

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 16 years of consecutive Daily Lessons for your further review and study!

The Daily Lesson – August 20, 2026

"Chapter 9

DAILY PREPARATION FOR SPIRITUAL LIVING

The young student—the beginning student—should realize that there are specific principles that constitute the message of the Infinite Way. If these principles are not understood and practiced, the Infinite Way remains in the category of a philosophy, just an interesting approach to life, something to read about and then put on the shelf. But that is in no sense what the Infinite Way is. The Infinite Way is a living experience, practical for use in everyday life." ~Joel S Goldsmith

James 1:22-25 KJV

22 But be ye doers of the word, and not hearers only, deceiving your own selves.

23 For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass:

24 For he beholdeth himself, and goeth his way, and straightway forgetteth what manner of man he was.

25 But whoso looketh into the perfect law of liberty, and continueth therein, he being not a forgetful hearer, but a doer of the work, this man shall be blessed in his deed.

Romans 12:1-2 KJV

1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

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

2 Peter 1:3-4 KJV

3 According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:

4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.

Study, prayer, meditation and even practicing the Presence are still not Being in the Presence, or in the Practice. All those things lead up to being in the Practice, or being about the Father's Business. The conformation of this is in an actual Transformation from self to the realization of our True Self—not the reflection as in a mirror that we can walk away from and forget—but an actual Knowing and Feeling that the Father's Business is our business and our business is the Father's Business. We become an instrument of His Will as a Living Individual Expression of God. On the earthly plain, we are in a level of consciousness about ready to leave it for Christ Consciousness or the Mind of Christ. But we have a choice to Walk the straight Path onward and Upward to praying without ceasing, or Dwelling in the Secret Place of the Most High, or not. I'm glad you made a good choice. ~Al Denninger

The Daily Lesson – August 21, 2026

“It has been said many times, and claimed by many persons, that the teaching of Jesus Christ is so impractical that it could not possibly be adapted to our modern way of life. This seems strange when we remember that, according to biblical accounts, this so-called impractical way of life healed the sick, raised the dead, provided supply for those who needed it, stilled the storm, and brought peace where there had been discord. This way of life has been called impractical, and yet nothing in the religious history of the world has ever been quite so practical as was Jesus' teaching. It was difficult, but it was practical. And so in these modern days, we, too, will find that living as the Master taught is difficult, but also that it is practical.” ~Joel S Goldsmith

Matthew 7:24-27 KJV

24 Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock:

25 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock.

26 And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:

27 And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

Matthew 23:37 KJV

37 O Jerusalem, Jerusalem, thou that killest the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!

James 4:3 KJV

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

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.

Modern life in this-world seeks things and rarely gets results. No wonder it is unpopular.

Do you want things, or do you want Righteousness?

Jesus built his Work upon the Rock—the Foundation of Infinite Truth, Life and Love.

Follow Christ, every step, no matter what. ~Al Denninger

The Daily Lesson – August 22, 2026

“The fact that a religious teaching can bring about the healing of physical and mental ills, that it can lead to an increased sense of supply and can provide safety and security, that it can bring an inner peace and a release from the world's major problems, and even some solution to these problems, warrants calling that teaching practical.” ~Joel S Goldsmith

Luke 9:1-2 KJV

1 Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases.

2 And he sent them to preach the kingdom of God, and to heal the sick.

Proverbs 4:20-23 KJV

20 My son, attend to my words; incline thine ear unto my sayings.

21 Let them not depart from thine eyes; keep them in the midst of thine heart.

22 For they are life unto those that find them, and health to all their flesh.

23 Keep thy heart with all diligence; for out of it are the issues of life.

Philippians 4:7 KJV

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

There is nothing more practical than Truth. Live it. ~Al Denninger

The Daily Lesson – August 23, 2026

“Students Must Never Advance Beyond the Principles

Although the Infinite Way is one of the most practical of teachings, it is difficult for the beginner because there must be an understanding of the basic principles, and then there must be a practice of them until the student develops an actual consciousness which makes it possible to let go of any strenuous attempts to make these principles effective and demonstrable.” ~Joel S Goldsmith

Hebrews 5:11-14 KJV

11 Of whom we have many things to say, and hard to be uttered, seeing ye are dull of hearing.

12 For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat.

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

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

James 4:8 KJV

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

Romans 8:4-9 (to .) KJV

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

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

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.

Draw nigh, practicing the Presence diligently, and the Awareness of God will come into focus. Just like learning to play the piano from the beginning, it's going to take a lot of practice. We are In the Spirit if so be the Spirit Dwell in us. Then we better do some seriously focused Dwelling in the Secret Place of the most High, for an Experience of Spirit, Grace and Harmony. Where the Spirit is Realized there is Demonstration. Practice, practice, practice. ~Al Denninger

The Daily Lesson – August 24, 2026

“The Infinite Way is difficult for advanced students also, but for a different reason. They often forget that the only reason they can be considered advanced students is that they know and practice the basic principles making up the message of the Infinite Way. There is a temptation on the part of some of them, however, to be so far advanced that they attempt to advance beyond the principles, and that is when they experience trouble. In the practice and living of the Infinite Way, I have found that it is impossible to advance beyond the stage of the beginner; it is impossible to advance beyond the understanding and practice of the original, basic principles, and those who feel that they can outgrow these, or that they have gone beyond them, merely succeed in advancing themselves out of the Infinite Way and its practice.” ~Joel S Goldsmith

Proverbs 4:20-23 KJV

20 My son, attend to my words; incline thine ear unto my sayings.

21 Let them not depart from thine eyes; keep them in the midst of thine heart.

22 For they are life unto those that find them, and health to all their flesh.

23 Keep thy heart with all diligence; for out of it are the issues of life.

Romans 12:3 KJV

3 For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

Joshua 1:8 KJV

8 This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

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.

Jesus said, “I can of mine own self, do nothing.” He also said, “The Father within, he doeth the Works.” So why do we sometimes get ideas like: I am smart, I am advanced or come to me and I will fix it, heal you, or teach you? The Father within does all the Work—all of It. He is the Inspiration, the instrument, the Demonstration and even the Gratitude. The very first step is to shut up and surrender. That is why I mostly start my meditations, unless something else naturally starts it off, with those two statements from Christ Jesus. It stops me, right in my tracks, right at the beginning, from thinking that I am praying for someone, or I am the one doing something to help, advocate or intervene in some way.

Here’s the thing, if we were In the Presence of God when someone calls for help, we would not need to get to Work. We would never see or hear of a problem to correct. It would be “Done” the instant the patient called, and they would Know it. The great effort in trying to Be Still is effortless. ~Al Denninger

The Daily Lesson – August 25, 2026

“The Infinite Way consists of two basic principles that set it apart from other teachings. First of all, an actual consciousness of the presence of God must be attained because otherwise the teaching remains only in the realm of mental discussion, theory, belief, or knowledge. As long as a student is merely in intellectual agreement with or has a liking for the principles, he has made no substantial progress on the way. He is nowhere at all until he has actually attained some measure of realization of the Presence.” ~Joel S Goldsmith

Matthew 6:31 (to,) & 33 KJV

31 Therefore take no thought,

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

Psalms 91:1 KJV

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

Romans 12:2-3 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.

3 For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.

James 1:22 KJV

22 But be ye doers of the word, and not hearers only, deceiving your own selves.

II 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.

Spiritual demonstration is not in the thinking or asking, The Father already Knows. It is in the turning from this-world and Seeking Spirit, the Righteous Word and the Presence. The only thing left to do then is Rest in the Presence and if Given Directions then follow them. Where the Spirit is Realized, there is Harmony. ~Al Denninger

The Daily Lesson – August 26, 2026

“Let me explain it this way: There is an invisible, transcendental Presence, and that means that right where you are, closer to you than breathing, there is this spiritual, invisible, transcendental Presence, there is an actual Spirit, called the Spirit of God, or the Christ, which is only another term for the individualization of the Spirit of God in man.” ~Joel S Goldsmith

John 14:16-18 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.

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

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.

