

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 – January 19, 2026

“Chapter 5

STEPS ON THE PATH OF ILLUMINATION

The goal of our work is the attainment of some measure of spiritual consciousness: to return to the Father's house and thereby attain some degree of that spiritual light which will result in our again becoming children of God. The human race, as we know it, is not the offspring of God. It would dishonor God to believe that He could create what confronts us as human beings; it would be a travesty on God to believe that the conditions existing in this world today were created by Him.” ~Joel S Goldsmith

Romans 12:2 KJV

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

2 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.

Romans 8:4-9 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.

Matthew 6:10 thy KJV

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

Genesis 1:31 (to .) KJV

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

Romans 8:28 KJV

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

All that God Created was Good and God created man in His Image and Likeness and Gave him all that He hath—including discernment. And if all things work together for Good, there is nothing that does not Work for Good. This-world's distracted universal mind may see what it sees, but that has nothing to do with the Perfect Will of God. Be not conformed to this-world thought. Jesus Christ proved this-world could not take His Life because His Life was the Perfect Life and Will of God. ~Al Denninger

The Daily Lesson – January 20, 2026

“The Master's message was very clearly one of *dying daily* in order to be reborn of the Spirit. Paul, too, made it clear that as creatures we are not under the law of God, ‘neither indeed can be,’ but that we can become children of God, we can return to the Father's house and once again be under the law of God, the protection and care of God. The Master's entire mission was to reveal how the transition from the man of earth to that man who has his being in Christ can be made; his entire mission was to reveal the nature of spiritual revelation, spiritual realization, spiritual attainment.” ~Joel S Goldsmith

Romans 8:7 KJV

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

I Corinthians 15:31 I die KJV

31 ...I die daily.

John 3:5 KJV

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.

Galatians 5:16-18 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.

Romans 8:2 KJV

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

I can of mine own self can do nothing Father... I surrender all to You so that You can show me the Truth... May I walk with you a little while?... Lead me.... ~Al Denninger

The Daily Lesson – January 21, 2026

“Most of the great religious teachings of the world have adopted as their theme the idea that the man of Adam is outside the Garden of Eden, that is, outside the kingdom of God, and that through spiritual living, practice, and prayer, he can be returned to the Kingdom and again come under the grace of God. This process is known as illumination. Those who are illumined are those who have risen above mortal or material consciousness, those who have received light and, in some cases, initiation.” ~Joel S Goldsmith

1 Corinthians 15:22 KJV

22 For as in Adam all die, even so in Christ shall all be made alive.

Colossians 3:1-2 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.

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.

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,

In completely presenting ourselves to God for His service, and setting our affection on things above. We Open our Awareness to the Enlightenment of the Truth of Being. All things become new. Christ is our Master and our Shepherd of Light. Where His Spirit is Realized, there is Liberty. Surrender your Adam self. ~Al Denninger

The Daily Lesson – January 22, 2026

“Gaining Freedom from Material and Mental Laws

There have been brotherhoods, mystical orders, many of which operated on the principle that the initiate could be prepared by degrees for further light, taken from one stage into another and another until eventually illumination took place, resulting in a transcending of material consciousness into a measure of consciousness whereby the individual came under spiritual law.” ~Joel S Goldsmith

1 Peter 2:1-9 KJV

1 Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings,

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

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

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

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

6 Wherefore also it is contained in the scripture, Behold, I lay in Sion a chief corner stone, elect, precious: and he that believeth on him shall not be confounded.

7 Unto you therefore which believe he is precious: but unto them which be disobedient, the stone which the builders disallowed, the same is made the head of the corner,

8 And a stone of stumbling, and a rock of offence, even to them which stumble at the word, being disobedient: whereunto also they were appointed.

9 But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light;

10 Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

Are you a newborn babe, desiring to be fed and comforted by milk of the Word? Or, are you one of these peculiar people—the striving initiate—the lively stone? Jesus Christ is the Head of the Corner—the Cornerstone of your Spiritual Foundation—your Shepherd and Architect—take up your cross and follow the Light of the Morning Star. I Know everyone here has been Given some Light. Its time to build up your Spiritual House upon the Rock and show forth His Praise. Let not ego organize the build, Let the Lord build the House. ~Al Denninger

The Daily Lesson – January 23, 2026

“As human beings, we are under the laws of matter and mind, but these laws of matter and of mind are not laws of God. The reason we know that these laws are not laws of God is because laws of matter or of mind can be, and are, used for good or for evil, but the laws of God cannot be used at all. No one has ever been able to use a law of God: one can be used by the law of God; he can be a servant of the law of God; he can be an instrument through which God works, but he cannot *use* God.” ~Joel S Goldsmith

Galatians 5:16-18 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.

Romans 6:13 KJV

13 Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

Romans 8:5-8 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.

Colossians 3:2 KJV

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

Our Spiritual Journey is not about getting something for ourselves. If we've ever had a split-second of what the Presence of God is Like, it would be illogical to even attempt to think we could use God. Learn to get to Know God, be Led by His Spirit and you will Know that God can use you. He'll tell you the details. ~Al Denninger

The Daily Lesson – January 24, 2026

“As children of God, we are used *by* God and by God's laws, and are governed by those laws; but God does not know good and evil because, in the realm of God, there no pairs of opposites. In the realm of God there is neither health nor disease; there is neither youth nor age; there is neither life nor death: there is just a continuity of immortal being.” ~Joel S Goldsmith

John 1:12-13 KJV

12 But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:

13 Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.

Romans 8:14-15 KJV

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

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

Galatians 3:27-28 KJV

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

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

1 Corinthians 15:51-54 KJV

51 Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed,

52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed.

53 For this corruptible must put on incorruption, and this mortal must put on immortality.

54 So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory.

As children of God we are His heirs and we are led to purpose God's Love into our every Activity. We have lost interest in the noise and corruption of this-world. Our focus is on being about the Father's Business—a Business of Love built on incorruptible and unconditional Love. We are Raised to the Continuity of Love I Like to think of as Love Loving—an Infinite Being of Good. ~Al Denninger

The Daily Lesson – January 25, 2026

“God changes not; God is the same from everlasting to everlasting, and His ways are perfect. ‘In him is no darkness at all—in Him there is no evil; in Him there is nothing of a negative nature: there is only the perfection and immortality of eternal and infinite being. The person who rises even slightly into spiritual realization becomes in a small degree free of material and mental powers, a freedom noticeable in life even if only in a measure.” ~Joel S Goldsmith

Malachi 3:6 KJV

6 For I am the Lord, I change not;

Psalms 90:1-2 KJV

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

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

Genesis 1:31 (to .) KJV

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

James 1:17 KJV

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

1 John 1:5 KJV

5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all.

Galatians 5:1 KJV

1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

God is the Source of all Creation, His Omnipresence has no room for anything other than the His Pure and Infinite Way. Our Experience is in direct proportion to our Dwelling in His Harmonious Kingdom. Stand ye still, without distraction, and Know the Truth of His Goodness. Abide in Him. ~Al Denninger

The Daily Lesson – January 26, 2026

“In the earliest stages of spiritual attainment, we do not immediately embody our full and complete spiritual freedom, nor do we at once gain immunity from all the laws and powers of matter and mind; but in proportion to our attainment of spiritual light do material and mental powers lessen their hold upon us, and we then become less the victims of the changing good and evil of the material sense of life. Not only do we become less victims of material and mental laws, but we also lose the capacity to use material or mental laws in our relationships with one another.” ~Joel S Goldsmith

Galatians 5:1 KJV

1 Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

1 Peter 2:2-5 KJV

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

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

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

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

Philippians 3:12-17 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.

15 Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.

