

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 additional Impartation from my daily Experience. These classes appear on my website and by email subscription, each day for my students to take into their daily meditations and to carry with them throughout their day.

We are currently studying the entire book "The Contemplative Life" By Joel S Goldsmith

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

At the conclusion of each chapter the Lessons are posted to the IWSO Archives, where there are more than 15 years of consecutive Daily Lessons for your further review and study!

The Daily Lesson – September 28, 2025

Chapter 3

"BEGINNING THE CONTEMPLATIVE LIFE

In the Orient, as many of you know, those who are interested in attaining spiritual illumination go to a teacher and, as a rule, live with or near the teacher for a period of six, seven, or eight years, and by means of meditation with as well as without the teacher, meditation with other students, and spiritual instruction, eventually attain their illumination: satori, enlightenment, or the fourth dimensional consciousness." ~Joel S Goldsmith

Proverbs 9:9 KJV

9 Give instruction to a wise man, and he will be yet wiser: teach a just man, and he will increase in learning.

2 Timothy 2:1-2 KJV

1 Thou therefore, my son, be strong in the grace that is in Christ Jesus.

2 And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

John 8:1-2 KJV

1 Jesus went unto the mount of Olives.

2 And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.

God is The Only Teacher, but it is a good idea if you can, to find a Loving teacher that you get along with to point the Way—or better yet—when you are ready, a teacher will tap you on the shoulder. Stay with them until you feel it's time to move on. They will Give freely and openly to those worthy. Be worthy. Be grateful at the time, and be grateful always for God's Good Work
~Al Denninger

The Daily Lesson – September 29, 2025

“Mankind as a whole, however, is not geared for this kind of teaching, nor do many desire, need, or even have the capacity for full enlightenment. This is attested by the fact that some students and disciples who have lived in close association with their teachers even for many years could not or did not reach the heights, whereas others may have received it in two or three years.” ~Joel S Goldsmith

1 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.

John 6:45 KJV

45 It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

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.

Spiritual Discernment is Received in Communion with God not from man. Teachers can show the Way that leads up to the Experience and bring the student to the Door. (which we are doing now, in part) But we are all taught of God when we are ready and following the Christ. (at least, this is my experience) Communion is Spirit to Spirit, Soul to Soul. He who has Ears, let him Hear. ~Al Denninger

The Daily Lesson – September 30, 2025

“The question, then, for the young student at first is not one of attaining that degree of illumination which would set him up as a spiritual teacher or healer, but primarily how to attain sufficient illumination or enlightenment to be able to free himself from the discords and inharmonies of daily living and build up within himself a spiritual sense that would not only lift him above the world's troubles—his family or community troubles—but would enable him to live a normal family, business, or professional life, and yet be inspired, fed, and supported by an inner experience and contact.” ~Joel S Goldsmith

Psalms 23:1 KJV

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

Matthew 5:6 KJV

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

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 23:6 KJV

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.

Seeking the Presence of God comes first always. In the Presence of God there is no want only Goodness and Mercy. Practice the Experience of Dwelling. ~Al Denninger

The Daily Lesson – October 1, 2025

“Recognize the Universality of God

It is well known that all people of a religious turn of mind—whatever their religion may be—can attain some measure of inner harmony and peace and find themselves in possession of an inner grace that eventually lives their lives for them. It makes no difference what a person's religion is because there is only one God, only one Spirit, and that Spirit knows no difference between a Jew and a Gentile, a Protestant and a Catholic, an Oriental and an Occidental. The Spirit is beyond and above any denominational beliefs or convictions, free to all and independent of ceremonies, rites, creeds, or forms for Its worship, just as the life that permeates a blade of grass is the same life that permeates an orchid, a daisy, or a violet. The Spirit recognizes no difference. The same Life animates all life, whether that of a mongrel dog or a pedigreed one.” ~Joel S Goldsmith

Romans 10:12 KJV

12 For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him.

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.

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.

The idea of religion is a construct of man. Our Soul is Immaculate, conceived by God and Created in His image. Life is the breath of God. We are free to choose how we celebrate His Glory. ~Al Denninger

The Daily Lesson – October 2, 2025

“In Scripture, we are told that His rain falls on the just and the unjust. As far as God is concerned, there is neither Greek nor Jew, neither bond nor free. The Master made that very clear when he said, ‘Call no man your father upon the earth: for one is your Father, which is in heaven.’ If Jesus had meant that this applied only to the people who were listening to him, then, of course, according to that, God is the Father only of the Hebrews because Jesus was talking to his fellow Hebrews. In his day there was no Christian church, nor were there any Christians: there were only Jews, and Jesus was one of them, a rabbi in their midst; and if he had intended these words only for those to whom he was speaking, we would have to admit, then, that the Jews are the only ones who can claim God as their Father.” ~Joel S Goldsmith

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.

Matthew 23:9 KJV

9 And call no man your father upon the earth: for one is your Father, which is in heaven.

1 Corinthians 12:4 & 13-14 KJV

4 Now there are diversities of gifts, but the same Spirit.

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.

God's Eyes are too pure to look on an unrighteous heart. He expects you to be looking at Him as Loving Heirs. Those that Love God and Know the Truth are immersed in His Spirit. There is One Father, One Family and One Body of God's Individual Expressions. Drink into One Spirit.
~Al Denninger

Side note: I was filling out a form a while ago – and there was a question of my race. My first reaction was to be annoyed, but I pondered it for a while and thought I would have to leave it blank. And then I saw, at the bottom of the list, there was a place to choose “other”. So I checked that box and wrote in “Child of God”. Truth matters! It's time to voice the Truth and let it Shine, and stop keeping it under a bushel. I can't wait to have to fill out another form. ~Al, just sitting here smiling...

The Daily Lesson – October 3, 2025

“As a matter of fact, however, anyone with even a smattering of spiritual insight knows from the import of Jesus’ teaching that he was not speaking to any one group. What he was doing was voicing truth, just as if he had said two times two is four while speaking of cabbages, but not meaning that only two times two cabbages is four, but meaning two times two is four, whether applied to cabbages or kings. And so, when he tells us to ‘call no man your father upon the earth,’ he is not addressing you who are reading this, nor was he addressing those who were sitting before him listening to him: he was speaking to the world, proclaiming a message that had been given to him of God.” ~Joel S Goldsmith

1 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;

Matthew 23:9 KJV

9 And call no man your father upon the earth: for one is your Father, which is in heaven.

James 1:17,18 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.

18 Of his own will begat he us with the word of truth, that we should be a kind of firstfruits of his creatures.

Matthew 4:4 KJV

4 But he answered and said, It is written, Man shall not live by bread alone [earthly needs, words, thoughts or desires], but by every word that proceedeth out of the mouth of God.

The Word is God, from the beginning, and unto this day. It is Pure and proves the Truth. It is a perfect Gift from our Father, through Christ. Be still and listen for the Word and Live ye in It. You’ll Know It when you Hear It. ~Al Denninger

The Daily Lesson – October 4, 2025

“Years later, Paul carried that same message to the pagans, the Europeans—even to the atheists—and always he was voicing a spiritual truth which was not meant to apply to any specific group of people, but was a spiritual truth which has always been, is, and always will be—a universal truth. Therefore, it must be the truth about Greek and Jew; it must be the truth about you and me; it must be the truth about white and black: there is but one Father, but one God.” ~Joel S Goldsmith

Romans 10:12 KJV

12 For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him.

Galatians 3:26-29 KJV

26 For ye are all the children of God by faith in Christ Jesus.

27 For as many of you as have been baptized into Christ have put on Christ.

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.

29 And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise.

Colossians 3:10-11 KJV

10 And have put on the new man, which is renewed in knowledge after the image of him that created him:

11 Where there is neither Greek nor Jew, circumcision nor uncircumcision, Barbarian, Scythian, bond nor free: but Christ is all, and in all.