1 Corinthians 6:17 & 19 KJV

17 But he that is joined unto the Lord is one spirit.

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?

Colossians 1:15-17 KJV

15 Who is the image of the invisible God, the firstborn of every creature:

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

17 And he is before all things, and by him all things consist.

Father, I know I can do nothing, it is the Infinite Invisible You within me that Created all things, maintains all things and performs all work... I strive to be a vessel—Your Visible Individual Expression—that follows, serves, lives and reflects Your Love to where You want it to Be... If so be I Dwell in Your Secret Place of the Most High I will Dwell in and under Your Shadow, and I shall not want... You will make me lie down in Your green pastures, and beside the still and Living waters... I will fear nothing, no matter where I am, for You are With me comforting me... Lead me in Your Paths of Righteousness... I am here... Grateful and Listening... ~Al Denninger

The Daily Lesson – August 27, 2026

“When Is a Spiritual Experience a Real Experience?”

There is this Presence, and it is within you, and you do not have to go to mountains or temples to find it. You can find it sitting in your own home, in a public library, or in any church where there is quiet and peace. Wherever you are, it is literally true that ‘the place whereon thou standest is holy ground,’ and therefore, wherever you are, you can attain the actual experience of this Presence that is within you. Not only you can, but as an Infinite Way student, you must. You must attain the awareness, the actual feeling, the actual realization of a divine Presence within you. You will not be able to analyze or dissect It; you will not be able to explain It to your friends or relatives. It is folly even to try to explain It to yourself: it is enough that you can experience It, and then, because of the fruitage of that experience, you will recognize its validity.” ~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?

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.

Psalms 139:7-10 KJV

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

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

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

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

Psalms 23:4 KJV

4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Matthew 28:20 and, lo, KJV

20 ...and, lo, I am with you always, even unto the end of the world. Amen.

For generations and generations, good and faithful seekers have wandered the globe in search of the Holy Grail, only to find It when they Came Home and Felt the Presence in Silence—at a time when they “thought” not. We each have our wandering in the desert experience when we are looking in the wrong place. I know I sure have... The Truth must be Known, Felt, Realized Spirit to Spirit, Soul to Soul. The Christ is With us Always, right where he promised It would Be. Amen. Don’t let lies or liars distract you. ~Al Denninger

August 28 2926

Dearest Ones,

I logged in early tonight to see if I could put out The Daily Lesson.

I have plugged into a lie of food poisoning and it seems that I can't sit still enough tonight... So I ask you all to take me into your meditation tonight. Thank you for Being with...

Much Love,

Al

The Daily Lesson – September 1, 2026

“There are many, of course, who read about spiritual experiences in the religious literature of the world who delude themselves into believing that they are experiencing the Presence, whereas they are having nothing more nor less than an emotional jag. The religious literature of the world is replete with accounts of persons who are victims of self-hypnosis, who write the most graphic accounts of experiences that are but figments of their imagination, and we who read cannot but question the veracity of some of these stories, feeling within that this has not been a truly spiritual experience. Why do we have such a reaction? Why do we feel this way? Because we observe that there is no practical fruitage resulting from it: there is no peace attained, no harmony or health. None of the experiences of healing and regeneration that have come to the world through the revelation of Jesus Christ come to those who attempt to live permanently on ‘cloud nine,’ but fail to keep their feet on the ground.” ~Joel S Goldsmith

Galatians 6:7 KJV

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

Matthew 24:24

24 For there shall arise false Christs, and false prophets, and shall shew great signs and wonders; insomuch that, if it were possible, they shall deceive the very elect.

John 8:41 (to .) & 43 KJV

41 Ye do the deeds of your father.

43 Why do ye not understand my speech? even because ye cannot hear my word.

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.

“If you are spiritual minded, then never would you be deceived by the carnal mind.

Stay on The Word and be sure to experience healing and regeneration through the Teachings of Jesus Christ.” ~Martha Zuñiga Gurría

Dearest friends, the message for today was unexpectedly sent to me by my dear Friend-In-Christ, Martha, from Mexico City. For years now she has been translating “The Daily Lesson” into Spanish and resending it out to the Spanish speaking world. I am using it today word-for-Word As it Came from God. God’s Word is Perfect and Comes at a time when you think not and expect not. Thank you Father. Emanuel, God with us! All is well. I’m just sitting here Smiling... We are so very Blessed. ~Al Denninger

The Daily Lesson – September 2, 2026

“Those who do attain the experience of the Christ find that it immediately results in setting them free—free from concern. Problems may linger for quite a while, or they may come and then go, and this is the normal, natural experience in life until, through the continued realization of spiritual identity, spiritual life, and spiritual law, one comes to the place described by the Master as the overcoming of the world. But let us not believe that he uttered those words during the first month of his ministry, because even after he was functioning as a rabbi and actively engaged in the spiritual ministry, even after he was performing some of the miracles described in Scripture, Jesus still had to face the three temptations in the wilderness; and they were serious temptations, as serious as any we will ever experience.” ~Joel S Goldsmith

Colossians 3:1-4 KJV

- 1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.
- 2 Set your affection on things above, not on things on the earth.
- 3 For ye are dead [thinking that you are in this-world], and your life is hid with Christ in God.
- 4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

Matthew 6:13 KJV

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

I John 4:4 KJV

- 4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

2 Timothy 1:7 KJV

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

James 4:7-8 (to.) KJV

- 7 Submit yourselves therefore to God. Resist the devil, and he will flee from you.
- 8 Draw nigh to God, and he will draw nigh to you.

1 Corinthians 10:13 KJV

- 13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Interesting timing on today's Lesson: we can easily be tempted any time we entertain a sense that we are separate or apart from God. Any time we think, I can of mine own self can do something. And any time we accept that a virus, or any other distraction, has any power over us—an individual Divine Expression of God—is possible or is happening to us. Our mind is strong because there is only one Mind, One Power. Draw near to the Realization that God is Within, nearer than breathing, closer than hands and feet, and declare with me, get thee hence satan. And be done with it. Thank you Father. I will follow You. Your Loving son, ~Al Denninger

The Daily Lesson – September 3, 2026

“Evolving States of Consciousness

All life is a process of evolution. If we study history, we find that we have been slowly evolving from the state of consciousness of the cave man, from the ‘eye for an eye and a tooth for a tooth’ age, from the horrors of nineteenth- and early twentieth-century capitalism to the broader outlook of the present day. Religion has also evolved from the hell-and-damnation days to the more enlightened approach of today. All history is the account of the evolving of consciousness down through the centuries, a consciousness that is still evolving.” ~Joel S Goldsmith

Hebrews 5:12-14 KJV

12 For when for the time ye ought to be teachers, ye have need that one teach you again which be the first principles of the oracles of God; and are become such as have need of milk, and not of strong meat.

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

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

Ephesians 4:13-15 KJV

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

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

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

Philippians 3:12-14 KJV

12 Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

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

We have no where to go really, but Upward Home—within the Kingdom of Heaven. We either press on toward the Mark or we are tossed to and fro because we have stepped off the Path. Stay focused. Press on. ~Al Denninger

The Daily Lesson – September 4, 2026

“So it is that when the Christ, or Spirit of God, is first consciously realized and begins to operate in our experience, it acts in a somewhat similar evolutionary way. It may begin, first of all, merely to detach us from our fears and doubts, or from concern about our problems, so that gradually the problems of life are solved quietly and peacefully, without worry and without fear of being driven to the extremes of nervous exhaustion.” ~Joel S Goldsmith

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.

John 3:3-8 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.

4 Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?

5 Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.