16 Nevertheless, whereto we have already attained, let us walk by the same rule, let us mind the same thing.

17 Brethren, be followers together of me, and mark them which walk so as ye have us for an ensample.

James 1:4 KJV

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

If we accept that we live in this-world then we are subject to all of its laws and universal beliefs. As we step out from the grip of the reasoning mind and into the Truth of Spiritual Being we begin to Live in a Harmony that is Governed by God. We no longer wish to be changed, we are Changed. Our attitude is changed from one of desire to that of Witnessing God Lead us in the Paths of Righteousness. Our perspective becomes Spiritual and our view is Expanded with each Spiritual Experience. This Transformation or Rebirth may be quick and powerful or it may take dedicated focus and patience for as long as it takes. Press toward the Mark of the High Calling with me. Let us walk together in Spirit. ~Al Denninger

The Daily Lesson – January 27, 2026

“In the less evolved stages of human life, it seems normal and natural to accept the eye-for-an-eye-and-a-tooth-for-a-tooth law or to take up swords, even legal swords, against one another; but those men and women who are in the world but not of it and who have attained some measure of spiritual light resort less and less to the use of material, legal, or even mental weapons. There is a gradual surrender of what we call our rights, and a greater degree of reliance on God's ability to establish our rights for us, within us, and through us.” ~Joel S Goldsmith

Matthew 5:38-48 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: but whosoever shall smite thee on thy right cheek, turn to him the other also.

40 And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also.

41 And whosoever shall compel thee to go a mile, go with him twain.

42 Give to him that asketh thee, and from him that would borrow of thee turn not thou away.

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

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

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

46 For if ye love them which love you, what reward have ye? do not even the publicans the same?

47 And if ye salute your brethren only, what do ye more than others? do not even the publicans so?

48 Be ye therefore perfect, even as your Father which is in heaven is perfect.

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.

James 4:7 KJV

7 Submit yourselves therefore to God.

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.

The distraction of this-world, as the great poet said, is much ado about nothing—there is a great commotion about a bunch of trivial motion. If we plug into this-world and are tempted to give it power and we will be consumed by it until we pass away—unless we learn to know the Truth. God is Truth and His Kingdom is for the Living—in Him we must Live and move and have our Being. Get thee behind me temptation. Surrender the commotion and Live. God has put His Perfect Life in us and He has Given us the inalienable right to Happiness. ~Al Denninger

The Daily Lesson – January 28, 2026

“The entire human picture changes for those on the spiritual path, and they do not come under material laws to the extent that they formerly did. Furthermore, as students of spiritual wisdom they are less subject to the laws of disease than they were before they began to pursue this study.” ~Joel S Goldsmith

Ephesians 4:17-24 KJV

17 This I say therefore, and testify in the Lord, that ye henceforth walk not as other Gentiles walk, in the vanity of their mind,
18 Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:
19 Who being past feeling have given themselves over unto lasciviousness, to work all uncleanness with greediness.
20 But ye have not so learned Christ;
21 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus:
22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;
23 And be renewed in the spirit of your mind;
24 And that ye put on the new man, which after God is created in righteousness and true holiness.

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 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.

Proverbs 4:18-22 KJV

18 But the path of the just is as the shining light, that shineth more and more unto the perfect day.
19 The way of the wicked is as darkness: they know not at what they stumble.
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.

Psalms 91:9-10 KJV

9 Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;
10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

*Father, I can of mine own self do nothing... Your Spirit within doeth the Work... I put off the old man and his stumbling, and look to You for Your Truth, your Love and Embrace of Light. And so, I will Dwell in Your Secret Place of the most High... You are my refuge and In You will I make my habitation... In stillness, I await Your Word as I keep You in the midst of my Heart...
~Al Denninger*

The Daily Lesson – January 29, 2026

“If we were to trace the history of the families who have lived for years with metaphysical or mystical religious teachings as their guide, we would soon discover how comparatively little disease, lack, poverty, and inharmony have been their lot. This does not mean that they have yet attained complete freedom, but only that even a degree of spiritual freedom includes a freedom from the discords of the flesh and that the ultimate and perfect freedom is proportionate to spiritual growth.” ~Joel S Goldsmith

Deuteronomy 6:4-7 KJV

4 Hear, O Israel: The Lord our God is one Lord:

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

6 And these words, which I command thee this day, shall be in thine heart:

7 And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up.

Isaiah 54:13 KJV

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

Ephesians 4:4-7 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.

7 But unto every one of us is given grace according to the measure of the gift of Christ.

3 John 1:4 KJV

4 I have no greater joy than to hear that my children walk in truth.

Each generation wants the Love and Harmony that Comes in Christ Consciousness—they just need to be taught about God. Once given some measure of Truth is received, they will still need to make good use of the opportunity to grow in Spirit and to Live in Christ. It is our job to give them the keys to the Kingdom; it is their job to use them for Good. And so, the Father Lives unto all generations. There is no greater Love. Freely you have received, freely Give.
~Al Denninger

The Daily Lesson – January 30, 2026

“Attaining the Transcendental Consciousness

In order to attain some measure of this spiritual Consciousness, it is necessary that specific principles be followed. This message, therefore, contains certain principles which, when read, studied, practiced, and embodied in consciousness, become operative as the fourth dimensional or transcendental Consciousness, a consciousness which is attained in one of two ways.” ~Joel S Goldsmith

John 4:24 KJV

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

Romans 8:6 KJV

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

Psalms 46:10 KJV

10 Be still, and know that I am God:

Psalms 23:3 KJV

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

Philippians 4:7 KJV

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

1 Corinthians 2:12-16 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.

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.

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

16 For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

We have a Spiritual Consciousness, a Christ Consciousness or we could call it the Mind of Christ. Mostly while using our carnal mind we are not Aware of It—or it passeth all understanding. But we can learn to open an Avenue of Awareness by reading, studying, practicing and eventually Living in Christ Consciousness. We have the Mind of Christ. ~Al Denninger

The Daily Lesson – January 31, 2026

“The first way of attaining this Consciousness is by an act of God, which sometimes takes place in the experience of an individual and, for some unknown reason and without any effort on his part, lifts him into this fourth dimensional or transcendental Consciousness. This is the gift of God.” ~Joel S Goldsmith

John 4:6-15 KJV

6 Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.

7 There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.

8 (For his disciples were gone away unto the city to buy meat.)

9 Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.

10 Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.

11 The woman saith unto him, Sir, thou hast nothing to draw with, and the well is deep: from whence then hast thou that living water?

12 Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?

13 Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again:

14 But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.

15 The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.

The Gift of God is like the Spiritual Living Water Jesus Gave to the women at the well. It Comes at a time when you think not, or ask not. It just appears in your Life unexpectedly. You will be forever Changed thereafter. Here is a perfect example: It is recorded in Eastern history that the woman at the well's name was Photini. After her amazing Experience of Awakening with Christ, she and her whole family were baptized by the Apostles and they all became evangelists of the early Church. Her Life was most certainly Changed instantaneously and unexpectedly. She Changed many Lives around her for the rest of her Life. She was eventually martyred for her unflinching Faith by Nero in Rome. She is now known to the Eastern Orthodox churches as St Photini. God Loves His children, some will be Called. ~Al Denninger

The Daily Lesson – February 1, 2026

“In this chapter, we are going to deal primarily with the second way which is a conscious attainment of this higher Consciousness.

In our human state, we have been taught to rely almost entirely on our human wisdom, our physical strength, or our personal efforts. The object of turning to a spiritual teaching is to enable us to release ourselves from the strain of modern day life to living ‘not by might, nor by power, but by my spirit,’ to letting the Christ live our life. Grace then begins to take over, and our life is lived more by It and less by personal effort.” ~Joel S Goldsmith

Colossians 3:2 KJV

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

1 Peter 1:13 KJV

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

Ephesians 4:23-24 KJV

23 And be renewed in the spirit of your mind;

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

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.

Philippians 1:21 KJV

21 For to me to live is Christ, and to die is gain.

Galatians 2:20 KJV

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

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.

Like Photini in yesterday’s message, we too must enact these necessary key Principals; we can be Given the Gift of Christ but must accept it to follow Him and Be his Disciple and we must drink of the Living Water, and then put on the new man. Turn ye to follow, accept Christ, rely on Christ without a reaction to any outside appearance and Live a new Life by Grace. Accept Christ. ~Al Denninger

The Daily Lesson – February 2, 2026

“There is an invisible Presence that goes before us to ‘make the crooked places straight,’ that goes before us to prepare a place for us; there is a Presence that acts as an intuitive sense, leading us in the right direction. The goal of spiritual living is the attainment of that Consciousness.” ~Joel S Goldsmith

Exodus 33:12-14 KJV

12 And Moses said unto the Lord, See, thou sayest unto me, Bring up this people: and thou hast not let me know whom thou wilt send with me. Yet thou hast said, I know thee by name, and thou hast also found grace in my sight.

13 Now therefore, I pray thee, if I have found grace in thy sight, shew me now thy way, that I may know thee, that I may find grace in thy sight: and consider that this nation is thy people.