God, the Source and Father of All, created man in His Image. Paul spoke to anyone who would listen. He showed them their “new man” who Realized their Oneness with all Creation. He proved that Christ is all, and in all, for everyone to follow. Let the Word of Christ Dwell in you richly today. Follow Christ. Follow Paul. ~Al Denninger

The Daily Lesson – October 5, 2025

“No person can ever hope for spiritual enlightenment unless he can first of all recognize that there is only one creative Principle in this world, whether It creates cabbages or kings, whether It creates the Greek or the Jew. There is only one creative Principle, and It is located, not in holy mountains, nor yet in the temple in Jerusalem. Its location is neither ‘Lo here! or, Lo there!’ but within you, and it makes no difference who the you may be. It makes no difference if it is the you in a hospital, the you in a prison, the you in business, or the you in some art or profession: the kingdom of God is within you, and the kingdom of God is a Spirit—not a superhuman being, but a Spirit.” ~Joel S Goldsmith

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.

Luke 17:20-21 KJV

20 And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:
21 Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you.

1 John 4:13 KJV

13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.

John 14:16-17 KJV

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.

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?

Father, I can of mine own self do nothing... Your Spirit within me doeth Your Work... How do I know that?... Because I have Felt You...and fervently strive to Feel You again, now...and often... In the Experience of Knowing, I know that everyone reading this message is also Your child and heir, and Your Spirit Dwells in them too... How wonderful and how pleasant it is that we can all Dwell together in Unity, in Oneness, and in Spirit... .. Every Expression of You is Perfect and Living for Your Purpose... May I Rest with You a while?... Not for any reason or earthly desire, but just to Watch Your Will to be done... You are my Temple, my secret Dwelling Place of the most High and my Shepherd... In You do I Trust... I humbly follow You... .. ~Al Denninger

The Daily Lesson – October 6, 2025

“To recognize this truth constitutes the very first step in attaining spiritual light, the first step in attaining an awareness of the presence of God. If you cannot accept this, then you will have to believe that God is a respecter of persons and that only Jews have the presence of God, or only Baptists, or Buddhists. This is the rankest kind of nonsense.

The presence of God is within you, whoever the you may be.” ~Joel S Goldsmith

Acts 17:27-28 KJV

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

James 4:8 KJV

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

Romans 10:12 KJV

12 For there is no difference between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him.

1 Corinthians 3:16 (to ?) KJV

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

God is Love. He is no respecter of persons or their ideas, rituals or preferences. God has one Preference—that His every individual Expression strive to Recognize His Infinite Presence in all their ways. Draw nigh to God and Feel how He Loves All of His Children. ~Al Denninger

The Daily Lesson – October 7, 2025

“Your Givingness of Yourself Brings the Givingness of the Universe to You

When you have come to the place where you actually feel the truth of this, where you feel the presence of God in the air, in your body, in your business, in your home, in your competitor, or in the enemy across the sea or across the street—when you begin to perceive that, you are ready for the next step which everyone must take before enlightenment can come, and that is the realization that inasmuch as the kingdom of God is within you, it must be permitted to flow out from you. It cannot come to you, and you must, at some stage in your unfoldment, stop looking for it to come to you.” ~Joel S Goldsmith

Psalms 16:11 KJV

11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Matthew 5:13-16 KJV

13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.

14 Ye are the light of the world. A city that is set on an hill cannot be hid.

15 Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

Matthew 10:8 freely KJV

8 ...freely ye have received, freely give.

TRUTH is within ourselves;
it takes no rise
From outward things, whate'er you may believe.
There is an inmost center in us all,
Where truth abides in fullness; and around,
Wall upon wall, the gross flesh hems it in,
This perfect, clear perception – which is truth.
A baffling and perverting carnal mesh
Binds it, and makes all error: and, to KNOW,
Rather consists in opening out a way
Whence the imprisoned splendour may escape,
Than in effecting entry for a light
Supposed to be without.
-by Robert Browning

Love is not a one way street. While it is wonderful to be loved, it is not complete until we are an Activity of Love Loving. When God anoints your head with the oil of His Presence, your Cup runneth over. Know Love, as God Loves you. ~Al Denninger

The Daily Lesson – October 8, 2025

“An illustration of this can be found in the area of companionship. Many, many persons are seeking companionship, but when they come to me with that problem, asking for a demonstration of companionship, my reply always is: ‘It’s no use, because I know you don’t want companionship. If I could show you how to attain it, you would refuse it. What you want is a companion, and probably he has to be five foot eleven to six feet, and weigh one hundred eighty pounds, and have nice blue eyes. You have it all decided in advance. But companionship, you don’t want.’ No one who ever asks for a demonstration of companionship—not anyone I have ever known—has really wanted it. They have merely wanted a companion, and that I cannot get for anybody.” ~Joel S Goldsmith

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.

Psalms 23:1 KJV

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

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.

Take a little Walk with Jesus. Your relationship with Him will be permanent. Live with Christ in your Heart. ~Al Denninger

The Daily Lesson – October 9, 2025

“It is so simple to have companionship. All it requires is that you be a companion. That's all! Once you become a companion, once you find something or somebody to companion with—it does not have to be a human being at first, or a member of the opposite sex, or a stranger—you have companionship. You can begin to find companionship with some members of your own family, or with the birds that come to your lawn, or with the stars. The point is that companionship is a sharing of one's self. That is what constitutes companionship—the sharing of one's self. It could be at the level of neighborliness, it could be at the level of friendliness; it could be at the level of husband, wife, brother, or sister, but companionship means a sharing of one's self with someone else.” ~Joel S Goldsmith

Luke 6:31 & 38 KJV

31 And as ye would that men should do to you, do ye also to them likewise.

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Ecclesiastes 11:1 KJV

11 Cast thy bread upon the waters: for thou shalt find it after many days.

1 John 3:17-18 KJV

17 But whoso hath this world's good, and seeth his brother have need, and shutteth up his bowels of compassion from him, how dwelleth the love of God in him?

18 My little children, let us not love in word, neither in tongue; but in deed and in truth.

Romans 12:10 KJV

10 Be kindly affectioned one to another with brotherly love; in honour preferring one another;

Need a friend? Be a friend to God and He will Show you many friends. I have all of you, right?

Be a friend, as you would have them befriend you. Love multiplies as One Loves. ~Al Denninger

The Daily Lesson – October 10, 2025

“Companionship is always available to you, because it is within you: it is the gift of God, and you are the one who determines whether you will keep it locked up within you, or whether you will let it loose and be a companion. And the moment you decide to be a companion, you have companionship.” ~Joel S Goldsmith

1 John 4:16 God & 19 KJV

16 God is love; and he that dwelleth in love dwelleth in God, and God in him.

19 We love him, because he first loved us.

Luke 6:31 & 38 KJV

31 And as ye would that men should do to you, do ye also to them likewise.

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

First Love God, with all your heart, mind and Soul, and He will show you how to Love. Be God's Instrument of Love and Love will be multiplied unto you. Be Love Loving. ~Al Denninger

The Daily Lesson – October 11, 2025

“Of course, the wonderful part of it is that when you begin to be a companion, you find those who are also desirous of being companions, of sharing, and then it is not a question of give and take, it is a question of both giving. There is no taking: there is just giving.” ~Joel S Goldsmith

Acts 20:35 KJV

35 I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.

Luke 6:38 KJV

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

Matthew 10:8 freely KJV

8 ... freely ye have received, freely give.

1 John 4:7 KJV

7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

Do not measure Love, or take no thought about it, just Love. If the Love you give is God's to begin with, you can never run out, right? If your neighbor or acquaintance does the same thing Blessings will abound and you have been given the gift of a good companion. Hoarding or withholding Love kills it. Just Love for the sake of Loving, it is the Way of Christ. ~Al Denninger

The Daily Lesson – October 12, 2025

“The kingdom of God is locked up within you. There is no way for one person to demonstrate supply for another because everyone, everywhere, has all that the Father has—infinity—and to try to get something out here, when there is nothing out here but space, is folly. Supply is demonstrated, not in the getting, but in opening out a way for the supply already within you to flow out from its Source, which is the kingdom of God within you.” ~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.