6 That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.

7 Marvel not that I said unto thee, Ye must be born again.

8 The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.

2 Corinthians 5:17 KJV

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

John 3:30 KJV

30 He must increase, but I must decrease.

As we begin to Realize the Truth, harmony becomes more active in our Life Experience. The old concepts of life seem to fade as our Awareness increases. We are Born again with Spiritual Consciousness. He maketh us to lie down in green pastures and beside still waters. Our Soul is restored. All becomes New and there is nothing else. All becomes Now. The Truth Realized is Liberty. ~Al Denninger

The Daily Lesson – September 5, 2026

“But soon this activity of the Christ begins to act as a leaven in our entire human experience. Our relationships with others begin to be more harmonious, more natural, and more joyous; our efforts, whether in business, art, or a profession, become less arduous and less tiresome—actually more joyous as they also become more fruitful. Conditions of health begin to change, but we do not really realize that there has been any change until one day something may cause us to look back, and suddenly we are aware that for the last three, four, or five years we have not used any medication or even been in need of any, or we may discover that some physical imperfection is no longer present. All this is a gradual process, an evolutionary process, but it leads always to higher and higher states of spiritual awareness, divine consciousness, resulting in peace and harmony on earth.” ~Joel S Goldsmith

Luke 13:18-21 KJV

18 Then said he, Unto what is the kingdom of God like? and whereunto shall I resemble it?

19 It is like a grain of mustard seed, which a man took, and cast into his garden; and it grew, and waxed a great tree; and the fowls of the air lodged in the branches of it.

20 And again he said, Whereunto shall I liken the kingdom of God?

21 It is like leaven, which a woman took and hid in three measures of meal, till the whole was leavened.

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.

Jesus said to Peter, Andrew & James and John, that were fishing for their families earthly livelihood, “Follow me”. They were probably shocked in that moment, but apparently they must have Felt the Harmony, Joy and Love of the Christ. They had a choice, and in that moment they were instantaneously Transformed into the Good and Acceptable Activity of the Perfect Will of God. We have the same choice of peace and harmony and splendid service on earth, thanks to their choice. Would we know about them, or Christ, if it was never written down? I believe yes, we would, some other Way—through some other Fisher’s of men. But It was written in The Book. Christ is the Leaven—Christ is the Mustard Seed. We will be Lead in the Paths of Righteousness because the Lord is our Shepherd. ~Al Denninger

The Daily Lesson – September 6, 2026

“The attainment of one experience of the Christ is not sufficient to complete the demonstration of our particular life experience. It is true, as we all know, that there have been many in the history of the world who have attained some measure of this realization of the divine Presence, and yet have continued to suffer discords, diseases, injustices, and inequalities; and I am sure that they, themselves, must have wondered why, since this Presence was with them, those outer conditions continued. They must have wondered why, when they had such a sense of inner peace and joy, the outer experiences did not match the inner harmony they felt they had attained. This brings us to the major principle of the Infinite Way.” ~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.

Galatians 5:18 KJV

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

Psalms 91:1 KJV

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

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.

The answer is always the same: if so be we turn from distractions of this-world and Dwell in the Secret Place of the Most High; the Presence of God; in Oneness; in Communion, we shall Abide in God's Embrace. Step off the path and there is only one thing to do – step back on. Dwelling is an ongoing practice of opening an avenue of Awareness. We can't Live on yesterdays manna. The Manna must fall afresh and we need to find It, gather it in and partake of It daily. ~Al Denninger

The Daily Lesson – September 7, 2026

“The Impersonal Source of All Discord

In the days of early metaphysics, it was discovered that the discords of this world are not as real as they appear to be and that they do not have the substance or law that they appear to have. This led later to the discovery that we are dealing, not with personal sin, personal disease, or personal discord, but with a universal source of individual problems. And here is the second basic principle that sets the Infinite Way apart from other teachings: It is not the wrong thinking of an individual, his sins, or his mistakes that cause most of his problems, but a universal something that has been termed by such many and varied names as mortal mind, carnal mind, hypnotism, or mesmerism.” ~Joel S Goldsmith

Romans 8:5-7 KJV

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

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

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

1 Corinthians 2:14 KJV

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

Matthew 8:8 KJV

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

The carnal man does not deliberately set out to un-know God. He simply looks in the wrong place—with a mind that cannot discern the Spiritual Realm. Flesh is looking for an answer in the flesh. Flesh is universal thought, that listens to and reasons with itself. Any sense of a separation from God is foolishness and therefore false. ~Al Denninger

The Daily Lesson – September 8, 2026

“By whatever name it is called, the realization must come that all error—evil, sin, disease, death, lack, limitation, or old age—is but the product of a universal carnal mind, or mortal mind, which can actually be better summed up as the belief in two powers. This belief in two powers, in the power of good and the power of evil, is the source and actually the substance of what is called the mortal or carnal mind. There is no such thing, really, as a mortal mind or a carnal mind; there is no such entity, any more than there is an entity called darkness. There is, however, a universal belief in two powers, and it is this universal belief in two powers that constitutes the carnal mind and is the source of every discord, every disease, every sin, every form of unemployment, and every lack, of whatever name or nature.” ~Joel S Goldsmith

Matthew 22:17-21 KJV

17 Tell us therefore, What thinkest thou? Is it lawful to give tribute unto Caesar, or not?
18 But Jesus perceived their wickedness, and said, Why tempt ye me, ye hypocrites?
19 Shew me the tribute money. And they brought unto him a penny.
20 And he saith unto them, Whose is this image and superscription?
21 They say unto him, Caesar's. Then saith he unto them, Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's.

Luke 16:13 KJV

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

James 1:8 KJV

8 A double minded man is unstable in all his ways.

1 John 2:15 KJV

15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

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.

Even the most cunning in this-world have thought that they can reason with Spirit and control the Christ. The Pharisees and Herodians feared Jesus would take their power away, and from their unstable and temporary point of view, and they were right. They held the double-minded idea that God was power but they could manipulate the Word of God and control this-world. They, like most of this-world, can't See the Christ when It is standing right in front of them. Jesus easily dissolved their idea of a power apart from God into irrelevance. There is no God and... ~Al Denninger

The Daily Lesson – September 9, 2026

“Never believe for a moment that the solution to all these problems can be found in the outer world. The forms of these problems will change, but the basic problem remains. For example, we have progressed from the horse-and-buggy days to the automobile day, and are now making rapid strides forward in the air age; but just as there was unemployment in the horse-and-buggy days, so was there unemployment in the automobile age, and now in the airplane age. The point is that the problem of unemployment is not met by means of economic theory or the speculations of sociology, or by any means known to the human mind. The problem of unemployment will be met only when it is understood to be an activity of a belief in two powers, that is, the activity of the carnal mind. Contrariwise, employment will be universal when it is understood to be the activity of God: God fulfilling Itself as individual being.” ~Joel S Goldsmith

Romans 8:5-7 KJV

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

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

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

Galatians 5:16-21 KJV

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

17 For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

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

1 John 2:15-17 KJV

15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

The world with all of its things, thoughts and desires—all of it—are temporary baubles and don't fulfill anything according to Scripture. All that the Father Hath is thine, but all that the Father Hath is Spiritual and is not of this world. The Father Worketh in Spirit, as Spirit and to Spirit beyond words and thoughts which the carnal mind cannot comprehend. Seek ye first the Kingdom of God and Its Love and Presence where and how it can be found. In Spirit, to Spirit, Soul to Soul, I Am. ~Al Denninger

The Daily Lesson – September 10, 2026

“Capital and labor problems are being solved to some extent by the changing economic system, but the last and final overcoming of these problems will only be through the realization that the problems never existed separate and apart from a belief in two powers. Trace any form of sin that you like, and you will find that it has its source in a belief in either good or evil. Some conditions we think of as evil and some as good, and so the belief of good and evil continues to operate, and as long as it operates in consciousness, it will operate either as good or as evil, as purity or as sin. All disease, too, no matter what form it takes, has its foundation in the belief in two powers. If there were not a belief in an evil power, disease would not be evil, it would not be deadly, and therefore it would not exist.” ~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.

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 16:33 KJV

33 These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

I John 4:4 KJV

4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

All lack, or sense thereof, begins the moment we accept the belief of a power apart from God that is doing, or not doing, something to us to separate us from the Love of God. God is within us, because he put His Spirit in us, and He is not going anywhere. Rest back in His Presence.
~Al Denninger

The Daily Lesson – September 11, 2026

“Is there any way of proving this? The answer is that no form of sin or disease or any unhappy situation could ever be resolved metaphysically or spiritually if there were a law perpetuating these erroneous conditions. If there were laws of discord, inharmony, or disease, these laws could not be overcome merely through the realization that their foundation rested upon a universal belief in two powers.” ~Joel S Goldsmith

Romans 8:1-14 KJV

1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

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.

