Christ;

Revelation 3:20 KJV

20 Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

Did you ever notice that the first two words in The Lord's Prayer as given to us by Christ Jesus are: "Our" Father? Jesus meant his Father, and your Father, and my Father with no exceptions, no one is singled out—and no one is left out—now or forever. There is a forever-open universal invitation to anyone that is Led by God and Hears His Voice in Oneness shall be Fed by His Omnipresent Abundance. All that the Father hath is thine.
~Al Denninger

The Daily Lesson – July 13, 2025

“The moment we begin to be grateful just for the fact that God is in His heaven, our lives begin to change. Therefore, let us stop thinking in terms of ‘me’ and ‘mine’ and begin to be grateful for all the good that God has provided in this universe: grateful that crops are in the ground and that the bowels of the earth are filled with His riches, rejoicing in the universality of God's good, rejoicing and being grateful for the riches that are upon the face of this earth, rejoicing that everyone who opens his consciousness to them receives them, not because God sends these things to him but because God sends them out into the world as His presence made manifest.” ~Joel S Goldsmith

Revelation 21:3 KJV

3 And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.

John 4:35,36 (to :) KJV

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.

36 And he that reapeth receiveth wages, and gathereth fruit unto life eternal:

2 Corinthians 9:8 KJV

8 And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work:

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.

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.

The Father already Knows what we have need of and His Grace has provided for our abundance in every way. Rest and rejoice in constant gratitude and thanksgiving. ~Al Denninger

The Daily Lesson – July 14, 2025

“The presence of God appears as food, clothing, housing, and raiment. All that is, is the presence of God made manifest, and when we begin to express gratitude for the presence of God appearing as the good in this world, our souls, our minds, and our hearts are filled with love. When we personalize and believe that for some reason God has given to one person and is withholding from another, we dishonor God.” ~Joel S Goldsmith

Matthew 6:31-33 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.

(and from the story of the prodigal son—the elder brother was jealous of seemingly being treated differently...)

Luke 15:27-31 KJV

27 And he said unto him, Thy brother is come; and thy father hath killed the fatted calf, because he hath received him safe and sound.

28 And he was angry, and would not go in: therefore came his father out, and intreated him.

29 And he answering said to his father, Lo, these many years do I serve thee, neither transgressed I at any time thy commandment: and yet thou never gavest me a kid, that I might make merry with my friends:

30 But as soon as this thy son was come, which hath devoured thy living with harlots, thou hast killed for him the fatted calf.

31 And he said unto him, Son, thou art ever with me, and all that I have is thine.

Hebrews 13:5 KJV

5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

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.

The Father's Purpose is Love and all of His Love is forever focused on His Creation and offspring. Take no thought that we could ever be unloved, forsaken or loved unequally. All that God has is thine. When we are called according to His Purpose, our Purpose is to Love as He Loves us. God is Love. ~Al Denninger

The Daily Lesson – July 15, 2025

“Let it be clear, then, that to our meditation and our practicing of the Presence, we must add the all-important ingredient of gratitude. As we walk in the park, let us be grateful for all the beauty that is on every hand to gladden the heart. If we look up into the sky when the stars are shining, let us be grateful that they are there—but let us be equally careful not to claim the stars for our own!” ~Joel S Goldsmith

Colossians 3:15,16 KJV

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

16 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Psalms 100:1-5 KJV

1 Make a joyful noise unto the Lord, all ye lands.

2 Serve the Lord with gladness: come before his presence with singing.

3 Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

4 Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

5 For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.

Mark 12:14 (to :) KJV

14 And when they were come, they say unto him, Master, we know that thou art true, and carest for no man: for thou regardest not the person of men, but teachest the way of God in truth:

Unconditional Love does not see the person or the individual as such, it just Loves. Give thanks always and for everything. Let Peace and Gratefulness rule your Heart.
~Al Denninger

The Daily Lesson – July 16, 2025

“What concerned me in my earlier years was that so much of God's abundance and love were in evidence and yet that there was so much of poverty, sin, and disease among men. And for me, the burning question was why this was true, and how it could be eliminated. The answer that came was that only through our conscious awareness and acceptance of God's grace, through consciously living in the realization of God's presence could those things that do not belong in our experience be eliminated and be replaced by those things that are ours by divine right.” ~Joel S Goldsmith

Ephesians 2:8-9 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.

Psalms 25:4,5 KJV

4 Shew me thy ways, O Lord; teach me thy paths.

5 Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

Romans 8:5,6 & 9 (to .) KJV

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you.

If we mind the things of the flesh then we are subject to everything that thoughts in the flesh can come up with. To Live by Grace and Truth we must learn to Dwell in, Experience and Live in the Spirit. Abide with *Me* now and Feel the Embrace of God.
~Al Denninger

The Daily Lesson – July 17, 2025

“For this reason, the two books *Practicing the Presence* and *The Art of Meditation* have been provided as the foundational studies in our work because all our work must necessarily be founded on the ability to meditate consciously and to practice consciously the presence of God until we reach the point where we never go to sleep at night without God in our thought, nor awaken in the morning without God as our first thought. We go forth from our home with God in our thought. We live constantly with God in our thought.” ~Joel S Goldsmith

1 Chronicles 16:11 KJV

11 Seek the Lord and his strength, seek his face continually.

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.