Luke 15:31 KJV

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

Ephesians 1:17-18 KJV

17 That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:

18 The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,

Be still and Know that I Am God... May we be Filled with the Spirit of wisdom and the Knowledge of God be Revealed... I will open out a Way for You to enlighten me, Father... Speak Lord, Thy servant is Listening.... I will open an Avenue of Awareness of You Father... ~Al Denninger

The Daily Lesson – October 13, 2025

“Illumination can come only to those who realize that the kingdom of God—Light, Truth, Wisdom, Love—is within. All that the Father has is yours, and then just as you have to find a way to express companionship, so do you have to find a way to express supply.” ~Joel S Goldsmith

Luke 17:21 for KJV

21 ... for, behold, the kingdom of God is within you.

Psalms 51:6 (to :) KJV

6 Behold, thou desirest truth in the inward parts:

Luke 15:31 Son KJV

31 ... Son, thou art ever with me, and all that I have is thine.

Philippians 4:19 KJV

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

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.

Father, You manifest: Light, Truth, Wisdom, Love and Supply... All I have to do is Acquaint myself with You... And Dwell in Your Spirit... You are not far away—You are nearer than breathing, closer than hands and feet. Thank you Father... ~Al Denninger

The Daily Lesson – October 14, 2025

“This we can do in many ways. The Master has indicated in the Sermon on the Mount that we should give, but be sure that no one but God knows about our giving, pray, but be sure that no one but God knows about our praying, forgive, pray for our enemies. All this he gives as an activity that takes place within ourselves and knows from within us to the without.” ~Joel S Goldsmith

Matthew 6:1-8 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: and thy Father which seeth in secret himself shall reward thee openly.

5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

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.

Matthew 5:43-44 KJV

43 Ye have heard that it hath been said, Thou shalt love thy neighbour, and hate thine enemy.

44 But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

All of these: our Giving, our Forgiving, our Praying and our Loving—comes from within—from the Secret Place. God Knows what we have need of, what we do, and what we are willing to do, before we ask Him. Take the time to Listen—and Get It Right. Dwell in the Secret Place of the Most High—Silently—early and often. ~Al Denninger

The Daily Lesson – October 15, 2025

“The entire secret of spiritual illumination is bound up in the realization that the kingdom of God is within and that we must find a way to let this ‘imprisoned splendor’ escape. Therefore, whatever it is we are seeking, we must find a way to give it out, so that even if we are seeking spiritual light, the way to gain it is to give it.” ~Joel S Goldsmith

Luke 6:38 KJV

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

1 John 4:19 KJV

19 We love him, because he first loved us.

2 Corinthians 9:6-8 KJV

6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

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:

Matthew 10:8 freely KJV

8 ... freely ye have received, freely give.

The Splendor is only hidden by a sense of separation from God. Love knows no distance. Follow Christ and Be about the Father's Business. Your Good Work is to Purpose your Heart to Give. Give it all away, God is not going to run out. ~Al Denninger

The Daily Lesson – October 16, 2025

“Many teachers have discovered that by the end of the school term, they have learned more about the subjects they have taught through the teaching of them than have the pupils in the classroom. Always a person learns more by teaching than anyone ever learns by being taught.”
~Joel S Goldsmith

Matthew 10:8 freely KJV

8 ...freely ye have received, freely give.

Romans 2:21 (to ?) KJV

21 Thou therefore which teachest another, teachest thou not thyself?

Matthew 28:19-20 KJV

19 Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.

One of the most important lessons to learn is to do the Will of the Father. Sometimes we are Asked to lead our flock. Freely Give, and you will be rewarded with Truth. ~Al Denninger

The Daily Lesson – October 17, 2025

“So it is in a spiritual teaching. Those who teach learn far more than any student or group of students, because in the very act of giving out, there is a constant in flow—and really not in: it is only that the infinite Source is within, but It cannot flow out if we do not let it out. The moment we begin letting out a little of what we know, all the rest begins to flow, more than we ever were aware that we knew.” ~Joel S Goldsmith

John 15:12 KJV

12 This is my commandment, That ye love one another, as I have loved you.

2 Corinthians 9:7-8 KJV

7 Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

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:

John 7:38 KJV

38 He that believeth on me, as the scripture hath said, out of his belly shall flow rivers of living water.

Psalms 23:5 my cup KJV

5 ...my cup runneth over.

All that the Father hath is mine... He Fills me, every atom and every Spark of Spirit... My Love, Life and my Integrity is His... My Purpose is to Be His Activity of Love... To Feed His Sheep... To Comfort... To Heal... To Witness... To Let His Love Flow out, in infinite rivers of Living Water... Love isn't Love unless It Flows... ~Al Denninger

The Daily Lesson – October 18, 2025

“There is no way to gain love from the world or from the people of the world. Many have tried it, but everyone fails. It cannot be accomplished. The only way is the way of spiritual light. By loving, we become loved. There is no other way. Waiting to be loved is like waiting for some thing to come from the blankness of space. Before love can flow to us, we first must put it out here. We must first put the bread on the water, before the bread can return to us. Only that which we put forth finds its way back to us, because, in and of itself, a blank space has nothing to give—nothing! But in proportion as we put something out into space, in that proportion is a way made for it to find its way back to us, pressed down and running over.” ~Joel S Goldsmith

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.

Ecclesiastes 11:1 KJV

1 Cast thy bread upon the waters: for thou shalt find it after many days.

Luke 6:38 KJV

38 Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.

God is Love. All of Love is God, and All of God is Infinite Love Expressed. To find the Truth about Love and Experience It, seek God and His Righteousness. Spirit to Spirit, Soul to Soul, I Am—Love Is. Be Love Loving and you shall Experience God's Presence. ~Al Denninger

Dear Friends and Loved Ones All,

I guess yesterday was a Lesson after all. God Gives Us All so we can not be limited or lack anything. My computer problem is not yet resolved, but I will not stop Loving and Feeding His sheep. The original orders from Him didn't say it would be easy.

I found myself saying, "get thee behind me satan" aloud today. Nothing can stop the appointed task, because it's God's Will and God's Hands that doeth the Works. There is a Way, I will just work a little harder and never give up. Ha, and so today's message is right on track. Imagine that... Onward and upward, Al

The Daily Lesson – October 20, 2025

So is the whole goodness and infinity of this universe flowing back to us as we let it flow out from us. It is the givingness of ourselves that brings the givingness of the universe to us. ~Joel S Goldsmith

2 Corinthians 9:6 KJV

6 But this I say, He which soweth sparingly shall reap also sparingly; and he which soweth bountifully shall reap also bountifully.

Galatians 6:8 KJV

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.

Ephessians 4: KJV

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

Galatians 5:22 & 25 KJV

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,
25 If we live in the Spirit, let us also walk in the Spirit.

All that the Father has it ours, if so be we Dwell in the Spirit and the Spirit Dwells in us. Giving of ourselves is really Giving of the Father. It's like taking something from one pocket and putting it in the other. The Gift and the receipt thereof are Infinite Love. Reaping and sowing do the same thing in the Kingdom of God. There is One Infinite Source, above all, through all, and in you all. I Am. ~Al Denninger

The Daily Lesson – October 21, 2025

“Man Cannot Influence God

Spiritual illumination begins with the realization of as simple a thing as that the whole kingdom of God is already established within you, and for you to enjoy its blessings you have to find a way to bring it 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.

1 Corinthians 2:9-10 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.

Psalms 100:1-3 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.