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

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

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

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

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

Jesus proved that the so-called laws of the flesh had no power over the Spirit of Life in Christ Jesus. Life does not dwell in the flesh, It Lives in and As the Spirit of God. If we live after the flesh we do not have the Realization of Christ, and we will prove nothing. If we are Led by the Spirit of Christ, we too are the sons of God. If we are lead by Christ we Inherit Life. God is Life.
~Al Denninger

The Daily Lesson – September 12, 2026

“In the practice of the Infinite Way, whatever measure of success we may have in bringing harmony into the lives of our students is brought about, not by treating each problem differently, as if rheumatism were different from consumption, or a headache different from a muscle ache, or unemployment different from disease, or false appetite different from lack; but by treating any and all of these as impersonal products of the universal belief in two powers, the mesmeric belief in two powers. So, every single claim of human discord, in whatever category, is treated always from this one basis.” ~Joel S Goldsmith

Luke 16:13 Ye KJV

13 ...Ye cannot serve God and mammon.

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.

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.

I Am the answer to every question, and the Answer is always the same. I Am the Alpha and Omega, the beginning, middle and end, who Is and was and ever will Be. Acknowledge God first, always, and in every Way. This constant Beholding is of the Truth of Being, beyond words and thoughts. Draw nigh unto God and Watch His Life unfold as Perfect Love. ~Al Denninger

The Daily Lesson – September 13, 2026

“Daily Practice Is Essential

Do not be fooled by the form your outer activity may take: we are all students, regardless of whether we are functioning as practitioners, teachers, or lecturers. We are all students, merely functioning at different levels, and if we ever reach the place where we believe that we have advanced beyond the stage of students, we have advanced too far for our own good. I say to you, with all my years of practice behind me, that I would not be prepared when calls come for help if I should fail on any single day of the week to re-establish myself in the consciousness of the Presence and then go further to the realization that whatever problems I meet this day are appearing to me only as mesmeric suggestions based on the universal belief in two powers, and that at the moment they appear I recognize them as the ‘arm of flesh,’ and dismiss them as such.” ~Joel S Goldsmith

Isaiah 54:13 KJV

13 And all thy children shall be taught of the Lord; and great shall be the peace of thy children.

II Chronicles 32:7,8 KJV

7 Be strong and courageous, be not afraid nor dismayed for the king of Assyria, 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.

Psalms 25:4-5 KJV

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

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

Philippians 3:12-14 KJV

12 Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

13 Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

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

Father, I can of mine own self do nothing, it is You that Does the Work, all of It... Every time I rest and meditate I know that I must start at the beginning, as though I have never sat down to pray before... There is no yesterday's manna. Each morsel must fall afresh... I Know of Your Presence, Father, but I have no idea whatsoever what you have for me today... The dogs bark at me and my fellow students on our Journey, but I know that I must press on toward the Mark of Truth... I will follow You... Thy will be done... I am here... Loving You... Waiting...
~Al Denninger

The Daily Lesson – September 14, 2026

“The reason must be clear to you. The Master gave it to us in these words, ‘I can of mine own self do nothing.’ Therefore, if I of mine own self can do nothing, there must be Something that does the work; there must be Something functioning in my experience that is responsible for my life and its demonstration. What is it? First of all, it is the realized Presence of the Spirit within; and secondly, it is abiding constantly and consciously in the realization that whatever I am being presented with is a picture—a picture sometimes good and sometimes evil—and I must not be attached to any picture. I must not gloat over the good, and I must not fear the evil: I must realize the unreal and impersonal nature of both.” ~Joel S Goldsmith

John 5:30,31 KJV

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

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

II Corinthians 3:16-18 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.

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 14:10 the words & 17 KJV

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

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.

Look into a mirror. What do you see? A good personal reflection looking into the mirror; or the reflection of a not so good person? Or, with open consciousness beholding, could you see the impersonal Spirit within—the Glory of The Lord—an Individual Divine Expression of God? The Spirit of God has no personal view only an impersonal Spiritual View. Look back into the mirror again, can you now See the impersonal Image of God, from Glory to Glory looking back at you? And so it is, something is functioning in your Impersonal Experience showing you that the Father Is Doing the Works. The Lord is that Spirit, and there is Liberty. I am not the Father—I can not of mine own personal self Do the Works—but “I” Spiritually See the Glory of the Father Within. Jesus said, “He Dwelleth with you, and shall be in you”. ~Al Denninger

The Daily Lesson – September 15, 2026

“The function of the Christ is to break our attachment to ‘this world,’ to the pictures of ‘this world.’ It acts to overcome our love of the good things of ‘this world’ and our fears and hates of the evil things of ‘this world’ in the realization that both the good and the evil appearances are but appearances, the human dream, if you like. ‘Awake thou that sleepest.’ Why are we told that we must awaken? Because as human beings we are asleep, and in that sleep we are in a dream-state, dreaming of both good and of evil.” ~Joel S Goldsmith

John 18:36 (to :) KJV

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

1 John 2:15-17 KJV

15 Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

John 17:1 & 13-14 KJV

1 These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:

13 And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves.

14 I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.

Ephesians 5:14 KJV

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

Christ is the Light and Love of God's Kingdom. Darkness cannot exist in the Presence of Light, its all or nothing—Light or absence of Light. Appearances and lies of any kind are dissolved in the Truth. Love overcomes all fear and doubt. Love Is. Christ's Kingdom is not of this-world, so let's stop looking for Christ where Christ is not. Awake, Arise and be watchful. ~Al Denninger

The Daily Lesson – September 16, 2026

“At no stage of our unfoldment, from the very first day that we undertake the study of the Infinite Way until the last day of our stay on this earth-plane, must we ever permit ourselves to forget these two major principles: (1) the attainment of the consciousness of the presence of God; and (2) all error has its origin in the universal belief in two powers.” ~Joel S Goldsmith

Matthew 16:13-23 KJV

13 When Jesus came into the coasts of Caesarea Philippi, he asked his disciples, saying, Whom do men say that I the Son of man am?

14 And they said, Some say that thou art John the Baptist: some, Elias; and others, Jeremias, or one of the prophets.

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

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

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

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

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

20 Then charged he his disciples that they should tell no man that he was Jesus the Christ.

21 From that time forth began Jesus to shew unto his disciples, how that he must go unto Jerusalem, and suffer many things of the elders and chief priests and scribes, and be killed, and be raised again the third day.

22 Then Peter took him, and began to rebuke him, saying, Be it far from thee, Lord: this shall not be unto thee.

23 But he turned, and said unto Peter, Get thee behind me, Satan: thou art an offence unto me: for thou savourest not the things that be of God, but those that be of men.

Jesus' interactions with Simon Peter gives us these 2 main principals in 10 consecutive lines of Matthew 16:

1. Jesus first asks his disciples what the world thinks of him, and they throw out some ideas. Then he asks Simon Peter. Peter Gives us the principal of the Spiritual Christ upon which Jesus' Message and the Spiritual Church would be, and Is, founded on. And most importantly, that Peter's Answer was Revealed in Spirit to Spirit—from God—and not from this-world thought or reasoning. This was clearly Peter's first Spiritual attainment of the Presence of God. And this is the moment that Jesus renamed Simon Bar-jona with His Reborn-in-Spirit name – Peter.