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

Isaiah 45:2 (to :) KJV

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

John 14:2-3 KJV

2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

James 1:5 KJV

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

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.

Isaiah 30:21 KJV

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

Our ongoing goal is to learn to open out a Way for the imprisoned Presence to escape. We must learn to still our mind so that we may fine tune our spiritual ears. As our Hearing improves, we will acknowledge God's Presence and Feel and follow His Guidance. He is a lamp unto our feet if so be we walk with Him. Be still and Know... ~Al Denninger

The Daily Lesson – February 3, 2026

“Put Up Thy Sword

As human beings, we live by power; most of us rely on material or mental power of some kind. It may be a stronger form of material power overcoming a lesser form of material power, or it may be a mental power overcoming a material force, but the entire human experience consists of overcoming one power by the use of a higher or stronger power. In the metaphysical world, the forces of matter are overcome by the forces of mind, resulting in mind over matter and even mind over mind.” ~Joel S Goldsmith

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;

2 Chronicles 20:17 KJV

17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you,

Proverbs 3:7 (to :) KJV

7 Be not wise in thine own eyes:

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 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.

Colossians 3:2 KJV

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

Is there something in the Realm of God that needs correcting, or needs our help correcting? There is One Omnipresent God Infinite in all His Ways. There is One Source, One Way and One solution. If we think to correct an appearance that has gone wrong, then we have acknowledged that the appearance has a power separate and apart from God. God is Infinite Wisdom. Stand ye still, cast down your imaginations, put on the whole Armour of God, wait and watch—your all-knowing Father already Knoweth the things you have need of. There is nothing to correct—only thoughts to put behind us. Set your affection on things Above. ~Al Denninger

The Daily Lesson – February 4, 2026

“On the path of the Fourth Dimension, however, that is done away with because in the Fourth Dimension, there is no power. Here we make use of no power; here we enter the realm revealed by the Master: the resist-not-evil realm, the put-up-thy-sword realm. Here we learn to relax and put up our mental sword, and when we are tempted with a material or a mental power, threatening our comfort, health, well-being, safety, or security, we do not deny or affirm: instead we release ourselves from any resistance to that which is appearing to us as evil in any form.”
~Joel S Goldsmith

Matthew 5:39 KJV

39 But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

Matthew 26:52 KJV

52 Then said Jesus unto him, Put up again thy sword into his place: for all they that take the sword shall perish with the sword.

1 Thessalonians 5:22-23 KJV

22 Abstain from all appearance of evil.

23 And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

John 18:36 KJV

36 Jesus answered, My kingdom is not of this world: if my kingdom were of this world, then would my servants fight,

Matthew 22:21 KJV

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.

John 19:9-11 KJV

9 And went again into the judgment hall, and saith unto Jesus, Whence art thou? But Jesus gave him no answer.

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

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

In the Consciousness of Truth, there is only Truth—there is Freedom from all distractions. If we live with the belief that there is a power separate and apart from God then we are subject to live in the dream of consequences. If we live by this-worlds laws of good and evil then we are subject to good and evil. But if so be we Dwell in the Secret Place of the Most High then there is no other power to observe or be subject to. There is nothing to blame, fight, deny or affirm. There is only God Is—I Am. ~Al Denninger

The Daily Lesson – February 5, 2026

“It is not easy to do this because our whole inclination as human beings is to strike out to defend ourselves, and even, where necessary, to take the offensive. It is claimed that through the power of smell, animals can detect fear in human beings and that when they attack a person, they are not attacking him, but are attacking that fear because they realize that that fear could make a person destructive and harmful to them, and therefore they take the offensive and try to destroy him before he can destroy them. A somewhat parallel situation may be noted in the way some persons meet the conditions of human life.” ~Joel S Goldsmith

John 18:1-11 (to :) KJV

1 When Jesus had spoken these words, he went forth with his disciples over the brook Cedron, where was a garden, into the which he entered, and his disciples.

2 And Judas also, which betrayed him, knew the place: for Jesus oftentimes resorted thither with his disciples.

3 Judas then, having received a band of men and officers from the chief priests and Pharisees, cometh thither with lanterns and torches and weapons.

4 Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye?

5 They answered him, Jesus of Nazareth. Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them.

6 As soon then as he had said unto them, I am he, they went backward, and fell to the ground.

7 Then asked he them again, Whom seek ye? And they said, Jesus of Nazareth.

8 Jesus answered, I have told you that I am he: if therefore ye seek me, let these go their way:

9 That the saying might be fulfilled, which he spake, Of them which thou gavest me have I lost none.

10 Then Simon Peter having a sword drew it, and smote the high priest's servant, and cut off his right ear. The servant's name was Malchus.

11 Then said Jesus unto Peter, Put up thy sword into the sheath:

Simon Peter, in a seemingly normal human reaction driven by fear, drew his sword and defended Jesus by smiting off the ear of Malchus. The moment must have been quite intense. Would we do something similar in defense a loved one, our self or our family? In most cases, in this-worldly scene, we could be justified do what it takes to defend ourselves. Living in the consciousness of the flesh we are subject to the laws of the flesh. We won't put up our sword until we Know God is with us right now. ~Al Denninger

The Daily Lesson – February 6, 2026

“On the other hand, those who have attained some measure of Christ-realization come to the point where they do not rise in righteous rebellion against evil, nor take the offensive against it, nor even put themselves on the defensive, but where they stand still as the Master did before Pilate in the realization: ‘Thou couldst have no power at all against me, except it were given thee from above,’ and there is no need for fear.” ~Joel S Goldsmith

Luke 4:5-8 KJV

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

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

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

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

John 19:10-11 KJV

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

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

Jesus did not react to the devil’s temptation with a sense of fear nor did he prepare to defend himself. He Saw the devil as nothing but a suggestion or a temptation and ordered the appearance away. Pilate, on the other hand, civilly and persuasively reasoned with Jesus about Pilate’s claim to his so-called power over life and death. Christ Knows only Truth and cannot know fear or react to an untruth. Defending yourself from an untruth is illogical. Knowing the Truth gives us Peace and Confidence. ~Al Denninger

The Daily Lesson – February 7, 2026

“In the human scene, it may be perfectly normal and natural to resort to ‘an eye for an eye, and a tooth for a tooth’; it may be quite legitimate to sue those who would sue us, or to stage a war against a neighboring country. This, however, not only is not right in the spiritual realm, but unnecessary because the evils of this world are evil only in the consciousness that accepts them as such. Wherever there is an acceptance of the universal belief in two powers, there are two powers; and there, two powers operate. Wherever a person rises in spiritual consciousness to a place where he recognizes that the Omnipotence of God—and I now give you that word *Omnipotence* to ponder—makes any other so-called power no power, he discovers that there cannot be Omnipotence *and* another power, there cannot be All-power *and* another power. He either deals with Omnipotence as Omnipotence by being convinced of the nonpower of any other appearance or condition, or he merely pays lip service to it and then sings hymns to God Almighty, but ‘pass the ammunition.’ ~Joel S Goldsmith

Matthew 5:38-39 (to :) & 48 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:

48 Be ye therefore perfect, even as your Father which is in heaven is perfect.

Psalms 139:7 KJV

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

Colossians 1:17 KJV

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

Psalms 147:5 KJV

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

John 1:3-5 KJV

3 All things were made by him; and without him was not any thing made that was made.

4 In him was life; and the life was the light of men.

5 And the light shineth in darkness; and the darkness comprehended it not.

1 Corinthians 8:2-6 KJV

2 And if any man think that he knoweth any thing, he knoweth nothing yet as he ought to know.

3 But if any man love God, the same is known of him.

4 As concerning therefore the eating of those things that are offered in sacrifice unto idols, we know that an idol is nothing in the world, and that there is none other God but one.