Colossians 4:2 KJV

2 Continue in prayer, and watch in the same with thanksgiving;

Matthew 6:33 (to;) KJV

33 But seek ye first the kingdom of God, and his righteousness;

Before anything you do, seek ye first the Kingdom of God, and bring His Presence, Peace and Comfort with you wherever you go. *Focus on God's Clear Vision for you...*
~Al Denninger

If you have interest in the two of Joel's books mentioned: "Practicing the Presence" and "The Art of Meditation", I have already done a full study of them in 2014 and 2017. You can find the work in the ["Archives" on my website at: www.iwso.org/archives.htm](http://www.iwso.org/archives.htm)

The Daily Lesson – July 18, 2025

“This is the way, then, that the blessings of God reach man: through an activity of our own consciousness, through our consciously knowing the truth and praying without ceasing. And these blessings are all by-products of the one great goal of conscious awareness of the presence of God.” ~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.

I Thessalonians 5:17 KJV

17 Pray without ceasing.

1 Chronicles 16:11 KJV

11 Seek the Lord and his strength, seek his face continually.

Luke 12:29-32 KJV

29 And seek not ye what ye shall eat, or what ye shall drink, neither be ye of doubtful mind.

30 For all these things do the nations of the world seek after: and your Father knoweth that ye have need of these things.

31 But rather seek ye the kingdom of God; and all these things shall be added unto you.

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

Spirit to Spirit, Soul to Soul, Dwell in the Father and He in You. All that the Father Hath is thine—this is God's Promise—all we have to Know is Realize It. An Infinite number of Blessings are the added things. *Be still and Know.... ~Al Denninger*

The Daily Lesson – July 19, 2025

“Across the Desk

Everything visible, audible, touchable, smellable, and thinkable is the external expression of something in the realm of the real—even the superstitions, myths, and so called pagan practices.” ~Joel S Goldsmith

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.

2 Corinthians 10:5 KJV

5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

Matthew 6:27-29 KJV

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.

Does any physical sense, thing or idea in this-world have any power in the Kingdom of God? No? Then why does this-world hold itself in such high esteem and build monuments to myths, temptations and lies? Cast down your imaginations. ~Al Denninger

The Daily Lesson – July 20, 2025

“As visitors from the Occident go to the Orient and observe the unusually large number of temples, shrines, religious statues, and prayer groups, they often speak of these as the paganism of the Orient. When they return home and in the churches on nearly every corner of every town find even a greater number of prayer groups, many stained glass windows, religious figures, and statues of Jesus in different forms and positions from that of prayer to crucifixion, statues and paintings of saints and sages, I wonder how many of them perceive that all these outward symbols stem from the same source”
~Joel S Goldsmith

Matthew 7:1,2 KJV

1 Judge not, that ye be not judged.

2 For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

Romans 11:32,33 KJV

32 For God hath concluded them all in unbelief, that he might have mercy upon all.

33 O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are his judgments, and his ways past finding out!

Colossians 3:15 KJV

15 And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

Ephesians 4:6 KJV

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

There is an Infinite Way that God has to Teach us. The more we Know about God, the less we can judge others. God is Father of All. The best place to begin is to let Him Rule your Heart and don't worry about the other guy. ~Al Denninger

The Daily Lesson – July 21, 2025

“Let us be very clear on this point: Behind all the seemingly paganistic practices of the East and the West, there is spiritual truth. First of all, the very existence of a prayer group in a church, temple, or garden is an acknowledgment of a supreme Being or Deity. Whether sitting, standing, or on the knees, through prayer one acknowledges a divine Presence. On this point both East and West are in agreement.” ~Joel S Goldsmith

Matthew 18:18-20 KJV

18 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

20 For where two or three are gathered together in my name, there am I in the midst of them.

2 Corinthians 3:17,18 KJV

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.

We shall all be Taught by God, Spirit to Spirit, not by images. If at the core of a Gathering the purpose is in Spirit, then I Am in the Midst of them. If God Brings us together then it is His Purpose. Acknowledge God in all thy ways. ~Al Denninger

The Daily Lesson – July 22, 2025

“The statues and carvings of religious leaders in the East are a recognition of those whose lives have revealed their attainment of some measure of divine consciousness. The paintings, the stained glass, and the figures in Western churches are but the recognition of the attained measure of spiritual light of the Western Savior, his disciples and apostles, and of other religious lights. Here, too, the East and the West are in agreement, and rightly so, because all religious symbolism in ritual, rite, or ceremony is the attempt to use such means to attain an elevated state of consciousness.” ~Joel S Goldsmith

1 Corinthians 2:9 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.

Matthew 5:6 KJV

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

1 Corinthians 2:10 KJV

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

Psalms 25:4-5 KJV

4 Shew me thy ways, O Lord; teach me thy paths.

5 Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day.