2. And then, moments later, Peter slips back into the this-world mind when he is afraid of what this-world might seemingly do to the Christ. It is just the opposite of the first principal. Peter is rebuked, as satan consciousness, for erroneously entertaining a belief in two powers. Harsh as it seems, Christ Jesus always speaks the Truth and that is how he drives these two principals home for his disciples, and us, to See. These 10 lines of Scripture are as clear as can be to those with Eyes to See. Never forget to Savor the Things of God, and let loose the ideas and appearances of this-world. ~Al Denninger

The Daily Lesson – September 17, 2026

“When we meditate and do our preparatory work for the day, our protective work, our world work, or our work for our families, we should at least know the goal of that work. We must know what we are going to do when we begin to meditate: we are going to remember consciously that the Spirit of God is closer than breathing, that within our consciousness is the fullness of the Godhead bodily, and that God is fulfilling Himself as our individual experience. God is fulfilling Himself in an individual way, in one as an artist, in another as a merchant, a lawyer, or as a statesman. In any and every form is God fulfilling Himself; God is fulfilling Himself at our particular level of consciousness, at our particular state of receptivity. This must be consciously remembered and then, as we think individually of the members of our families or of our patients or students, again we are remembering: God is fulfilling Himself as the individual experience of this one or of that one, and therefore, he is at the point of fulfillment, at the point of transparency in which, through which, and as which God is appearing on earth.” ~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.

Colossians 2:9-10 KJV

9 For in him dwelleth all the fulness of the Godhead bodily.

10 And ye are complete in him, which is the head of all principality and power:

Galatians 2:20 KJV

20 I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.

Ephesians 3:16-19

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

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

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

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

John 14:8-11 KJV

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

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

I can of mine own self, do nothing... By the Fulfillment of God, do I Live and Move and Have my Being... I am His offspring because He is my Source, my Creator... I am Complete with no

gaps, unfinished or unfulfilled parts or lack of any kind... Christ is the Light that I follow, that Guides and Illumines my every step as thought Christ is Living my Life... Christ is my Rock, the Foundation of my structure of Truth and Love... It is the Christ that shows me the Father, and how His Life is within me... I Know the Love of Christ, beyond words and thoughts, as He shows me how to Love without condition... God is Fulfilling Himself in and As my individual Journey and Experience... Thank you Father... Thy will be Done... ~Al Denninger

The Daily Lesson – September 18, 2026

“Then, too, as we deal with the appearances of everyday human living—national conflicts, international conflicts, family conflicts, or individual conflicts—we realize that we are beholding only the activity of a universal belief in two powers. We never will know harmony until we recognize that whatever we are dealing with is but a belief in two powers, and then establish ourselves in the realization:

‘I and my Father are one.’ In this oneness, the infinite All-power, which is spiritual, is the only Presence and the only Power functioning in my experience.” ~Joel S Goldsmith

John 7:24 KJV

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

John 10:30 KJV

30 I and my Father are one.

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.

Colossians 1:16-17 KJV

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

17 And he is before all things, and by him all things consist.

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.

A false appearance is simply a lie occupying our thoughts. Get thee hence, lies and liars. There is only one Truth and it is Given by Our Father, who is above all, in whom all things are Created and consist—as are we—for we are God’s Glory and Expression. ~Al Denninger

The Daily Lesson – September 19, 2026

“It is not that we choose the good over the evil. Rather do we relinquish the good *and* the evil and exchange these for the spiritual. We do not prefer the good to the bad, but we renounce both good and bad, and consciously realize:

Since God constitutes the law of my being, I am governed by spiritual Being, spiritual Law, spiritual Light, and spiritual Truth.” ~Joel S Goldsmith

Philippians 3:7-9 KJV

7 But what things were gain to me, those I counted loss for Christ.

8 Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ,

9 And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

Galatians 5:18 & 22-25 KJV

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

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

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

24 And they that are Christ's have crucified the flesh with the affections and lusts.

25 If we live in the Spirit, let us also walk in the Spirit.

Romans 8:5-9 KJV

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

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

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.

What do I lose by letting God Govern my life?

The thoughts of what isn't dissolve into the Reality of what IS.

What do I gain by letting God Govern my Life?

The Christ Revealing the Truth. The Entire Kingdom of God—all that the Father hath is thine. Where the Spirit of God is Realized there is Liberty, Life Everlasting, Peace, Joy and Infinite Love. ~Al Denninger

The Daily Lesson – September 20, 2026

“If we engage in this daily practice—and we must—we shall soon find that we have received in our inner being the secret of the universe, the secret of harmony, the secret of the Holy Grail. We shall find that we have the secret of life, once we know that the consciousness of the presence of God is the only reality unto us and that there is no two-law universe. There is only the spiritual-law universe of God. When we have that, the discords and inharmonies will melt gradually, but certainly and completely.” ~Joel S Goldsmith

2 Corinthians 4:16-18 KJV

16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

17 For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory;

18 While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.

Colossians 1:16-17 KJV

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

17 And he is before all things, and by him all things consist.

Revelation 21:4 KJV

4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Spend more time with God and the former things melt gradually and will pass away. The Infinite Invisible I Am is in Control. *I can of mine own self, do nothing....* ~Al Denninger

The Daily Lesson – September 21, 2026

“Never Believe That You Know What to Pray For

“When we have mastered these two major principles of the Infinite Way, the occasion often arises for us to deal specifically with the problems of the world, and here is another principle. Although these principles should not be divided into major and minor principles, because they are equally important, I still cannot put this additional principle in quite the same category as the first two.

Our attention has been centered so much on the things of this world that even when we are in prayer, we have prayed for specific things. It is certainly abundantly clear that the world has not advanced much in the thousands of years it has engaged in this kind of prayer; it has not overcome the discords of the world in that way, and therefore, in our work, we have found it more efficacious not to pray for anything, but to pray for the attainment of the realization of God, and stop there. When the realization of God is attained or felt, those things necessary to our experience have a way of being added unto us.” ~Joel S Goldsmith

Colossians 3:1-4 KJV

- 1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.
- 2 Set your affection on things above, not on things on the earth.
- 3 For ye are dead, and your life is hid with Christ in God.
- 4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

Ephesians 1:17-19 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,
- 19 And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power,

Colossians 1:9-10 KJV

- 9 For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;
- 10 That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God;

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.

Seek and set your affections on the Kingdom of God, and stop short of asking for things of this-world. There is nothing to correct in the Truth of Being, only in our sense that we are somehow separated from God. The Father already Knows the things you have need of to fulfill His Perfect Will, and He will Perfectly time their addition in our Experience. Harmony in all Ways is Felt as the result of Experiencing the Presence of God. Be still and Let God Fill you. ~Al Denninger

The Daily Lesson – September 22, 2026

“I can illustrate that for you by pointing out that when I am meditating or praying about this work and am faced with giving a lecture or a class, I never pray to be given a message to deliver. I never ask for a message for today; I never seek a subject for a class. When I meditate, it is only for the realization of God's presence, and then I find that whether seated or standing on the platform, the message comes, and usually a message of such a nature that it meets some specific need.” ~Joel S Goldsmith

Psalms 27:4 KJV

4 One thing have I desired of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to enquire in his temple.

John 15:4-7 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 17:24-25 KJV

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;

I can of mine own self do nothing... Our Father, He doeth the Work... Sometimes I struggle to find the words, always to come to the Realization that the Perfect Word is always God's... In Silence, through the Peace that passeth understanding Comes the Gift of the Word... Abiding in the Vine Opens the Path to the Message for this very moment—for every moment... Thank you Father. ~Al Denninger

The Daily Lesson – September 23, 2026

“Think for a moment. Would it make any difference at all what message you found in this chapter, if the presence of God were not in it? Would any message be of any importance to you or could it do anything for you, if the presence of God were not with the message? On the other hand, would it make any difference at all if there were no message, or what form the message took, if the presence of God were consciously with you? The point is that if you had to choose between having the presence of God with you or having an inspiring message, you would undoubtedly choose the presence of God, even if you had to read a dull message, or listen to a message that at the moment meant nothing to you, or one that you did not understand. What difference would that make to you if, in the message, you felt an actual experience of God's presence, something touching your consciousness, giving you a moment of inner freedom or peace?” ~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.

Matthew 6:8 KJV

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

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.