All that the Father hath is mine in Spirit... How do I Know? Because I have Seen It—not with my eyes—but with the Eyes of My Heart... I have Seen In, and Through, this-world's pictures to the Truth... God has Given me work to do... He has Given Me a Gift to freely Give to all that can Hear my voice... His Voice... I Know... It cannot be any other way... I declare the Gladness of Spirit... I have Seen through the physical to Reality... I have Seen the opening of a Way of Life... I have Seen Life Itself, Lived in Harmony to a Peace that Passeth understanding...

Can I explain it? No... But I Know It... I also Know this: ...That all I want to do is to Experience It again... And to somehow be able to point the Way for you.... May we enjoy the Presence together and Sing the Praise of Christ from deep within our Hearts in Oneness... I also Know this: ...if you have one millisecond of Knowing, you will have it for life... You will not move on the earth—it will move for you... Let us, this day, Come before God with Singing...

~Al Denninger

The Daily Lesson – October 22, 2025

“As you meditate and ponder on these things, you come to a place where there is nothing more to think about. You have thought it all; you have said it all; you have declared or affirmed it, and you have come to the end of all that. Now, since there is not anything more to say, you come to a place where you are still, and you find that in the very moment that you achieve stillness, something jumps up here from within you—something of a transcendental nature, something of a not human nature. Something jumps up into your awareness that you yourself have not been declaring, affirming, or stating, but which you are now hearing and receiving from the depths of your withinness. You yourself have created the circumstance by means of which this transcendental hearing can take place: you have known the truth, declared it, felt it, stated it, and then been still, thereby creating a vacuum, and now up into that, the Voice announces Itself, bringing with It illumination.” ~Joel S Goldsmith

Psalms 46:10 (to :) KJV

10 Be still, and know that I am God:

Psalms 62:5 KJV

5 My soul, wait thou only upon God; for my expectation is from him.

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.

John 16:7 KJV

7 Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.

John 14:17-19 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.

The still small voice cometh at a time when we think not—when we come to the end of our own thoughts, reasoning's and distracting noisy chatter about baubles—when there is nothing left but to be still and ask for, and expect, nothing of this-world. It is not about us lacking anything, and is about emptying out our vessel so it can be filled. The Presence Comes in a Way that we can Know, but not necessarily understand or explain. Be still, Open the Door to the All-Knowing Christ, and Spirit to Spirit, Soul to Soul, the Comforter will teach us, anoint us and Fill us until our cup runneth over. The Lord is our Shepherd, He maketh us to lie down in green pastures.
~Al Denninger

The Daily Lesson – October 23, 2025

“The first step is always consciously knowing the truth, intellectually knowing the truth, and then, through this constant pondering, meditating, and cogitating, you bring yourself to the place where you are completely still, and into that stillness and up from that stillness comes the very light that you have been seeking.” ~Joel S Goldsmith

Isaiah 30:15 KJV

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

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.

Psalms 91:1-2 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.

Matthew 6:6 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.

Job 33:29-33 KJV

29 Lo, all these things worketh God oftentimes with man,

30 To bring back his soul from the pit, to be enlightened with the light of the living.

31 Mark well, O Job, hearken unto me: hold thy peace, and I will speak.

32 If thou hast anything to say, answer me: speak, for I desire to justify thee.

33 If not, hearken unto me: hold thy peace, and I shall teach thee wisdom.

The Truth is in the Kingdom of God—so that is where to find It.

Know it, then Rest in the Knowing.

Trust God enough to completely surrender—no matter what.

Now, rest in that decision.

Relax into the silence.

Wait in Peaceful Abiding.

Hold thy Peace.

The Silence is where we can Hear the Still Small Voice.

And so we find: the Truth is all there Is.

~Al Denninger

The Daily Lesson – October 24, 2025

“But do you think that that light is given only to one person or one group of persons? Do you not see how important it is, first, to divest yourself of every bit of belief that God is a respecter of persons, of religions, or of churches, or a respecter of races, and come to see clearly that God is a Spirit, that God is life, that God is love, that actually the presence of God is within you?”

~Joel S Goldsmith

Acts 10:34 KJV

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

Ephesians 6:9 KJV

9 And, ye masters, do the same things unto them, forbearing threatening: knowing that your Master also is in heaven; neither is there respect of persons with him.

Romans 2:11 KJV

11 For there is no respect of persons with God.

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?

1 John 4:16 KJV

16 And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.

Perfect Love Knows only Love, without judgment, partiality or anything but Pure unconditional Love. God is within you, Loving you and All that He hath made—His every Expression. God is Omnipresent Life. God Loves you deeply, and I do too. ~Al Denninger

The Daily Lesson – October 25, 2025

“The very place whereon you stand is holy ground because the presence of God is there. But when you are declaring that about yourself, look up, look around you, and see all the hundreds of people in your neighborhood, and then remember that whether or not they know this truth, you must know that it is the truth about them, because if you are not knowing this truth as a universal truth, you are again trying to pinch a little of it off for yourself, to make it finite or limit it, and God cannot be limited.” ~Joel S Goldsmith

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.

1 Peter 1:3-18

13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

14 As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

15 But as he which hath called you is holy, so be ye holy in all manner of conversation;

16 Because it is written, Be ye holy; for I am holy.

17 And if ye call on the Father, who without respect of persons judgeth according to every man's work, pass the time of your sojourning here in fear:

18 Forasmuch as ye know that ye were not redeemed with corruptible things, as silver and gold, from your vain conversation received by tradition from your fathers;

Galations 5:14 & 18 KJV

14 For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

18 But if ye be led of the Spirit, ye are not under the law.

Psalms 147:5 KJV

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

Loving thy neighbor as thyself requires the Spiritual discernment of Seeing them as God Sees them, standing on Holy Ground as His Infinite Individual Expressions. Living and moving and having their Being as His Offspring, whose purpose is to Glorify Him. Not as finite children of finite parents that are sometimes good and sometimes bad. Our Good is not ours, it is God's.

~Al Denninger

The Daily Lesson – October 26, 2025

“The next step is easier now than it would have been but for the two previous steps, namely, (1) knowing the truth, and (2) realizing that God is no respecter of persons. Now you are better able to recognize that man cannot influence God, that man has no power over God's creation, man has no jurisdiction over God's world, man has no jurisdiction over God, period. Man cannot have his way with God; man cannot get God to do his will or his way, and therefore, the next need is to become a beholder because, since you cannot influence God, you can at least watch what God is doing. You can become a witness to the activity of God in your life and everybody else's life because, remember, when the sun comes up in the morning, it comes up for Jew and Gentile, white and black, Oriental and Occidental: it has no favorites; and you have to be willing to recognize that just as the sun rises for everybody in the whole world, so is God's grace available to everybody in the world.” ~Joel S Goldsmith

John 8:32 KJV

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

Romans 2:11 KJV

11 For there is no respect of persons with God.

John 7:24 KJV

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

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.

John 4:35 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.

Psalms 91:1 KJV

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

We are to Dwell in God's Kingdom in Peace and Abundance—and witness His Infinite Way—and not to try to influence Him to correct our concepts of lack. All that the Father hath is ours now. Be a witness to Truth. ~Al Denninger

The Daily Lesson – October 27, 2025

When you watch sugar cane or pineapples growing, it is foolish to think that God is growing them for you or for me. God is just growing them. God's grace falls on the just and the unjust.

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.

Acts 10:34 KJV

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

Galatians 5:22 (to ,) KJV

22 But the fruit of the Spirit is love,

Romans 8:16 KJV

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

Matthew 18:12-14 KJV

12 How think ye? if a man have an hundred sheep, and one of them be gone astray, doth he not leave the ninety and nine, and goeth into the mountains, and seeketh that which is gone astray?

13 And if so be that he find it, verily I say unto you, he rejoiceth more of that sheep, than of the ninety and nine which went not astray.