5 For though there be that are called gods, whether in heaven or in earth, (as there be gods many, and lords many,)

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

Christ has Given us the Truth—the Truth about Life—that by God does Life exist and it is Infinite, Eternal... Man can think his way into an idea of a separation from God—but are these thoughts true if they are not from God?... Human consciousness thinks he rules his personal life... Does he?... No, not in the beginning, the middle or the end... God’s understanding is Infinite—can there be any other Power?... In God we Live and Move and have our Being... The first thing God Created was Light. Can darkness and Light exist at the same time?... Not

*possible.... Then darkness must now be nothing.... Then Light is the Power of the Universe...
And nothing else exists... ~Al Denninger*

The Daily Lesson – February 8, 2026

“At any moment that a problem of any nature begins to come to your attention, instantly remember that you are not to take up the sword—not the mental sword or the physical sword—but that you are to relax and resist not evil in the realization of Omnipotence. The next three or four days of your life may be very miserable because when you begin a work of this kind, it seems, as in the case of Jesus when he began his ministry and the devil jumped up at him with three temptations, that two or three devils manage to find you, and each of them has two or three temptations for you. So the first few days may be really rugged.” ~Joel S Goldsmith

Luke 4:8-14 KJV

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

9 And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of God, cast thyself down from hence:

10 For it is written, He shall give his angels charge over thee, to keep thee:

11 And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

12 And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God.

13 And when the devil had ended all the temptation, he departed from him for a season.

14 And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

II Chronicles 20:10-17 (to ;) KJV

10 And now, behold, the children of Ammon and Moab and mount Seir, whom thou wouldest not let Israel invade, when they came out of the land of Egypt, but they turned from them, and destroyed them not;

11 Behold, I say, how they reward us, to come to cast us out of thy possession, which thou hast given us to inherit.

12 O our God, wilt thou not judge them? for we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee.

13 And all Judah stood before the Lord, with their little ones, their wives, and their children.

14 Then upon Jahaziel the son of Zechariah, the son of Benaiah, the son of Jeiel, the son of Mattaniah, a Levite of the sons of Asaph, came the Spirit of the Lord in the midst of the congregation;

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

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

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

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.

Whether you are presented with a personal temptation or if you are a mighty King a huge multitude is about to attack your people, the answer is always the same: don't get tempted to battle. The key is in the lack of reaction to lies. You don't need to fight or resist a temptation. Whenever you know not what to do, put your Eyes upon the Salvation of the Lord. Stand ye still

right there and then and return in the Power of the Spirit and the temptation will destroy itself. There cannot be darkness and Light at the same time. There is no Power separate and apart from God. Resist not. ~Al Denninger

The Daily Lesson – February 9, 2026

“Often you may have to say, ‘Get thee behind me, Satan.’ I am not taking up the sword; I am not resisting or refuting: I am standing fast in Omnipotence, standing fast in the realization that there cannot be two powers if Omnipotence is the truth. Then it may be that the problem becomes more insistent, although in one or two instances the problem may disappear. Do not be too heartened, however, if it does, because you will still have those days ahead when a problem of your own or your family, or a headline in a newspaper, will tempt you to accept a destructive power in the world, an evil force or an erroneous condition, and you will be called upon specifically and concretely to bring to conscious remembrance once again the word *Omnipotence*, All-power, one Power—not one power over another power because there are not two powers in the spiritual kingdom, one to be used against another. There is only one Power, and the secret of harmonious living is the acknowledgment and recognition of one Power.”
~Joel S Goldsmith

Matthew 4:10 KJV

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

Matthew 6:10 & 13 For thine KJV

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

13 ...For thine is the kingdom, and the power, and the glory, for ever. Amen.

Romans 1:20 KJV

20 For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse:

Ephesians 6 KJV

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

Revelation 19:6 KJV

6 And I heard as it were the voice of a great multitude, and as the voice of many waters, and as the voice of mighty thunders, saying, Alleluia: for the Lord God omnipotent reigneth.

Philippians 3:13-14 KJV

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.

Distractions can seem to be all too often in our Spiritual Journey. It sometimes seems like the closer we get to Attainment the louder the temptations get. Stop. Stand ye still. There is only One Power, One Source. God is always in you all, and is found and Realized at a time when you think not. Set yourselves in quiet place and refocus. Press toward the Mark. ~Al Denninger

The Daily Lesson – February 10, 2026

“The one great failing of the religious world has been believing that God was a great power, sometimes even and panics. Five thousand years of history should have great enough to heal disease or stop wars, depressions, proved to us that God is not such a power. God does not stop wars: this is brought about when the enemy runs out of ammunition. God does not heal disease: either some form of *materia medica* does this, or some spiritually endowed individual who has come to the realization of Omnipotence and therefore can look upon disease as the ‘arm of flesh’ or nonpower. Always remember that we are not dealing with a great power or a power supreme over other powers: we are dealing with an individual acknowledgment; we are standing fast in one Power, besides which there are no other powers.” ~Joel S Goldsmith

John 8:30-32 KJV

30 As he spake these words, many believed on him.

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

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

John 4:19-24 KJV

19 The woman [the woman at the well] saith unto him, Sir, I perceive that thou art a prophet.

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

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

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

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

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

John 16:13-15 KJV

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

14 He shall glorify me: for he shall receive of mine, and shall shew it unto you.

15 All things that the Father hath are mine: therefore said I, that he shall take of mine, and shall shew it unto you.

2 Corinthians 10:3-7 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;

6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

7 Do ye look on things after the outward appearance? if any man trust to himself that he is Christ's, let him of himself think this again, that, as he is Christ's, even so are we Christ's.

The Truth is in plain Sight, for those with Eyes to See. *I am in awe, and oh so very Grateful... The Spirit seems to Open the Bible for me—the Word—all by Itself... Jesus, John and Paul have Given us this beautiful Gift, not to look at the outward appearance, but to Trust in God.... I can of mine own self do nothing—the Spirit within doeth the Work... In Spirit and in Truth...*

Continuing in Your Word, Father... Casting down imaginations... Knowing the Truth, from Spirit, to Spirit... And so are we Free... Receiving so of Mine... And so are we Christ's.... Standing fast in One Power... ~Al Denninger

The Daily Lesson – February 11, 2026

“David and Goliath

The story of David and Goliath illustrates the power of the powerless, that power which to our sense is not power. Goliath is represented as a giant, not only a physical giant, but one clad in an impregnable armor which no power could penetrate. Nothing could reach him; nothing could harm him; and nothing could destroy him because he was so well armed that he was invincible and undefeatable by any weapon that up to that time had been conceived or formed. But what happened to this invincibility? A little mite of a fellow came along with a few stones, and just one of those tiny little stones ended the career of this mighty giant clothed in heavy armor. Could anything be more fantastic than the thought of a little stone leveling a giant, and a well-protected giant at that?” ~Joel S Goldsmith

I Samuel 17:34-37 KJV

34 And David said unto Saul, Thy servant kept his father's sheep, and there came a lion, and a bear, and took a lamb out of the flock:

35 And I went out after him, and smote him, and delivered it out of his mouth: and when he arose against me, I caught him by his beard, and smote him, and slew him.

36 Thy servant slew both the lion and the bear: and this uncircumcised Philistine shall be as one of them, seeing he hath defied the armies of the living God.

37 David said moreover, The Lord that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the Lord be with thee.

Isaiah 54:17 KJV

17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.

Psalms 34:14 KJV

14 Depart from evil, and do good; seek peace, and pursue it.

Romans 8:28 KJV

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

The Power of Good stops appearances of evil in its tracks no matter what the odds appear to be. David was Invincible clothed in the Full Armor of God and not in the man-created version. David sets the example to seek ye first the Kingdom of God, pursue Peace, don't be afraid of God's Orders and Act according to His Will. The Lord is nigh unto those following and distant to those wandering. ~Al Denninger

The Daily Lesson – February 12, 2026

“This incident of David's encounter with Goliath contains within it a magical secret. David said, ‘I come to thee in the name of the Lord of hosts.’ That is the mystery; that is the miracle; that is the magic; that is the secret! What he really was saying was, ‘I do not come to you with physical power. I do not come to you with physical might. I have not come with a weapon stronger than the one you have fashioned. No, I have come to you with no weapon at all: I come in the name of God.’ When the disciples came to the Master so proud and happy that they had been given power over the devil—‘even the devils are subject unto us through thy name’—they were rebuked, ‘Rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.’ What did he mean when he told them not to rejoice that the devils were subject unto them? Simply that there was no power to be subject unto them! There is no power to be subject unto you. You are living in the name and nature of God, and in that name and nature there is no other power. That is why there is no weapon formed against you that can prosper: not because you have any defense, not because you have any weapon over evil, but because you stand in the name and nature of God.” ~Joel S Goldsmith

I Samuel 17:44,45 KJV

44 And the Philistine said to David, Come to me, and I will give thy flesh unto the fowls of the air, and to the beasts of the field.