Today I'd like to share a little story about my first earth-melting and Life changing Experience of the Presence of God. To get right to the point I will abbreviate the story. About 40 or 45 years ago, I had been an IW student for several years, and I was driving alone in my car. I had been listening intently to the tape by Joel entitled “The Thunder of Silence”. I don't remember if it was side 1 or side 2, but it was an old cassette tape that was given to me and it was worn out and would barely play. The tape had unspooled many times and I remember taking a pencil and by sticking it in the cogs of the tape so that I was able to spin the cog and get the wrinkled tape stuck back into the cassette so it would play. It was a poor quality tape and it was hard to hear over all the pops and artifacts on the recording. It was probably a homemade copy of a copy... It was what I could get my hands on. It was so splendid to hear Joel's voice.

I had been listening to this particular tape every chance I could get, over and over again. Something inside of me Knew there was something on this tape that I needed to hear. Tapes were hard to find back then, unless you knew where to look and there was no internet to find anything. All I had was a good friend and mentor who would give me Infinite Way stuff.

Anyway, back to driving in the car – I was crossing a large lightly wooded swamp and I looked off to my left and the entire scene before me turned to mist and then transparent. I could clearly See through the trees and grass and stumps. Everything became crystal clear through the mist and I could See into the Universe right through solid matter. Every single blade of grass, every tree, the water—everything—was singing Praises to God... Then I heard a Voice, and there was Jolt of Awareness followed by a great Peace. It felt like I knew the Source of Everything. Every question I ever had was answered. Then with great emotion I would say I somehow startled myself out of the Experience... I pulled off the road and cried and pulled myself together. I

don't know how long I was there, but I turned the car around and headed back home instead of going where I intended.

I had Heard something and I couldn't remember what it was. It was kind of frustrating. I thought that what I heard must have been on the tape so I backed up the tape several times on the way home. For the next day or two I could do nothing but replay the tape again and again... What did I Hear? My wife was upset with me because I was not getting my work done for the business. I got a transcript of the tape from my friend Walt and read through it. I could not find the Words I Heard there either. To tie this to today's paragraph from Joel's book—I finally Realized that the Word was not in the transcript, or on the tape, it Was directly from the Realized Presence of God.

Joel did not know what was going to happen to me, it was not spoken in his class directly. But his class was for everyone with Ears to Hear, wasn't it? Walt didn't Know anything about it either. The point is that they were both Instruments for the Word of God to pass through them. Not even when they were giving their recorded class or mentor's guidance. But they had both gone to God first, to Dwell in His Presence before giving the class or giving me the tape of Joel's class. You see? The Experience that Came to me was not in their specific message, but the message was the Source of my Experience, because they first began their teaching by, for, with and through the Present Spirit of God. The Experience that Came to me came through the Spirit, not from the tape. The Divine Intention was there and Shined through the recording to Ears that were Listening.

I consciously chose to and was headed toward having an Experience, and through the message Given by the Spirit, I did. I could not know when or how—it just Came in the moment that I was ready and was listening intently. And so, every time I sit down to write, or pick up the phone or write an email or text, I STOP and Seek the Presence of God and let Him Do the Works. It's the only Way. ~Al Denninger

The Daily Lesson – September 24, 2026

“Can you see that it is not too important what I actually say on the platform? It is really not too important what form the message takes; but it is important, and vitally so, that the presence of God be realized before I go on the platform and that that realization continue during those moments I am there. The message will then do its work, regardless of its nature or form, or regardless of what particular words come forth.” ~Joel S Goldsmith

I Thessalonians 2:10-13 KJV

10 Ye are witnesses, and God also, how holily and justly and unblameably we behaved ourselves among you that believe:

11 As ye know how we exhorted and comforted and charged every one of you, as a father doth his children,

12 That ye would walk worthy of God, who hath called you unto his kingdom and glory.

13 For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe.

(From Christ Jesus:)

John 5:30-31 KJV

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

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

(Also from Christ Jesus:)

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.

Our Father Does the Work through and As His Individual Expression. God is Working 24/7, in a Way we know not of... There is nothing we can ever do about It. God just Is!

Do you want to Know about God? Do you want to See what God Sees? Then, Be about The Father's Business. The Way for you, and of you, is by His Design, not your desire. Be still, and confidently Know, the Lord is your Shepherd, thou shalt not want... ~Al Denninger

The Daily Lesson – September 25, 2026

“Whether you have an article of merchandise or a service to sell, or whether you have some work of a physical or mental nature to perform, sooner or later, you are going to discover that the work will be perfectly accomplished only if you have attained the conscious awareness of the presence of God. The attainment of that awareness, of that Presence, goes before you to establish the relationships with those whom you need to contact, whether in buying or selling or in any relationship; but if you depend on your human personality, your human sales ability, or on your human talents, somewhere, sometime, you will fail. If you give less concern to what you are going to say, however, and more concern to the attaining of the realization of the Presence, you will find that the right words for the right occasion will come forth from your mouth.” ~Joel S Goldsmith

Isaiah 45:2-3 KJV

2 I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and cut in sunder the bars of iron:

3 And I will give thee the treasures of darkness, and hidden riches of secret places, that thou mayest know that I, the Lord, which call thee by thy name, am the God of Israel.

Matthew 6:33 KJV

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

1 Peter 4:10-11 KJV

10 As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.

11 If any man speak, let him speak as the oracles of God; if any man minister, let him do it as of the ability which God giveth: that God in all things may be glorified through Jesus Christ, to whom be praise and dominion for ever and ever. Amen.

If we Truly seek the Kingdom of God, and His Righteousness, are we seeking for corrections and things in this-world—or are we Seeking Righteous things to be added to our Experience?

All that the Father has is always yours, the enlightened answer is in the Awareness of that fact. Your abilities, even if they, in this-world, seem like they're yours at times, are not really yours but they are the Activity of God In, As and Through you.

The task at hand, every moment of our lives, is to rest back in Pure Confidence and Watch Him Provide the words, ability, supply and strength to Be about His Business. If so be we Dwell in His Presence, nothing is impossible—it's required actually to Follow Divine Direction when we are Given It. We will eventually Joyfully Follow and Praise God. It is written in the Prophets that we will all be taught of God—why not just get on with it and do it now? You have *My Gift* and *My support*, nothing is more important than the Father's Business. ~Al Denninger

The Daily Lesson – September 26, 2026

“Never be tempted to believe that you know what you should pray for. Never be tempted to believe that you know what is for your good, because, regardless of what you may believe to be your good at the moment, it is a belief stemming only from the limited state of your present awareness. If you could have the divine Grace to see your life in its wholeness and completeness, it would then be revealed to you that what you, at this moment, think is for your ultimate good may not be so. Many have believed that a college education was an absolute necessity, and others have proved that they could be successful without it. Many have thought that their work lay in some particular field of activity, but had they trusted divine Wisdom to guide them, instead of their limited, finite, human wisdom, something entirely different might have unfolded for them. You have no way of knowing what experience is best for you unless you permit yourself to be guided by a Wisdom higher than your own.” ~Joel S Goldsmith

John 5:30-31 KJV

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

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

Matthew 19:16,17 (to :) KJV

16 And, behold, one came and said unto him, Good Master, what good thing shall I do, that I may have eternal life?

17 And he said unto him, Why callest thou me good? there is none good but one, that is, God:

Proverbs 3:5-7 (to :) KJV

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

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

7 Be not wise in thine own eyes:

Luke 12:30,31 (to ;) KJV

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

31 But rather seek ye the kingdom of God;

John 16:13 KJV

13 Howbeit when he, the Spirit of truth, is come, he will guide you into all truth:

Psalms 23:2-3 KJV

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

God is the Source and Supply of all Good, don't hold Him back with your limited and changing sense of good. Acknowledge the fact that the Father Knows your Soul and He is your Guide and Shepherd. Let God Restore the Truth in your Heart so that you Follow Him in the Paths of Righteousness. ~Al Denninger

The Daily Lesson – September 27, 2026

“When you enter prayer, do not believe that your wisdom is sufficient to tell you what to pray for, or how to pray. Sad is the lot of the person who believes that he knows how to pray, because every prayer is unique. Every prayer or meditation is different from all other prayers and meditations, and heaven help the person who goes into prayer and meditation with a memory of how he prayed or meditated yesterday for he blots out for himself the possibility of receiving fresh manna today. The safest course for an Infinite Way student to follow is to admit freely that he does not know how to pray, how to go out or come in, or what to pray for, and then open himself in receptivity to that still small Voice which is within, closer than breathing, and let It pray through him, let It utter Its voice, let It have Its way. If you are praying for someone else, let It inform you, let It inform your patient or your student.” ~Joel S Goldsmith

Matthew 6:11 KJV

11 Give us this day our daily bread.

James 4:7 (to.), 8 (to .) & 10 KJV

7 Submit yourselves therefore to God.

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

10 Humble yourselves in the sight of the Lord, and he shall lift you up.

Matthew 6:5-8 KJV

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.