14 Even so it is not the will of your Father which is in heaven, that one of these little ones should perish.

God provides unconditional Abundance, Love and Protection. His Love has no judgment.

Christ's sheep cannot be lost. He Loves and cares for all of His sheep—the lost, the unlost and the found. We are never alone—only in our thoughts do we think we are. He will Come to you.

We are all Loved, and His Love is Perfect. ~Al Denninger

The Daily Lesson – October 28, 2025

“Always there must be the remembrance, then, that what God is doing, God is doing, and He does not need your help, and furthermore He cannot be controlled by you or me or by anybody else, God's grace cannot be stopped. Even if you think that you are acting in disobedience to His laws, God's grace is still flowing, even though you may not get the benefit of it because you have cut yourself off from it.” ~Joel S Goldsmith

Romans 11:33-36 KJV

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!

34 For who hath known the mind of the Lord? or who hath been his counsellor?

35 Or who hath first given to him, and it shall be recompensed unto him again?

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

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:

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.

God's Grace Flows like an Everlasting Spring of Living Water through His Creation. We can ignore the Spring and not drink of It, but we cannot tell the Spring when to Flow, or where to Flow, It is Infinitely Flowing to everyone. We must Recognize It and Let It Flow through us or we will die in the distraction. Go to the Spring, and Drink. ~Al Denninger

The Daily Lesson – October 29, 2025

“Whatsoever a man soweth, that shall he also reap God has nothing to do with your sowing or your reaping. It is as *you* sow: “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.” It is always what *you* do. By your thoughts and actions of today, you determine your reaping of tomorrow.” ~Joel S Goldsmith

Galations 6:4 KJV

4 But let every man prove his own work, and then shall he have rejoicing in himself alone, and not in another.

5 For every man shall bear his own burden.

6 Let him that is taught in the word communicate unto him that teacheth in all good things.

7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

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.

The Lord is my Shepherd, God Gives us Direction, and in my case, a pretty hard nudge from time to time... He leadeth us beside the still waters. It is our choice whether to follow the plan or not. The thing is: most of us will figure this out eventually anyway. Why not just go ahead and do it now. Leave your nets and follow Christ and He will Give you Life Everlasting. Sow to the Spirit and reap the Blessings and Grace of God. Are you willing? ~Al Denninger

The Daily Lesson – October 30, 2025

“So therefore, even if by some act of your own—whether it is a disobedience to one or more of the Ten Commandments, or whether it is a violation of the second great commandment of the Master to love your neighbor as yourself, or whatever it is if you have shut off health, safety, security, and inner peace, do not blame God for it, for God neither gives you peace nor takes it from you, God neither gives you health nor takes it from you; God neither gives you supply nor takes it from you. God's grace is as free as sunshine. If you like, you can pull down the shades and never see the sun, and never feel it, but that is because of your action, not God's. As far as God is concerned, the sunshine is always there.” ~Joel S Goldsmith

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:

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.

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 15:5-8 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.

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.

Grace is God Flowing out—the Activity of Love being broadcast 24/7. If we aren't Aware of God's Omnipresent Love then we are not tuned in to It. Any sense of lack is due to the lack of Abiding. I Am, now Abide in Me... ~Al Denninger

The Daily Lesson – October 31, 2025

“So it is, then, that in the moment when you realize that God's grace is very much like the sun hanging in the sky, it is there, it is available for everyone, even though, temporarily, there may be clouds hiding it, but never the less, it is there. Your very recognition of this and your refusal to try to get God to do something, your ability to refrain from entreating or begging God, from attempting to influence or bribe Him, the very act itself of refraining from doing these things brings the activity of God into your experience.” ~Joel S Goldsmith

Psalms 139:7 KJV

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

Jeremiah 29:13 KJV

13 And ye shall seek me, and find me, when ye shall search for me with all your heart.

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.

James 4:8 KJV

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

1 Chronicles 16:11 KJV

11 Seek the Lord and his strength, seek his face [His Presence] continually.

1 John 4:13 KJV

13 Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit.

Exodus 33:14 KJV

14 And he said, My presence shall go with thee, and I will give thee rest.

So ask yourself, would you rather have the baubles you have been asking God for, or a Conscious moment of His Presence?

Ok. Then it's time to get into the practice and do the work. And now you Know I Love you. ~Al Denninger

The Daily Lesson – November 1, 2025

“When you can sit back and realize that God is—not because of you, but that actually in spite of you, still God is closer to you than breathing, the place whereon you stand is holy ground, and where the presence of the Lord is, there is freedom and fulfillment—when you learn to refrain from attempting to take heaven by storm, and when you are able to sit back in the realization, ‘Where I am, God is,’ and be still, you have opened the way in your own consciousness for the Omnipresence which is already there to make Itself manifest and evident in your experience.”
Joel S Goldsmith

I Corinthians 3:16 KJV

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

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.

2 Corinthians 3:6-17 KJV

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.

All that the Father has is thine. Why? Because all that the Father Is, is within you. Freedom comes when this is Realized. Stand with Him. ~Al Denninger

The Daily Lesson – November 2, 2025

“The great error has always been trying to influence God: ‘God, go out there and destroy my enemies! God, go out there and bring my enemies’ possessions to me!’ This attempt to personalize God or to get God to do something for some specific person and not for everybody indicates a lack of understanding of God as Spirit.” Joel S Goldsmith

2 Chronicles 20:15-17 KJV

15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the Lord unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.

16 To-morrow go ye down against them: behold, they come up by the cliff of Ziz; and ye shall find them at the end of the brook, before the wilderness of Jeruel.

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; to-morrow go out against them: for the Lord will be with you.

2 Chronicles 32:7-8 KJV

7 Be strong and courageous, be not afraid nor dismayed for the king of Assyria [this-world], nor for all the multitude that is with him: for there be more with us than with him:

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.

There is nothing to battle for in the Kingdom of God. The world will fight, and enemies will even fight against themselves, over power and greed. There is nothing to take from our neighbors, or be taken from us, that is not of God in the first place. An arm of flesh has no power to take from God's Government. When we are presented with these notions and appearances, set yourself, stand ye still and rest in the Truth. Be still and Let God Govern. ~Al Denninger

The Daily Lesson – November 3, 2025

“The very statement that God is Spirit is in itself a freeing and a healing one. No one can do anything about moving or changing Spirit, influencing It or bribing It. There is nothing to do but *let* It envelop you, *let* It pick you up, *let* It dominate you, *let* Its will be done in you, and then you make of yourself a transparency through which the light that is already present within you can shine: not a light that is gained from books or from some form of worship, or from teachers, but a light that books or worship or teachers can reveal to you as already having existence within you.” ~Joel S Goldsmith

John 4:24 KJV

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

Proverbs 19:21 KJV

21 There are many devices in a man's heart; nevertheless the counsel of the Lord, that shall stand.

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.

John 6:45 KJV

45 It is written in the prophets, And they shall be all taught of God. Every man therefore that hath heard, and hath learned of the Father, cometh unto me.

Matthew 26: KJV

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

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.

Matthew 6:10 KJV

10 Thy kingdom come, Thy will be done in earth, as it is in heaven.

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 know that I of mine own self can do nothing. It is You, The Spirit Within—Realized—that doeth the Work... May I lay my ideas, thoughts and concepts of this-world down at Your feet... I don't need baubles—I need You in my Life... As my Life... As my Good... You are my health, my sufficiency and my harmony... I will rest now, and empty out my self-consciousness and open the Way for You to Fill me with Your Presence...to Feel Your Spirit... Thy Kingdom is Come... Your Omnipresence is Real... Thy Will be done in Me as it Is in Heaven... I wait, watch and pray... ... Speak Lord, thy servant heareth... Thy Will be done. ~Al Denninger

The Daily Lesson – November 4, 2025

“The teacher's function is to unveil the light that already constitutes your innermost being, self, or identity. The function of the teacher and the teaching is to unveil the presence of the Spirit of God that is within you, so that you can eventually live in this conviction, ‘Thank You, Father, You and I are one.’” ~Joel S Goldsmith

Proverbs 9:9 KJV

9 Give instruction to a wise man, and he will be yet wiser: teach a just man, and he will increase in learning.

Proverbs 1:5 KJV

5 A wise man will hear, and will increase learning; and a man of understanding shall attain unto wise counsels:

Proverbs 4:13 KJV

13 Take fast hold of instruction; let her not go: keep her; for she is thy life.

Hebrews 13:7 ESV

7 Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.