45 Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied.

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.

Luke 10:20 KJV

20 Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven.

Isaiah 54:17 KJV

17 No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord.

Ephesians 6:10-11 KJV

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

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

Stand ye still, in the Father's protection, and Know that I Am the One and only God. No thing can stand against the Omnipotent Power of the Spirit. Be strong and courageous of heart and joyfully honor and follow the Will of God all of the rest of your Life. Appearances have no power at all, take no thought about them. ~Al Denninger

The Daily Lesson – February 13, 2026

“Were you to admit that any person or influence on earth could be destructive to you in any way, shape, manner, or form, you would most certainly have to find some form of defense against it, some form of power to use against it. But you have the mightiest defense of all: the realization that there is no destructive influence unless God be the destructive influence to any concept unlike Itself. The God-power, the God-realization in you, reveals that nothing in the world of effect, nothing in the world of concepts, nothing in the world of persons is power for good or for evil; and, therefore, you need nothing with which to overcome it.” ~Joel S Goldsmith

Psalms 23:3 he KJV

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

Psalms 91:1-4 KJV

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

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

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

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

John 8:32 KJV

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

A defense against the noise of this world is not really an intended defense. Defense against what? Something other than God? If we are fighting against something we have reacted to it and given it a power that is separate and apart from God. There is nothing Righteous to battle against in the Kingdom of God. The Experience of Harmony lies in Dwelling first. He that Dwelleth in The Kingdom of God resides there. Within the Secret Place is Truth, Harmony and Peace. God's Peace is beyond words and thoughts, It is Felt and Known. Being still, waiting and Dwelling leads us in the path of Righteousness. Freedom is God's Love. ~Al Denninger

The Daily Lesson – February 14, 2026

“Watch how this operates in your life as some threat comes to you from some individual or thing. Stand fast in your nature—in the name and nature of God—realizing that no weapon that is formed, no concept that is formed, has power over the truth of being.” ~Joel S Goldsmith

Romans 8:28 KJV

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

Isaiah 54:17 (to ;) KJV

17 No weapon that is formed against thee shall prosper;

1 Corinthians 8:6 KJV

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

Stand ye still and Watch the Grace of God Direct your Life. My sheep Hear My Voice, because they are listening. The Lord is your Shepherd and will carry you in His Arms, if you loose your focus. He will strengthen you and lead you on the Paths of Righteousness, for His names sake. Be a loyal sheep. ~Al Denninger

The Daily Lesson – February 15, 2026

“This same principle applies in the healing work. If you have accepted the belief of infectious and contagious diseases, inherited diseases, or any other form of disease, watch what happens when you give up your mental weapons and stop fighting it. Watch what happens when you stand in the name and nature of God. There is no weapon, there is no belief, there is no concept of man that can stand in opposition to the name and nature of God.” ~Joel S Goldsmith

Matthew 5:39 KJV

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

Isaiah 54:17 (to ;) KJV

17 No weapon that is formed against thee shall prosper;

Romans 12:2 KJV

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

2 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.

If you Know the Truth and stand still in the Omnipresence of the Lord, you will Know that there is no thing that can appear against God. God is Eternal Light, and only Knows Light—with no opposition. The carnal mind reasons that if there is a Good, there must also be an opposite of good. Be Led by the Spirit, in Spirit, and not by thoughts of reason. Resist not Omnipotence, that you may be the sheep that is found Watching. ~Al Denninger

The Daily Lesson – February 16, 2026

“The battle is the Lord's”—not yours or mine. We need no physical powers; we need no mental powers: That which is the least of them, a little stone, is sufficient to the tearing down of the stronghold of the mighty Goliath—even a tiny little bit of a stone, nothingness. That which to the world represents no power at all, a little stone, overthrows the mightiest of powers, whether that power is physical or mental.” ~Joel s Goldsmith

II Chronicles 20:15 KJV

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

I Samuel 17:45-50 KJV

45 Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied.

46 This day will the Lord deliver thee into mine hand; and I will smite thee, and take thine head from thee; and I will give the carcases of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel.

47 And all this assembly shall know that the Lord saveth not with sword and spear: for the battle is the Lord's, and he will give you into our hands.

48 And it came to pass, when the Philistine arose, and came, and drew nigh to meet David, that David hastened, and ran toward the army to meet the Philistine.

49 And David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead, that the stone sunk into his forehead; and he fell upon his face to the earth.

50 So David prevailed over the Philistine with a sling and with a stone, and smote the Philistine, and slew him; but there was no sword in the hand of David.

The entire Philistine army was defeated by one shepherd boy, who came not with a sword against a sword, but came in the name of the Lord of Hosts. He was governed by a deep faith in God that no one else present had, and confidence to do the right thing in the right Way. He sought the Kingdom of God first and followed the Directions Given. The moment God's Will was followed the battle was not in David's hands. David recognized only the Omnipotence of God where Goliath had no power. Seek the Kingdom of God and follow His will for you. ~Al Denninger

The Daily Lesson – February 17, 2026

“Spiritual power is self-maintained, a self-created and a self-sustained power, and you have only to let yourself be clothed with this spiritual armor of truth and then to stand in its name and nature. The spiritual armor of truth is not a weapon to be used against error: The spiritual armor of truth is the realization of Omnipotence, that creative Influence which not only created this universe, but which maintains and sustains Itself unto eternity.” ~Joel S Goldsmith

John 15:5 KJV

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

1 Corinthians 2:4-7 KJV

4 And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power:

5 That your faith should not stand in the wisdom of men, but in the power of God.

6 Howbeit we speak wisdom among them that are perfect: yet not the wisdom of this world, nor of the princes of this world, that come to nought:

7 But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory:

Philippians 4:13 KJV

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

When we Abide in the Kingdom of God we are as branches that have direct contact with the Vine. We intimately Realize the Infinite nature of God as He is our Source, our Shepherd and Refuge. In Him do we Trust. In His Fullness we Rest. ~Al Denninger

The Daily Lesson – February 18, 2026

“If you acknowledge that you are some self other than the divine, you wither. You have then set up that which has to surround itself with armor plate. But when you acknowledge God as your Self, then let God be Its own defense and use no physical or mental weapons. Human weapons are necessary for those on the level of consciousness that live by might and by power, but those who come to that higher level of life by the Spirit cannot use the world's weapons. They learn that God is not a power over other powers. God is a Self-maintained and Self-sustained Power. That is the Power, and that Power is love: not a love that we use for a purpose, but a love which embraces us within Its law and maintains and sustains our being.” ~Joel S Goldsmith

John 15:6 (to ;) KJV

6 If a man abide not in me, he is cast forth as a branch, and is withered;

Ephesians 6:11-17 KJV

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

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

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

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

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

Zechariah 4:6 Not KJV

6 ...Not by might, nor by power, but by my spirit, saith the Lord of hosts.

1 Corinthians 8:4 KJV

4 As concerning therefore the eating of those things that are offered in sacrifice unto idols, we know that an idol is nothing in the world, and that there is none other God but one.

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.

There is no-thing separate or apart from God. In God does all Power, Presence, Protection and Consciousness exist. Therefore God Abides in us and we in Him. If we entertain a straying thought that we of our own self can do things we can be distracted from the indwelling Presence and are subject to whatever so-called power those suggestions can think up. As we keep our focus on God there will be no distractions. Take unto you the whole Armor of God. God's embrace is Pure Love, be still and Know that Love and we become His Love unto everyone we meet and know. ~Al Denninger

The Daily Lesson – February 19, 2026

“Silence and Secrecy

You have to begin this moment to take an attitude in which you accept Omnipotence, God as All, and therefore anything and everything else as the ‘arm of flesh,’ temporal power, nothingness. This you must do sacredly and secretly. Do your praying secretly because unless you attain this consciousness within yourself you will never be able to demonstrate it outwardly and openly. Do not go around preaching or teaching this; do not proselyte; do not try to tell your neighbor, your friends, or your relatives how wonderful this is. They would not believe you anyway.” ~Joel S Goldsmith

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.