Romans 8:25-28 KJV

25 But if we hope for that we see not, then do we with patience wait for it.

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

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

Our Daily Bread is the Manna that falls afresh every day and every time we sit down to pray. We cannot gather it and store it for future use. We also cannot go back and start our prayers and meditations from where we left off. Each time we pray we must start from the beginning. As we rest back in the Assurance of Christ we must confidently empty our vessel so that it may be Filled and runneth over with the New Bread of Life, the New Oil of Consecration and the New Wine of Joy and the Blessing of Transformation. *Open our Awareness to God's Divine Will Being Done in and through us as it Is in Heaven...* God's Good is Infinitely Expressed As. ~Al Denninger

The Daily Lesson – September 28, 2026

“Do not try to be Omniscience yourself in your praying, because you can be Omniscience only when you are completely absent from the personal sense of self, when you are absent from any knowledge, when you have attained that place of unknowing in which you definitely know that you do not know, and do not even want to know, but are willing and open to receive spiritual wisdom, spiritual guidance, spiritual strength.” ~Joel S Goldsmith

Isaiah 55:8-9 KJV

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

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

Proverbs 3:5-7 (to :) KJV

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

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

7 Be not wise in thine own eyes:

Proverbs 2:1-4 KJV

1 My son, if thou wilt receive my words, and hide my commandments with thee;

2 So that thou incline thine ear unto wisdom, and apply thine heart to understanding;

3 Yea, if thou criest after knowledge, and liftest up thy voice for understanding;

4 If thou seekest her as silver, and searchest for her as for hid treasures;

Drop all sense of ego, take no thoughts and reasoning of this-world and Open an Avenue of Awareness of the Spiritual Realm. The wisdom, guidance and strength of Christ is Revealed in silence and humble surrender beyond words and thoughts. Spirit to Spirit, Soul to Soul, I Am.
~Al Denninger

The Daily Lesson – September 29, 2026

“When you are praying or meditating for someone else, do not try to transfer thoughts to him, do not try to know what is right for him or best for him, but sit in a state of complete receptivity, and then let the Father function as your consciousness. You may not receive any message for your patient or student, but you do not need any. He will receive it, and he will receive it not from you, but from the *Source* of you. Your consciousness acts only as the instrument of contact, and you yourself may never know what the message is, or even whether any message has been received. In my practice, it is never given to me to know what message my students or patients receive, and furthermore, I never concern myself with this phase of the work. Many times when they ask if I have received anything for them, my answer is, ‘No, I have received nothing for you. I have merely meditated, and whatever is to be known or experienced must come to you from the Father. I do not enter the picture of your life except as a transparency, nothing more, nothing less.’” ~Joel S Goldsmith

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.

1 Corinthians 2:12-13 KJV

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.

James 1:17 KJV

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

All Healing Comes from the Father. It is Our Job to Be still and Aware of that fact and Watch, Know, Rejoice and be Grateful. It is the Spirit that does the Work. I wait not for Healing, I wait for the Presence of God and the Peace and Clarity that Comes in Communion. It is in the Peace that Passeth all Understanding that the Spirit of God Is. Rest in the Confidence of Knowing. ~Al Denninger

The Daily Lesson – September 30, 2026

“Whatever it is that you may feel as the result of Infinite Way prayer or treatment work, or in our meetings, or in any work that is done for you—whatever you feel, you are feeling from the Source Itself for nothing is being directed to you. I do not concern myself with your problems, nor with the solution to your problem because the only solution that I know is the actual realization of God's presence, and the understanding that this problem, whatever its name or nature, is a state of universal hypnotism, without a person through, as, or upon whom it can act, and without a law or a power to create, maintain, or sustain it.” ~Joel S Goldsmith

Isaiah 26:2-4 (to :) KJV

2 Open ye the gates, that the righteous nation which keepeth the truth may enter in.

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

4 Trust ye in the Lord for ever:

Philippians 4:7-9 KJV

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

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.

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.

The nature of hypnotism, or a belief in a power other than God is nothing, hypnotism has no power unless we are distracted by it's tempting appearance or suggestion, and let ourselves get drawn into its lie. Seek ye first the Truth, Peace and Presence of God, and nothing else can or will influence you. Focus on God, Open wide your Heart, let it be Filled with the Mind of Christ, and Watch the Will of God Fill you Experience.

Not my will, or my patients will, but thy Righteous Will be Done Father, in Your Perfect Way. I can't do anything, but You Can... ~Al Denninger

The Daily Lesson – October 1, 2026

“I would emphatically caution every Infinite Way student never to lose these basic points and never to try to advance beyond them, because whatever measure of harmony is to come into our experience through the message of the Infinite Way must come through the understanding and practice of these major principles. As we go further into the mystical side of the message of the Infinite Way, we come into an ultimate awareness and the actual experience of our true identity, but this never, never eliminates the necessity for practicing these basic points.” ~Joel S Goldsmith

John 5:30 (to :) KJV

30 I can of mine own self do nothing:

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 4:7 (to.), 8 (to .) & 10 KJV

7 Submit yourselves therefore to God.

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

10 Humble yourselves in the sight of the Lord, and he shall lift you up.

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 15:4-7 KJV

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

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

Romans 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.

Never lose sight of God as Infinite Principal. Our place is in Humble Oneness, as an individual Expression, or a Branch on the Omnipresent, Omniscient and Omnipotent Vine, Trusting God with all our Heart. Which will lead us to learning to Joyfully Prove the Perfect Will of God. ~Al Denninger

The Daily Lesson – October 2, 2026

“The Practice of the Principles Is an Aid to Meditation

Those who experience difficulty in meditation are undoubtedly neglecting one or more of three basic principles: (1) the attainment of the consciousness of the presence of God, (2) all error originates in the belief in two powers, (3) never pray for any thing—or they may be attempting to meditate without first having some minutes of contemplative meditation to prepare consciousness for the final moments of listening. In contemplative meditation, we contemplate the presence of God, the unreal nature of the appearance, and the truth that we are not seeking anything in this world, any condition, or any person, but only the realization of divine Presence and Power, the Spirit Itself.” ~Joel S Goldsmith

Ephesians 3:16-19 KJV

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

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

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

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

Isaiah 45:5-7 KJV

5 I am the Lord, and there is none else, there is no God beside me: I girded thee, though thou hast not known me:

6 That they may know from the rising of the sun, and from the west, that there is none beside me. I am the Lord, and there is none else.

7 I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things.

Matthew 6:7-8 KJV

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

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

Psalms 46:10 KJV

10 Be still, and know that I am God:

Psalms 62:5-8 KJV

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

6 He only is my rock and my salvation: he is my defence; I shall not be moved.

7 In God is my salvation and my glory: the rock of my strength, and my refuge, is in God.

8 Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.