How wonderful are all the reminders: gracefully written, recorded, carved or painted, by those who have gone before us. God's Love is Infinite.

Lead me in Thy Truth Father... In a Way that I can Understand... I hunger and thirst for Your Word.... Speak Lord, Thy servant heareth... ~Al Denninger

The Daily Lesson – July 23, 2025

“Behind all forms of worship, it must be recognized that there is a divine, infinite, universal principle of law, life, or being, and in such recognition it becomes clear that the Lord He is One. To the discerning person there is, therefore, no paganism in any religion, and no one can correctly claim that there is a right or a wrong religion. The paganism exists in the form of men's worship and in their differing beliefs about religion. For example, to believe that man can influence God by words, thoughts, or deeds is a form of paganism; whereas to realize God as Omniscience, Omnipotence, and Omnipresence is true religious worship.” ~Joel S Goldsmith

John 17:21-23 KJV

21 That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.

22 And the glory which thou gavest me I have given them; that they may be one, even as we are one:

23 I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me.

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.

2 Corinthians 3:13-16 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.

I can of mine own self do nothing... The Father within Doeth the Works... When we are still, very still, and leaning not to our own understanding... The veil is taken away... God Comes to us in whatever Way that is needed to make the Connection... Soul to Soul, Spirit to Spirit, He Lifts us into Oneness, in a Way beyond words and thoughts.....and we Know as He Knows... We Experience Love as God Loves... And Rest in Oneness... ~Al Denninger

The Daily Lesson – July 24, 2025

“To believe that God has finite form, emotions, or responses is a form of paganism; whereas to understand God as the Life, Law, Being, Substance, and Activity of all spiritual form is true worship. To tell God, to advise, inform, or beseech God is a form of paganism, whereas to love and trust God and to listen for His voice is the higher worship.” ~Joel S Goldsmith

James 4:3 KJV

3 Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.

Romans 8:20 KJV

20 For the creature was made subject to vanity, not willingly, but by reason of him who hath subjected the same in hope,

John 4:23,24 KJV

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

Romans 8:4,5 KJV

4 That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit.

5 For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.

Matthew 6:33 KJV

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

Can we inform an All-knowing God of our needs? Where would you expect an Omnipresent God to Be? Seek God where He may be found—Spirit to Spirit, Soul to Soul—in His Spiritual Form, and in His Kingdom. Be still and listen, It is God's Good Pleasure to Give you the Kingdom. In His Kingdom all that God Has is thine. Love God with all your Heart and Trust Him with everything. ~Al Denninger

The Daily Lesson – July 25, 2025

“To have an inner experience of the outer forms of worship such as is carried on in church services or in celebrating religious holidays, feast or fast days, is true worship, and the true worshiper can participate in the services of the Hebrew synagogue, the Protestant or Catholic church, or the Moslem or Buddhist temple with equal devotion, because behind this worship, whatever its form, he recognizes and acknowledges the One ‘appearing as many.’ ~Joel S Goldsmith

Matthew 18:20 KJV

20 For where two or three are gathered together in my name, there am I in the midst of them.

2 Corinthians 12:12-14 KJV

12 For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.

13 For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

14 For the body is not one member, but many.

John 15:4,5 KJV

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

There is One Source infinitely Expressed. Without a Connection to the Source there is no Expression. Each Expression may appear to act independently, or as many, but they cannot function without each having a connection to the One Source. Abide in God and He will Be with you in Oneness. ~Al Denninger

The Daily Lesson – July 26, 2025

“With equal dedication, I have spoken to Christian groups and non-Christian groups in the Orient, and all of them have listened to me with equal interest and attention. Thus, the Infinite Way bears witness to the divine Spirit in man, the divine Spark which is without race, religion, nationality, creed, or political affiliation, yet is the one animating Principle, Life, Soul, and Spirit of all. In this oneness, there is a spiritual bond uniting us in His grace.” ~Joel S Goldsmith

John 4:20-24 KJV

(Jesus to the woman at Jacob’s well:)

20 Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where men ought to worship.

21 Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.

22 Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

Galatians 3:28 KJV

28 There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus.

Ephesians 2:8 KJV

8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God,

Titus 2:11 KJV

11 For the grace of God that bringeth salvation hath appeared to all men,

Thank you Father for Your Infinite Way of Loving us all.... I am dedicated to being an Instrument of Truth, without condition, for all those with Ears to Hear... Grace Flows to the Open Heart... Open your Heart, your Ears and your Life, and give them to God....
~Al Denninger

This concludes our study of Chapter 1 in the book: “The Contemplative Life”, By Joel S Goldsmith

Tomorrow we begin: Chapter 2 in “The Contemplative Life” by Joel S Goldsmith