Matthew 6:19-21 KJV

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

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

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

John 18:36 KJV

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

1 Peter 1:24 KJV

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

Matthew 6:6 (to ;)

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;

Omnipotence means there is only one Power, Infinitely Expressed. The Kingdom of God is in the Spiritual Realm and is not understood in human terms. Where there is a lack of understanding, there is usually thoughts of rejection. Keep your prayer and meditations in secret and in silence until such time that God anoints you to Express His Word in His Way. When we are about the Father’s Business, we need to make sure it is His Business and not ours. Be still until we Hear not to. ~Al Denninger

The Daily Lesson – February 20, 2026

“Live this life within yourself until the fruitage of it begins to appear in your experience. Then when you are asked the why and the wherefore of the changes in your life or when you find a receptivity or a sincere interest, you may begin to reveal it, but be sure that you, your self, are demonstrating it before you begin preaching or teaching it. Do not expect anyone to believe merely what you say because as Emerson said, ‘What you are... thunders so so that I cannot hear what you say....’ Be assured that no one is going to believe a metaphysical or a mystical cliché simply because you repeat it. Fortunate indeed are you if you find those who believe it after you have demonstrated it.” ~Joel S Goldsmith

Matthew 7:16 (to .) KJV

16 Ye shall know them by their fruits.

James 5:7-8 KJV

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

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

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 16:13 KJV

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

Wait upon the Lord, be still and quiet until you have been Led and Given Direction. The Path we take is God’s, Path for you, not ours of our own self. Lean not on thine own understanding and interpretation. The message you share must be of God if it is to be the truth. The Truth in Its Fullness is Freedom. ~Al Denninger

The Daily Lesson – February 21, 2026

“The Master cautioned us to do our praying secretly, silently, and sacredly, reminding us that ‘thy Father which seeth in secret himself shall reward thee openly.’ So I say to you that every step on the mystical path must be a secret one. It is not that we would keep it secret from the world because of a reluctance to share it, but we would keep it secret within ourselves until we have demonstrated it. Then we are more than willing to share it with that part of the world that is led to us.” ~Joel S Goldsmith

Matthew 6:1-8 (to ;) KJV

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

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

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

4 That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

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

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

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

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

John 16:13 KJV

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

John 8:31-32 KJV

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

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

Matthew 4:18,19 KJV

18 And Jesus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and Andrew his brother, casting a net into the sea: for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

God has put His Spirit within us—the perfect place to Always Find Him. When we pray, to pray aright, we must Let His Spirit that is Omniscient and Omnipresent within us to do the praying in the Secret Place of the Most High. That is the only way to not let the left hand know not what the right hand is doing. God already Knows what we have need of—Himself Experienced and Expressed. He will show us the Way that Glorifies Himself. Leave your nets. Follow Christ and He will lead you in the paths of righteousness, and make you fishers of men. When you have Experienced the Truth, God will make you ready. And you will be Led to show all that are

receptive the Truth—the Meat of the Word—and set them Free. These are the Greater Works.
Freely you have Received, free Give. ~Al Denninger

The Daily Lesson – February 22, 2026

“Always remember that there is a milk of the Word for babes, but there is also a meat of the Word for the mature. Remember not to cast your pearls before swine.” ~Joel S Goldsmith

2 Peter 2:2-5 KJV

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

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

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

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

2 Timothy 3:16-17 KJV

16 All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness:

17 That the man of God may be perfect, thoroughly furnished unto all good works.

Matthew 7:6-8 KJV

6 Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

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.

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.

As newborn babes, desiring milk,
we seek the Word our Father gives.
That we may grow up strong and proud,
and thrive by Spirit, so well endowed.

We seek, we ask, we knock and pray,
until we do receive one day,
an Open Heart to be Aware,
and Know we're in our Father's care.

We taste the Spirit so Gracious Be,
the Earth does melt, for us to See.
God's Meat presented at our feet,
to share with all the friends we meet.

So search the Scriptures day by day,
until we Know the Truth that Is.
and grateful is our Soul to say,
Thank you Father, I found the Way.
~Al Denninger

The Daily Lesson – February 23, 2026

“To Whom Much Is Given, of Him Much Is Demanded

In this world, you will continually be faced with the appearance of two powers, and the higher you go in spiritual realization, the more will you be faced with it, because when you have overcome the world for your self, you will find that you are attracting to you all those who are themselves besieged with the problem of two powers; and so more than ever will you be called upon to stand fast.” ~Joel S Goldsmith

Matthew 4:8-10 KJV

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

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

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

Matthew 6:24 KJV

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

2 Corinthians 4:1-11 KJV

1 Therefore seeing we have this ministry, as we have received mercy, we faint not;

2 But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.

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

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

5 For we preach not ourselves, but Christ Jesus the Lord; and ourselves your servants for Jesus' sake.

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

7 But we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us.

8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair;

9 Persecuted, but not forsaken; cast down, but not destroyed;

10 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

11 For we which live are always delivered unto death for Jesus' sake, that the life also of Jesus might be made manifest in our mortal flesh.

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.

Even Jesus, when he was well into His Message and Work of God was tempted by the idea of a selfhood, and a power, separate and apart from God. He stood still right in the face of temptation and declared that the appearance of temptation be gone. The temptation dissolved and He then moved on, to prove the Good and Perfect Will of God. We must also, follow Christ and stand still in the noise of temptation as it appears to us, no matter how loud it gets. If our

gospel is hid, we are lost. Declare the Presence of God. Let your Light Shine and Live. ~Al Denninger

The Daily Lesson – February 24, 2026

“If so be an individual ever again rises to the height of Christ Jesus, he will find himself with all the world's problems to be solved. It is for this reason that spiritual attainment is never given to us for our own benefit. Of those who have much, much is demanded; and with every bit of spiritual life that you attain, be assured that you will be called upon to bear more and more witness to it, you will be called upon for more and more service to God. Never believe that the spiritual path leads to sitting in a cave somewhere, hiding away from the world; never believe that it leads to a life of indolence and ease.” ~Joel S Goldsmith

Romans 12:6-8 KJV

6 Having then gifts differing according to the grace that is given to us, whether prophecy, let us prophesy according to the proportion of faith;

7 Or ministry, let us wait on our ministering: or he that teacheth, on teaching;

8 Or he that exhorteth, on exhortation: he that giveth, let him do it with simplicity; he that ruleth, with diligence; he that sheweth mercy, with cheerfulness.

Matthew 5:11-16 KJV

11 Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

12 Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

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

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

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

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

Luke 12:48 For unto KJV

48 ...For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.

Romans 8:28 KJV

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

Be strong and courageous there is no reason to fear the appearances of temptation. Temptation has no real power. Don't get too comfortable and begin to coast. We have been Given much Work to do, you and I. No matter what dangers and difficulties are thrown in our Path, stay Focused on God and Love Him, and He will show us the Way. ~Al Denninger

The Daily Lesson – February 25, 2026

“Strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it,’ but when you finally arrive, the work is plentiful. The laborers are few, very few, but the work is world-wide. With every degree of realization you attain, with every bit of confidence you have in Omnipotence, be prepared to be called upon to prove it, over and over again. The time will come when there are no major problems in your own life, and many, many years may go by without your ever being aware of a major problem of your own, but you will be drawing to you those of the world who are seeking the same freedom that you have found, and you will be called upon to work with them—to serve, to heal, and to teach—but only in proportion to your own demonstration.” ~Joel S Goldsmith

Matthew 7:14 KJV

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

1 Corinthians 12:4-11 KJV

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

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

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

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

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

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

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

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

John 12:32 KJV

32 And I, if I be lifted up from the earth, will draw all men unto me.

God Gives His Gift of Work in the Father’s business to those that are ready and Open the Door. Few there be that apply for the job. ~Al Denninger

The Daily Lesson – February 26, 2026

“This is one area in which knowing all the words in all the books will not make you a good teacher. On the contrary, you may know very few words and be the greatest of teachers because the teaching is by demonstration rather than by word of mouth.” ~Joel S Goldsmith

James 1:22 KJV

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

Titus 2:7 KJV

7 In all things shewing thyself a pattern of good works: in doctrine shewing uncorruptness, gravity, sincerity,

John 13:12-15 KJV

12 So after he had washed their feet, and had taken his garments, and was set down again, he said unto them, Know ye what I have done to you?