The Christ is the Way, the Truth and the Life. He points the way to the Father. Take hold fast of His message and example. Follow Him with great conviction and He will Give you Life. ~Al Denninger

The Daily Lesson – November 5, 2025

“What the Master has said is true: ‘I will never leave thee, nor forsake thee.... Lo, I am with you always, even unto the end of the world,’ but the teacher unveils and reveals to you the Presence that is saying this to you from within your own being and reminding you that the Father knows your need before you do. It is His good pleasure to give you the Kingdom. Therefore, you can rest in this realization: *The Father is within me. The kingdom of God is within me.* ~Joel S Goldsmith

Hebrews 13:5 for KJV

5 ...for he hath said, I will never leave thee, nor forsake thee.

Matthew 28:20 KJV

20 Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.

Luke 12:32 KJV

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

John 14:9-12 KJV

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, Show 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.

Christ, The Teacher, has Given you the Truth and the Way. Are you willing to follow Him and do the Work that The Father hath Given Him to do? It is His Good Pleasure... ~Al Denninger

The Daily Lesson – November 6, 2025

“The Indwelling Presence

There is a divine Presence within you, and it is the function of this Presence to heal the sick, raise the dead, preach the Gospel, feed the hungry, and forgive sinners: this is Its function. It has never left you—It will never leave you! You could change your religion seven times over, but that Presence would still be with you. You could live in a place where no one had ever heard of a church, and the Presence would still be with you. It will never leave you, nor forsake you. And remember this: It is not dependent upon anything. It is not even dependent upon your having a right thought. It is always there, but your enjoying the benefits of It is dependent upon our knowing the truth of Its omnipresence.” ~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.

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.

Acts 17:27-28 KJV

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:
28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

John 8:32 KJV

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

All that the Father hath is thine—always was, and always will Be. Any sense of separation is a lie, a distraction or a false notion. There is One Vine, One Life and One Truth. One I Am. The Truth is within. Right where God put It, right where we can't lose It. All we need to do is Realize it. ~Al Denninger

The Daily Lesson – November 7, 2025

“Gradually, as you receive confirmation from within yourself that it is true that there is a Presence, the Voice speaks to you. Whether It speaks audibly or not is of no importance, as long as in one way or another you feel that you are living by Grace, not by might, not by power, not by force, but by Grace, by a divine Grace that operates just as freely as the incoming and outgoing tides or the rising and the setting of the sun, and just as painlessly. It is not a matter of earning or deserving it.” ~Joel S Goldsmith

1 Corinthians 2:9-12 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.

Zechariah 4:6 KJV

6 Then he answered and spake unto me, saying, This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the Lord of hosts.

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.

May the Peace of Christ rule in our Hearts... The Peace that passeth understanding—the Peace that Knows by the Experience of being Felt Within... Not by effort of our own self, but through Grace... Be still and Know... ~Al Denninger

The Daily Lesson – November 8, 2025

“As human beings, we can never earn or deserve the grace of God, and that is why we are told that we must *die daily* and that we must be reborn of the Spirit. The truth is that as children of God we are heirs to God's grace, and all we have to do is to recognize our son ship.” ~Joel S Goldsmith

I 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.

Romans 6:11 KJV

11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

1 Corinthians 15:31 I die KJV

31 ... I die daily.

John 3:3 KJV

3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

Romans 8:16 KJV

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

Romans 8:17 KJV

17 And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

Father, I can of mine own self do nothing...

Then, who does the work?

The Spirit Within...

Where is this Spirit?

I've always had it, but my this-world reasoning mind doesn't realize it....

How do I Realize this Spirit?

There must be a letting go of all that I think I know—a stillness—a surrender and an

Awakening... A Spiritual Rebirth... A Communion in Spirit, by Spirit, to Spirit... A Realization of my Spiritual Inheritance...

Now what?

Be still and Listen for the Still Small Voice... ...

~Al Denninger

The Daily Lesson – November 9, 2025

“And so as we ponder these basic truths, as we learn to come into a state of mind, a state of consciousness, that is filled with an assurance that there is an inner Presence, and learn to relax in It, we find that It does our thinking for us, It corrects and enlightens us; It goes before us to make the crooked places straight; It is a healing influence in mind and body, It is a supplying presence. But It does all this without any help from us, except for our ability to relax in It.” ~Joel S Goldsmith

Isaiah 26:3 KJV

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

Isaiah 45:2 (to :) KJV

2 I will go before thee, and make the crooked places straight

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.

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.

Trust God with all your Heart and Soul, and keep your focus on Him. Do not look away. He is your Good Shepherd you shall never want. The Christ has left His Perfect Peace for all of us that want It. Rest now in His Loving Presence. ~Al Denninger

The Daily Lesson – November 10, 2025

“‘He maketh me to lie down in green pastures: he leadeth me beside the still waters’—it is always *He*. ‘He performeth the thing that is appointed for me’—not the little ‘I,’ but *He*. ‘The Lord will perfect that which concerneth me’. But do you not see that He cannot do it if we take hold of the reins and do all the driving? If we take thought for what we shall eat, or what we shall drink, or wherewithal we shall be clothed, we are leaving no room for any *He*: it is all that little ‘I,’ the very ‘I’ that should be *dying daily* in order that that *I* which is our spiritual identity can be reborn.
~Joel S Goldsmith

Psalms 23:1,2 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.

Job 23:13,14 KJV

13 But he is in one mind, and who can turn him? and what his soul desireth, even that he doeth.

14 For he performeth the thing that is appointed for me: and many such things are with him.

Psalms 138:7,8 KJV

7 Though I walk in the midst of trouble, thou wilt revive me: thou shalt stretch forth thine hand against the wrath of mine enemies, and thy right hand shall save me.

8 The Lord will perfect that which concerneth me: thy mercy, O Lord, endureth for ever: forsake not the works of thine own hands.

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.

I can do nothing, there is only one Self, and He doeth the Work. Seek ye first the Kingdom of God and Let him show you. Thy Will Is Done. ~Al Denninger

The Daily Lesson – November 11, 2025

“If you have grasped what I have said up to this point, you should be able to understand the passage, ‘In quietness and in confidence shall be your strength’—in quietness and in confidence. How can you be quiet, how can you have confidence unless you have this awareness of an inner Grace? And you can only have this awareness of an inner Grace when you begin to recognize It is a universal nature, recognize that It belongs to all men.” Joel S Goldsmith

Isaiah 30:15 (to :) KJV

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength:

Isaiah 40:31 KJV

31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Philippians 4:13 KJV

13 I can do all things through Christ which strengtheneth me.

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.

Proverbs 3:26 KJV

26 For the Lord shall be thy confidence, and shall keep thy foot from being taken.

Isaiah 26:3 KJV

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

The only way that we can be affected by an appearance, or lie, is if we react to it. If we confidently Trust God, in all our Ways, we don't care in the least what the noise is all about. Acknowledge God and He shall give you Peace. Rest in His Word. In quietness and in confidence, In God we Trust. ~Al Denninger

The Daily Lesson – November 12, 2025

“Those who are not recognizing this inner Grace, we are told, are the thousand that fall at our left and the ten thousand at our right, those, at the Master tells us, who are not abiding in the Word nor letting the Word abide in them and who, therefore, are as a branch of a tree that is cut off and withereth.” ~Joel S Goldsmith

Isaiah 30:15 KJV

15 For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength: and ye would not.

Psalms 91:4-8 KJV

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.