Be still, ponder and listen, so Christ may Dwell in you, beyond words and thoughts. Know that God Is Present always, and there is none else. Wait upon the Lord, and Trust in Him. ~Al Denninger

The Daily Lesson – October 3, 2026

“After this contemplative meditation, we can settle down into the experience of meditation: into an inner stillness, an inner peace, an inner calm, which comes as the result of this contemplative meditation and really prepares our consciousness to be still. Through our contemplative meditation, we deal with the problems that may be disturbing us, and therefore in our meditation we are no longer faced with problems, but with the remembrance of what we have been realizing and are then able to take the attitude:

‘Speak, Lord; for thy servant heareth.’ I am prepared to be still and hear Thy voice. I am inwardly prepared, in quietness and in confidence, to receive Thy grace.” ~Joel S Goldsmith

Philippians 4:6-7 KJV

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

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

Romans 8:26 KJV

26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought:

Ephesians 3:16-17 KJV

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

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

In earnest and humble conversation with God, God’s Grace unfolds the conversation into the trust, confidence and strength that encourages us to be still and Hear the Truth. In this setting, nothing else seems to matter. This constructive contemplation, in the Spirit of the inner man, creates an opening to be taught by God.

Speak Lord I am here. I Love being with You... ~Al Denninger

The Daily Lesson – October 4, 2026

“Those who have difficulty with meditation should give more time to the contemplative form of meditation and practice these three basic principles until they actually experience a release, and then they can settle down into an inner listening attitude and receive God's grace. God's grace is not something we need to earn or deserve; God's grace is not going to be withheld because of some sin of omission or commission; God's grace is not going to be withheld for any reason, for God is not a withholding God. Regardless of your past sins or present sins of omission or commission, God's grace will be experienced if you can open yourself wholeheartedly to receive the Presence and the Grace.” ~Joel S Goldsmith

1 Timothy 4:13-15 KJV

13 Till I come, give attendance to reading, to exhortation [encouraging words], to doctrine.

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

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

Matthew 7:7-8 KJV

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

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

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.

Luke 12:32 KJV

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

Sometimes I have ongoing conversations with God about things I am wondering about. They may be about something I read in Scripture that I don't understand yet. They can be in silent pondering or they can be aloud. I consider these conversations to be a form of contemplative meditation. These readings, exhortations and conversations can be a necessary step in finding the Truth so that we can say to ourselves, “oh, yes” and that brings us to a place of the rest and confidence of deeper meditation.

The Father Gives us all that He Hath, now and forever, without condition—it is His Good Pleasure. He never stops Giving us the Truth, our Supply and our Direction. When you Hear the Word [knock], Acknowledge It and open the Door to Awareness. Don't be shy, open the Door. ~Al Denninger

The Daily Lesson – October 5, 2026

“Grace will be given to you. It was given to the woman taken in adultery when she asked for it; it was given to the thief on the Cross: not after years of torture, penalty, and punishment, but in a moment of Christhood. Even if there exists in you the potentiality of sin and disease, remember that these, too, will be taken from you by this grace of God that you receive.” ~Joel S Goldsmith

Romans 8:9-11 KJV

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

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

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

Ephesians 2:4-8 KJV

4 But God, who is rich in mercy, for his great love wherewith he loved us,

5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;)

6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus.

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

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.

The woman taken in adultery and the thief on the cross were instantly Changed in the Presence of the Christ. Their past was erased, and their Present was forever Lifted Upward.

No matter what our past, or our health, or wealth, if so be we Dwell in the Spirit and It in us, we shall abide under the shadow of the Almighty. We are healed, forgiven and Filled to Running over. Grace and Peace are Given unto us. We are assured, comforted and well, and thereby not troubled or afraid. In the Presence of God, nothing can be taken, removed or in lack. God Is, always. ~Al Denninger

The Daily Lesson – October 6, 2026

“Across the Desk

For those of us on the spiritual path, it is necessary to know beyond all question of doubt the nature of spiritual power. Never forget that there are no human answers to the problems of the world today. No one in Washington, London, Paris, Bonn, or Moscow is going to come up with a solution to the world's troubles. The situation is beyond human power.” ~Joel S Goldsmith

Romans 8:9 (to ,) KJV

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

Psalms 91:1 KJV

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

Isaiah 9:6,7 KJV

6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

7 Of the increase of his government and peace there shall be no end, upon the throne of David, and upon his kingdom, to order it, and to establish it with judgment and with justice from henceforth even for ever. The zeal of the Lord of hosts will perform this.

Psalms 23:3 he KJV

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

There are no righteous answers in human governance that is based on finite concepts. Dwell in the secret place of the Consciousness of Christ and He shall be thy Shepherd. There, all Judgment and Guidance shall be Righteous, Filled with Infinite Abundance and Unconditional Love. Ego can do nothing. ~Al Denninger

The Daily Lesson – October 7, 2026

“The hope of the world must be in spiritual power and those who have gained some measure of understanding of the nature of spiritual power must remain awake in this hour to give the world the benefit of that understanding. It will change your concept of God and pave the way for God-realization to ponder this from the chapter ‘God Is One’ in *Living the Infinite Way*.” ~Joel S Goldsmith

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.

John 6:63 KJV

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

2 Corinthians 10:3-5 KJV

3 For though we walk in the flesh, we do not war after the flesh:

4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)

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

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.

Our belief must be based on Righteous Truth, not on the limited sense of this-world. This-world will never know what is beyond words and thoughts, it's not possible. Cast down those imaginations and lean not unto your own understanding. The flesh profiteth nothing. The Presence of God is with you Always. Acknowledge the very Infinite Way of Being in every thing you do and be Directed by the Truth. “Not by might, or by power, but By My Spirit”. Be still and Know. ~Al Denninger

We did a book study of *Living The Infinite Way*, by Joel S Goldsmith in 2015.

You may review the Chapter “God is One” in my “The Daily Lesson” archives at:

<https://www.iwso.org/archives.htm>

Infinite Way Students of the Ozarks - IWSO.org - Archives

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The Daily Lesson – October 8, 2026

“According to the Master's teaching and the teaching of all spiritual wisdom throughout the ages, there is only *one* power, *one* law, and *one* being. Think, now, because this is the point to which we are leading: There is nothing in all this world to use God-power for or against.... There is not good or strong power, not good or evil power: There is only power—*God is*. There is no power to oppose anything, so there is no use praying to it to overcome our since there is only one power and the power that is, *is God*.” ~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.

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.

Revelation 1:8 KJV

8 I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.

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.

We either believe in Omnipresence, or we don't... If we doubt, we must be transformed and renew our mind so that we may prove It. There is One Presence, One Power and One Mind. There is only *Is*... *Above, Through and Within*... *God Is*... Be still and Know *Is*. ~Al Denninger

The Daily Lesson – October 9, 2026

“Do you now begin to perceive the nature of spiritual power? Do you understand how to face the threats emanating from temporal power, the ‘arm of flesh’? Do you perceive the nature of your responsibility to the world since you are of the few who understand the nature of spiritual power? Rise, Students, in the full stature of your understanding to ‘rest in His word,’ to ‘put up thy sword,’ and know why!” ~Joel S Goldsmith

II Chronicles 32:7,8 KJV

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

Matthew 5:38-39 KJV

38 Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth:

39 But I say unto you, That ye resist not evil:

Hebrews 4:11-12 KJV

11 Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

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

John 8:32 KJV

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

James 1:22 KJV

22 But be ye doers of the word, and not hearers only, deceiving your own selves.

When we Know the nature of God as Omnipotence, it should follow that we know the nature of error as no power or no-thing. Then, does it make sense to react like shadow boxers against a shadow on the wall? If we react and fight against the shadow, there is nothing we can do to the shadow but make it appear as something fighting against us. The more we fight, the more it fights. The Truth is that it is us reacting to nothing. The shadow is our creation and our distraction—nothing appearing as something. A divided consciousness that strains at gnats and swallows camels is a fools distraction. God is the One and only Power that Is, and was and ever will Be. Put up your boxing gloves and stop being deceivers of yourselves.

Knowing the Truth leads to Dwelling in the Consciousness of Christ. Be ye not just entertained by the letter of the Word, but be ye Doers of the Word. Stand up and proudly and honorably Be the Activity of God, workers in Christ, Lifting the world as we Go. The intent of our Heart is now being about the Father’s Business. ~Al Denninger

This concludes our study of Chapter 9 in the book “The Contemplative Life” by Joel S Goldsmith
Tomorrow we begin: Chapter 10 “Meditation On Life By Grace”