13 Ye call me Master and Lord: and ye say well; for so I am.

14 If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet.

15 For I have given you an example, that ye should do as I have done to you.

John 13:34,35 KJV

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

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

Matthew 5:16 KJV

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

There are a couple of old sayings that come to mind: “Actions speak louder than words” and Emerson said, “Your actions speak so loudly, I can not hear what you are saying.” For example; saying “I love you” to a friend is much less meaningful and memorable than actions that show Love. Christ Jesus exemplified an activity of Love, humility and service on holy Thursday during The Last Supper. This act serves as a reminder of the commandment Jesus gave to Love and serve one another. Glorify God with an act of Love. ~Al Denninger

The Daily Lesson – February 27, 2026

“The Kingdom of God Realized

To this word *Omnipotence*, let us add another, *Omnipresence*, which is of equal importance. Most people have an idea that God is somewhere up in heaven, in a holy mountain, in a holy temple, or in a holy teacher, but the real truth is that God is closer to you than your very breathing, and nearer than your own hands and feet, and you do not have to go anywhere to find Him. You need only acknowledgment, the recognition of Omnipresence, of God filling all space throughout all time, the recognition that where you are is holy ground.” ~Joel S Goldsmith

Psalm 147:5 KJV

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

Jeremiah 23:23-24 KJV

23 Am I a God at hand, saith the Lord, and not a God afar off?

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

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 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.

Father, I can of mine own self do nothing... It is You that doeth the Work from Within... It is in You that all things consist... I have climbed many mountains seeking You, only to find You were right Here all the time... You are my Shepherd, I shall not want.... I will Dwell in Your House forever... .. Thank you Father. ~Al Denninger

The Daily Lesson – February 28, 2026

“If you mount up to heaven, you will find God there, and if you make your bed in hell, you will find God there also. When you walk through the ‘valley of the shadow of death,’ you will find God there with you, if you have taken that word *Omnipresence* into your consciousness and lived with it. You will be assailed from morning to night with the belief that you cannot reach God, that God is somewhere other than where you are, but now you will be called upon with every one of these temptations to stop your searching, your reaching out for God, and settle back in the realization that where you are God is because of Omnipresence.” ~Joel S Goldsmith

Psalms 139:1-10 KJV

- 1 O Lord, thou hast searched me, and known me.
- 2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.
- 3 Thou compassest my path and my lying down, and art acquainted with all my ways.
- 4 For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether.
- 5 Thou hast beset me behind and before, and laid thine hand upon me.
- 6 Such knowledge is too wonderful for me; it is high, I cannot attain unto it.
- 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.

Speak to Him, thou, for He hears, and Spirit with Spirit can meet-
Closer is He than breathing, and nearer than hands and feet. ~Alfred Lord Tennyson

Ephesians 3:11-19 KJV

- 11 According to the eternal purpose which he purposed in Christ Jesus our Lord:
- 12 In whom we have boldness and access with confidence by the faith of him.
- 13 Wherefore I desire that ye faint not at my tribulations for you, which is your glory.
- 14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,
- 15 Of whom the whole family in heaven and earth is named,
- 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.

God put His Spirit in me-
He Dwells in my heart.
Christ gives me the key,
That we're are never apart.

So I rest now in Thee,
because I understand,
That God has His Hand,
On Me.
~Al Denninger

The Daily Lesson – March 1, 2026

“Now watch the miracles that begin to take place within a very few days as you learn to relax in the realization of Omnipresence and Omnipotence, as you learn to relax from taking up the sword against some enemy: a physical, mental, moral, or financial one, or against any other mythological beast that walks the earth. Remember that all beasts are mythological because God never made one.” ~Joel S Goldsmith

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.

Exodus 33:14 KJV

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

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.

1 Timothy 4:4 KJV

4 For every creature of God is good, and nothing to be refused, if it be received with thanksgiving:

If we Dwell in the Secret Place of the Most High, nothing but God can come neigh thy Dwelling Place and nothing but God encompasses our life. Every Expression of God is Good. If we do not Dwell in God's Kingdom, any appearance or temptation we can dream up seems real until we wake up. The instant we Know the Truth, Peace, Rest and gratefulness comes over us and the added things of Good begin to Flow. ~Al Denninger

The Daily Lesson – March 2, 2026

“When you have Omnipotence and Omnipresence together in one place at the same time—within your own consciousness—you have the kingdom of God realized within you. The kingdom of God is neither lo here nor lo there; it is not in holy mountains; it is not in holy temples; it is not in holy teachers: ‘The kingdom of God is within you’; therefore, relax from the strain, relax from striving, and acknowledge Omnipresence, the presence of God where you are:

Neither life nor death can separate me from God. I am in the presence of God, and as long as I am in the presence of God, it matters not whether I am what the world calls alive or dead. I cannot be separated from the life of God, the love of God, the consciousness of God, from the God-being Itself.” ~Joel S Goldsmith

2 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.

Luke 17:20-21 KJV

20 And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God cometh not with observation:

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

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.

If so be the Spirit of the Lord is Realized, the veil limiting this-worlds understanding is taken away and there is Liberty, Harmony and God is Glorified by His own Expression. Acknowledge God and there is no separation. ~Al Denninger

The Daily Lesson – March 3, 2026

“Across the Desk

Long ago meditation was discovered and practiced in the Orient, but it became a lost art years before it ever reached the Western world. Now that the secret has been rediscovered, it is being introduced in the West and re-introduced into the East.” ~Joel S Goldsmith

Psalms 143:5-6 KJV

5 I remember the days of old; I meditate on all thy works; I muse on the work of thy hands.

6 I stretch forth my hands unto thee: my soul thirsteth after thee, as a thirsty land. Selah.

Philippians 4:8-11 KJV

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

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

10 But I rejoiced in the Lord greatly, that now at the last your care of me hath flourished again; wherein ye were also careful, but ye lacked opportunity.

11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content.

Colossians 3:2 KJV

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

In every nation, every tongue and every time there will be the few there Be that will set their affections on things above and not on the things of the earth. Those that thirst shall Seek, and those that seek shall Find. Stretch forth your hands to God. ~Al Denninger

The Daily Lesson – March 4, 2026

“The original discoverer of the art of meditation is unknown. He may have been a traveler on the desert who spent his time in contemplating the mysteries of the heavens, one perhaps who knew the stars and some of their secrets; he may have known and contemplated the mysteries of the Sphinx and the pyramids; he may have been a fisherman and known the joy of contemplating the mysteries of the sea, or a shepherd like Moses, contemplating the mysteries of nature, sensing the atmosphere of the mountains and marveling at the fertility of flocks and fields.” ~Joel S Goldsmith

Genesis 2:1-3 KJV

- 1 Thus the heavens and the earth were finished, and all the host of them.
- 2 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.
- 3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

Hebrews 4:7-12 KJV

- 7 Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts.
- 8 For if Jesus had given them rest, then would he not afterward have spoken of another day.
- 9 There remaineth therefore a rest to the people of God.
- 10 For he that is entered into his rest, he also hath ceased from his own works, as God did from his.
- 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.

2 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.

Romans 12:1,2 KJV

- 1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies [conscious thought] 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.

Meditation is leaning not unto our own understanding, but resting in the Glory of God. God's Own Example from the beginning has been referred to ever since then. Our thoughts are not His Thoughts. Rest back and give our Consciousness to God. Trust God and be ye Transformed into God's Discernment—beyond words and thoughts. I beseech thee, give yourself to God. ~Al Denninger

The Daily Lesson – March 5, 2026

“Lost in such contemplation, the miracle occurred, the climax of meditation was reached, and an inner release experienced which may have taken the form of a deep breath or sigh, or as of a weight or burden falling from his shoulders. Undoubtedly, there was a sense of inner peace or mild exhilaration, and then a sense of being at peace with all the world.” ~Joel S Goldsmith

Hebrews 4:12-13 KJV

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

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

Isaiah 26:2-3 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.

Mark 4:36-40 KJV

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

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

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

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

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

Faith, Trust and Love are developed in Meditation. Our Experience and Demonstration are in proportion to our dedication to these. Practice the Presence and one day It will be So—at a time when you think not. Leave it to God and Rest in His Perfect Peace. ~Al Denninger

The Daily Lesson – March 6, 2026

“A continuation of such experiences would eventually result in a complete realization of oneness with all being: with trees and plants, with the birds of the air and the fish of the sea, or it may have lifted him into conscious oneness even with the stars or with the lightning and thunder of a summer storm.” ~Joel S Goldsmith

John 15:5 KJV

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

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.