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.

Only with this-world eyes and thoughts can we entertain an idea that we are somehow separated from God. If we are not Dwelling in the Secret Place of the Most High—or Abiding in God—we can accept the appearance of being cast forth and withering. It will seem as real as can be, in proportion to our sense of separation. Without God, we can do nothing. In quietness and in confidence is our strength. Where the Spirit of the Lord is Realized there is Liberty. Be in the practice of Abiding. ~Al Denninger

The Daily Lesson – November 13, 2025

“So it is that not everybody will benefit by this truth just because it is the truth. No! Only ‘ye’ who know the truth permit the truth to make you free—you who abide in this Word of an indwelling Presence. Those of you who stop—I was going to say stop annoying God, but I am sure that God cannot be annoyed—those of you who stop going through the motions that would annoy God, if God could be annoyed, that is, trying to influence Him, trying to bribe Him, trying to promise Him something in the future, instead of realizing that God is Spirit, God is life, God is love, and that you have to find a way to let all of this flow out from you, will come into an actual 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.

John 17:17 KJV

17 Sanctify them through thy truth: thy word is truth.

James 4:8 KJV

8 Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

2 John 9 KJV

9 Whosoever transgresseth, and abideth not in the doctrine of Christ, hath not God. He that abideth in the doctrine of Christ, he hath both the Father and the Son.

Proverbs 3:5 KJV

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

Acts 17:27-28 KJV

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

John 14:6 KJV

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

Our thoughts or distractions—double-mindedness—must be sanctified, cleansed, purified, baptized and made Holy by leaning not on our own understanding, but by leaning on the Infinite and Sustaining Truth. This is not a process of bargaining with or influencing God with words or desires, it is a complete letting go of one's self and developing an attitude or posture of Thy Will be Done. Draw nigh unto God and Realize just how close He really Is. I Am the Way, the Truth and the Life. In the Present Oneness I Am—Abide and Rest in Me. ~Al Denninger

The Daily Lesson – November 14, 2025

“The Contemplative Life Develops a Sense of Universality

This really constitutes a way of life. True, it is a religious way of life, except that if you use such a term, it would seem to denote some particular religion with special rituals and ceremonies, and it is not that kind of life at all. It is a religious life in the sense that this teaching develops a conscious awareness of God, but to avoid giving the impression that we have found some particular religion through which God is blessing us, we should rightly call this the contemplative way of life because it is a way of life that can be lived by all people regardless of any personal or denominational persuasion.” Joel S Goldsmith

Psalm 1:2-3 KJV

2 But his delight is in the law of the Lord; and in his law doth he meditate day and night.

3 And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Philippians 4:8-9 KJV

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

James 1:5 KJV

5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

Father, I Love Being with You... It delights me to be still and contemplate Your Kingdom. I imagine to Be like that tree beside the still waters that King David would sing about oh so long ago, as it grows and begins to produce fruit... I Know all the answers Come from You... So, in You I pause to contemplate your Will for me... Truth Comes from God. And so, I am still and listening. ~Al Denninger

The Daily Lesson – November 15, 2025

“The contemplative way of life recognizes God as Spirit, and that Spirit as Omnipresence—the Spirit within one's own being. Therefore, it is an absolutely unrestricted way of life, available to anyone of any faith or no faith, as long as he can recognize that God is Spirit, recognize God as its central theme—not your God or my God, just God—and a God that belongs to nobody, a God that just is, and is universal.” 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.

1 Corinthians 6:19-20 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?

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

1 Corinthians 12:13 KJV

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.

2 Corinthians 3:17 KJV

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

Thank you Father for this beautiful day... To Recognize You and Your Works as Infinite Omnipresent Spirit... Appearing As—everywhere I look... I am Resting in Your Oneness... I'm just sitting here Smiling with Gratitude... All that You Are—is available to all. Why? Because You put Your Spirit in everyone, with the opportunity to Seek You and Rest in You... Isn't it just Perfect? The only Requirement is to seek... and Know the Truth... Your Truth... Thank You Father... And thank you Jesus for the Gift of Awakening... Join me in Rejoicing in this moment... In Peace... Where the Spirit is Realized... With You, Loving You... ~Al Denninger

The Daily Lesson – November 16, 2025

“That is why the contemplative life can flourish in every country on the globe where there is freedom and where people are not compelled to worship in a specific way. Even where there is no freedom, this way of life can be followed because it does not build a fence around God or lay down specific rules: it just recognizes God as the Principle of life, the Grand Architect of the whole universe.” ~Joel S Goldsmith

1 Timothy 2:1-4 KJV

1 I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men;

2 For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.

3 For this is good and acceptable in the sight of God our Saviour;

4 Who will have all men to be saved, and to come unto the knowledge of the truth.

2 Corinthians 3:16-17 KJV

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.

Romans 13:1 KJV

1 Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

If we subject ourselves only to the religions of this-world that doesn't necessarily include a Communing Oneness with God. When we turn to God, we are Reborn of Him and we Recognize our Life as His. Love the Lord with all our Heart, Soul, strength and every ounce of our being. The Realized Truth shall make us Free. ~Al Denninger

The Daily Lesson – November 17, 2025

“For this reason, then, the contemplative life is the way for any person who can recognize that wherever or however God is worshiped, it is the same God, that there cannot be more than one God. Whether as Hebrews we go into a temple with hats on, or as Christians with hats off, as Orientals with our shoes off or as Christians with shoes on, it must be understood that these outward forms can make no difference, that all we are doing is worshiping in whatever way means dedication or sacredness to us.” ~Joel S Goldsmith

Colossians 3:2 KJV

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

Philippians 4:8 KJV

8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Psalms 119:15 KJV

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

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.

As we turn from the ideas of this-world, and look Inward and Upward towards the Source of all Good, the more that the Omnipresent Spiritual Realm becomes our Infinite Way of Life. Contemplate Omnipresence and see where it takes you. ~Al Denninger

The Daily Lesson – November 18, 2025

“What represents sacredness to an individual determines his worship. If an individual feels that he is honoring God by keeping his hat on, that is merely his idea of worship and sanctity, but the act of wearing on not wearing a head covering does not change God. If another individual feels that he is honoring God with his shoes off, that very act is an evidence of the sincerity of that individual's worship. Therefore, when you live the contemplative life, you will respect the Moslem who takes off his shoes and sits on the ground, and you will respect those who have other ceremonial forms of worship, and you will also respect those who have no form of worship at all, because you will know that each in his own way is dedicating himself to God, and not his God because God is not the possession of any one person: there is only God, and God is Spirit.” ~Joel S Goldsmith

Acts 10:34 KJV

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

1 Corinthians 12:4-11 KJV

4 Now there are diversities of gifts, but the same Spirit.

5 And there are differences of administrations, but the same Lord.

6 And there are diversities of operations, but it is the same God which worketh all in all.

7 But the manifestation of the Spirit is given to every man to profit withal.

8 For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;

9 To another faith by the same Spirit; to another the gifts of healing by the same Spirit;

10 To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues:

11 But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will.

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.

Each of us should worship in the way that we are Led by God. Just make sure it is God that does the Leading. Be Led of the Spirit, not what just sounds like a good idea. The Lord is our Shepherd. Trust, Love and Follow Him. ~Al Denninger

The Daily Lesson – November 19, 2025

“The contemplative, then, is actually paving the way for world peace, because he is recognizing that there is only one Father, one God, equally of all, and that all men everywhere are brothers and sisters, and therefore, the only relationship that is essential is that we treat each other as members of one united household.” ~Joel S Goldsmith

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 13:34-35 KJV

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

II John 1:2-4 KJV

2 For the truth's sake, which dwelleth in us, and shall be with us for ever.

3 Grace be with you, mercy, and peace, from God the Father, and from the Lord Jesus Christ, the Son of the Father, in truth and love.

4 I rejoiced greatly that I found of thy children walking in truth, as we have received a commandment from the Father.

United as One Household, under the Government of God, we stand on Holy Ground. Divided in the distractions and lies of this-world we fall into discord, distress and frustration. Loving God—really Loving God with all our Hearts and deeply discerning what unconditional Love is—we automatically Love our neighbors, and yes, even our enemies. If so be we Dwell in God's Love, Peace is Present. The Lord will make a table before us in the presence of our enemies, anoints our heads with the Oil of favor and protection, and our Cup runneth over with Blessings. Love as Christ Loves us. ~Al Denninger

The Daily Lesson – November 20, 2025

“To do this is to love the one and only God supremely, but it is also to love your neighbor as yourself. When you acknowledge one God as Father and all men as brothers, you wipe out one of the most important causes of war, and when you love your neighbor as yourself you wipe out the other, because controversies over religion and commercial rivalry have always been recognized as the two major causes of all war and discord.” ~Joel S Goldsmith

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.

True Love and Peace are unconditional; they are Present wherever God is Present. Neither greed nor opinions are unconditional. They come with personal gain in mind. They are false ideas entertained by a sense of separation from the Infinite Abundance and Perfection of God. The fields in God's Kingdom are already white with harvest. All that the Father Has is ours, His Offspring, if so be we acknowledge His Omnipresence and Dwell in this Truth in the Secret Place of the Most High. ~Al Denninger

The Daily Lesson – November 21, 2025

“Another important result of learning to love God supremely and your neighbor as yourself is not immediately apparent. If you can accept God as Spirit, you can never again fear. You can never fear what form of government we have or any other country has. You can never fear what anyone does. God is then animating human consciousness, and because there is only the power of God, there is nothing left to fear, and when fear is gone, the final cause of our discords is gone.” ~Joel S Goldsmith

Deuteronomy 6:5 KJV

5 And thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might

Zechariah 8:16,17 (to :) KJV

16 These are the things that ye shall do; speak ye every man the truth to his neighbour; execute the judgment of truth and peace in your gates:

17 And let none of you imagine evil in your hearts against his neighbour;

1 John 4:18 (to :) KJV

18 There is no fear in love; but perfect love casteth out fear:

God is the activity of Love. Spiritual Discernment displaces our earthly ideas of love. In the Awareness of the Presence of God there will be a rebirth of God's Perfect Love where there are no distractions and no sense of separation from God. All appearances of fear and lack are dissolved in Love. ~Al Denninger

The Daily Lesson – November 22, 2025

“When we learn to love one another, which means not to fear one another, we have set the pattern for individual and world harmony. We could all live in eternal harmony if we did not fear, but just let fear creep into any group of people and there can easily be a first-class war, and then there would be sides taken: your side and my side. But as long as there is a realization of God as Spirit, no one has anything to fear, for Spirit fills all space, and where the Spirit of the Lord is, there is nothing to fear: no danger, no insecurity, no powers apart from God. Therefore, just to realize that God is Spirit begins to free this whole universe of fear.” ~Joel S Goldsmith

John 13: 34-35 KJV

34 A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

35 By this shall all men know that ye are my disciples, if ye have love one to another.

1 John 4:7-8 KJV

7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

8 He that loveth not knoweth not God; for God is love.

Galatians 5:22-23 KJV

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,

23 Meekness, temperance: against such there is no law.

Get to Know God first and foremost. Learn to rest in His Loving Embrace. The noise of this world is nonsense within the circle of His Love. Where His Spirit is Realized there is Freedom. Love Transcends judgment. ~Al Denninger

The Daily Lesson – November 23, 2025

“Across the Desk

Much of the world belief about God is the truth about the karmic law of cause and effect. It is this general misconception that makes ineffectual so much prayer. Prayer is answered *only* as we come to 'know Him aright.'” ~Joel S Goldsmith

Acts 17:22-28 KJV

22 Then Paul stood in the midst of Mars' hill, and said, Ye men of Athens, I perceive that in all things ye are too superstitious.

23 For as I passed by, and beheld your devotions, I found an altar with this inscription, To The Unknown God. Whom therefore ye ignorantly worship, him declare I unto you.

24 God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands;

25 Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things;

26 And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation;

27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:

28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.

James 4:3 (to 3rd ,) KJV

3 Ye ask, and receive not, because ye ask amiss,

Habakkuk 1:13 (to :) KJV

13 Thou art of purer eyes than to behold evil, and canst not look on iniquity:

2 Corinthians 3:13-18 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.

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.

John 8:32 KJV

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

“Practicing the Presence or praying with effect in mind is asking amiss. God is Omnipresent Good and is not aware of anything but His Righteousness. His Good is ours for the Knowing. Be ye Perfect as your Father in Heaven is Perfect. ~Al Denninger

The Daily Lesson – November 24, 2025

“Do you really grasp the significance of *law* and *Grace*? Do you actually discern that God is not responsible for the rewards and punishments we experience? Can you realize that we ourselves set in motion the evil and good influences that touch our lives by our ignorance or by our awareness of the nature of God? Do you understand how the belief in two powers binds us, and how we can release ourselves from the law of cause and effect, at least in a measure, and come under Grace?” ~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?

Galatians 6:7-8 KJV

7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

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.

Romans 8:2-9 KJV

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

3 For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh:

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.

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

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.

All it takes is a little distraction—a belief in a little lie—for us to accept false appearances as Reality. We experience what we choose to accept. Stand ye still and Know that God is Omnipresent and within you Now. Wake up, Let the Spirit Dwell in you and watch Grace do the Work. Accept the Truth. ~Al Denninger

The Daily Lesson – November 25, 2025

“Our students should feel a deep sense of responsibility to continue daily specific work for the realization of spiritual government universally expressed. We need to feel God's government as a universal law of peace, justice, life, and love—not that mortals can express these qualities, but that God expresses them as individual being.” ~Joel S Goldsmith

James 4:7 KJV

7 Submit yourselves therefore to God.

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.

Ephesians 6:13-18 KJV

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;

15 And your feet shod with the preparation of the gospel of peace;

16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God:

18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

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.

It's good to go about our days in a regular humble way, but it is most important to always keep our deep underlying focus on God as the Source and Government of His Day, not ours. Today is the day the Lord hath made and we are the sheep of His Pasture. This constant focus takes great dedication and effort in its practice, especially at first. But in the end, when we are still and in meditation the effort actually becomes an effortless supplication—a complete and overwhelming submission and trust, in a restful way, giving over our self to His Will. We recognize that we are His Individual Expression—and since there is One Life—we are Living His Life. Become Servants of Truth. ~Al Denninger

This concludes our study of Chapter 3 in the book: “The Contemplative Life”, By Joel S Goldsmith

Tomorrow we begin: Chapter 4, “The Esoteric Meaning of the Easter Week” by Joel S Goldsmith

The Daily Lesson – November 26, 2025

Chapter 4

THE ESOTERIC MEANING OF THE EASTER WEEK

As we learn to see the significance behind the observance of particular holidays or, more correctly, holy days, we are then able to realize how and why certain days have been set aside by various religious groups as a time for prayer and meditation. Then we can contemplate the principles which these days commemorate rather than consider them as merely holidays from daily work, which often find us no better off the day after than the day before, except for that short period of rest.

When the events which we memorialize as holidays occurred, there undoubtedly was no thought in anyone's mind that because of the happenings of that day, people in far-off places throughout the world would pause in commemoration, but the fact is that these days have become important because the events commemorated illustrate spiritual principles of life which have evolved: principles which all men and women can adopt and by which they can live.

The Humility and Benevolence of Maundy Thursday

The day before Good Friday, Maundy Thursday. Jesus washed the feet of the disciples. He made himself humble before them:

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