Psalms 23:1-3 KJV

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

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

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

Ephesians 2:6-10 KJV

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:

9 Not of works, lest any man should boast.

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

There is One Source, One Spirit and One Vine... I am an individual Expression, or branch of that Vine... Therefore there is no separation and no individual self... All that the Father hath is mine... And through His Spirit I Hear and See and Walk and Live in His beautiful Creation... His Garden provides my every need.... I Live, yet not I—Chris Lives in me... He is my Shepherd and Leads me in Harmony and Peaceful Fullness... He Raises me up into High Places... And He shows me His Creation in a Way beyond my understanding... He Walks with me and talks to me... His still Voice Leads me on my Path... And so, I follow... Thank you Father. ~Al Denninger

The Daily Lesson – March 7, 2026

“Meanwhile, a great mystery revealed itself to the explorer in this realm of Withinness: he realized that man originally was pure spiritual being, drawing his life, substance, law, and continuity from God, but after the mist arose and man lost his vision of God, he became a lone, lost individual, wandering like the Prodigal, but never reaching home, never reaching his divine consciousness and fulfillment.” ~Joel S Goldsmith

Genesis 1:26-27 KJV

26 And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

27 So God created man in his own image, in the image of God created he him; male and female created he them.

Genesis 2:7 KJV

7 And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

John 15:4-6 KJV

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

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

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

Romans 8:9-14 KJV

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

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.

We were Created In, By and As Spirit. If we are tempted to accept that we are created of, by and as an earthy creature, then we have separated our consciousness from a Spiritual Connection. Without a Spiritual Awakening, Recognition and Life connected to Spirit we are none of His and are destined to a limited understanding of what life is. A separated life is terminal. Reconnect, Awake, Arise and Live. ~Al Denninger

The Daily Lesson – March 8, 2026

“Now, through an inner communion with Something greater than himself and an outer communion with every form of life, he was no longer alone or lonesome. The great mystery of Adam was solved: not getting a mate from his rib, but from his heart under the rib, really from that feeling usually attributed to the heart, that feeling of love that wells up in meditation, for it is from this feeling of love within man, which comes only when in contemplation and communion with God, that all the issues of life come forth: companionship, supply, safety, security, peace, joy, health, and completeness.” ~Joel S Goldsmith

Matthew 22:37 KJV

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

Jeremiah 29:13 KJV

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

Proverbs 3:5 KJV

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

Heart: Internal Sense—Knowing, Feeling, the Source and the Domain of Love.

Soul: Internal God As—Origin of Life, Fullness of Being, Spirit, Truth, and Divine Presence.

mind: Internal thought—the place of trust, recognition, devotion and of Practicing the Presence.

Communion: The Spiritual Connection of Heart, Soul and mind. The Experience of Knowing the Truth, and resting in It. Communion is a Connection of Oneness, in Oneness. Communion is an Experience of Omnipresence. External Harmony, Companionship, Supply, Security, Peace and Completeness follows. ~Al Denninger

The Daily Lesson – March 9, 2026

“Contemplating the mysteries of life, its law and beauty, its rhyme and rhythm, its harmonies and moods, led his attention back to his Source, to the realm of the real, the kingdom of God within him, and he experienced the ultimate of meditation in an actual communion with the source and fount of all Being. Then came the release from all care and the solution to all problems, followed by the fulfillment of all good in his experience even without taking thought.”
~Joel S Goldsmith

2 Timothy 2:7 KJV

7 Consider what I say; and the Lord give thee understanding in all things.

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.

Ephesians 4:6 KJV

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

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.

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.

When we ponder and meditate in the Secret Place of the Most High we will be Led by our Shepherd. He Knows what we have need of before we ask, because He is the Source, Creator and maintainer of all these things. He goes before us to make straight the Way that we may Experience His Love, and in turn, Be His Love. Stop and release your self into the Realm of Vision to Focus on His will—and Be about The Father’s Business. In God’s Light we See Light.
~Al Denninger

The Daily Lesson – March 10, 2026

“The original wanderer who discovered the secret of life and its harmonious and joyous experience then probably sought out others who were lost on the desert of human existence to whom he might impart the mystery of resurrection from the tomb of mortality, the great secret of the ascension of soul and body to immortal heights. And so the great art of meditation was discovered, taught, and lived.” ~Joel S Goldsmith

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.

John 14:6-7 KJV

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

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

Luke 18:18-19 & 26-27 KJV

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

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

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

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

Proverbs 12:28 KJV

28 In the way of righteousness is life; and in the pathway thereof there is no death.

Psalms 23:6 KJV

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

In complete Stillness there are no distractions—and so we practice. Be still and seek ye first the Kingdom of God, and in His Righteousness there is a Pathway to Eternal Life. If we get to Know the Christ, we will Know the Father also. Follow Christ, where there is only Life. ~Al Denninger

The Daily Lesson – March 11, 2026

“Somewhat sorrowfully, the teacher of this mystery, like the Master who came later, learned that, whereas he would give his ‘pearl of great price’ to all mankind, like Jerusalem, they ‘would not.’ Only the few were receptive, but those few became a people set apart, a joyous people, successful and brilliant because they had all of God upon which to draw for wisdom, light, love, and attainment.” ~Joel S Goldsmith

Matthew 23:37 how often KJV

37 ...how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!

Hebrews 6:19-20 KJV

19 Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;

20 Whither the forerunner is for us entered, even Jesus, made an high priest for ever after the order of Melchisedec.

Matthew 7:13-14 KJV

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

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

Colossians 3:15-17 KJV

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

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

17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

All that the Father hath is thine. The Word is freely Given. But how many are receptive, aware and awake? Let the Word of Christ Dwell in you Richly. *Thank you Father, for Your Love.* ~Al Denninger

The Daily Lesson – March 12, 2026

“As it became more generally known that these few contemplatives in the world had access to the peace and prosperity of the world, those not spiritually attuned began to look upon meditation as a means of going within solely for the purpose of drawing forth the good things of life: supply, companionship, home, and health. And so a practice was begun of turning within in an attempt to draw forth things, and eventually the art of pure meditation was lost, and meditation became an incomprehensible mystery.” ~Joel S Goldsmith

Romans 12:1-3 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.

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.

John 15:4-5 KJV

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

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

The only possible reason to desire things in this-world is when one has accepted a sense that they are separated from God. Thinking that God is like a Santa Clause can will only lead to disappointment. God cannot be used for human wants and needs. If we are Communing within the Realm of God is there something to want in this-world? Present yourselves in secrecy and silence to God for His Purpose and His Glory; and rest in the Assurance that He is your Shepherd that Lovingly provides for and protects you. All that the Father hath is thine. ~Al Denninger

The Daily Lesson – March 13, 2026

“The real mystery of meditation is that meditation is not a means of getting things from the divine center that is within man. Seeking to get, achieve, or attain from the heavenly Kingdom can only result in the loss of the little we already have. Meditation is not a means to an end. Meditation is a contemplation of the deep things of spiritual reality, of the rhythm of the universe, a dwelling in the Kingdom within, and then as its climax an inner communion with the Spirit of man, a contact with his Soul, a revelation of the truth behind the mysteries of life.” ~Joel S Goldsmith

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.

1 Corinthians 2:9-16 KJV

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

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

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

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

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

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

15 But he that is spiritual judgeth all things, yet he himself is judged of no man.

16 For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

We are not going to think our way to the Truth, that is not what meditation is. The Truth Exists without our input or recognition. Lean not unto your own thoughts, but seek ye first the Kingdom of God and Abide there just to Be at God's Feet—to Feel His Presence. Asking, pleading or bargaining is futile. He already Knows you. Abiding in Spiritual Consciousness is Oneness or Communion with All that the Father Hath. Human consciousness is overwhelmed with the idea of Infinite Mind and rebels to look deeply into Spiritual Discernment. Neither can man understand the nature of Infinite Spirit. God put His Spirit in you—and Christ stands at the Door and knocks. Open the Door and step In. ~Al Denninger

The Daily Lesson – March 14, 2026

“The miracle is that without desire, without taking thought, the Presence within goes before to make ‘the crooked places straight,’ to prepare a mansion—many mansions. The divine invisible Presence becomes visible as form—as the very body of all good. A thousand may fall at one's left and ten thousand at the right, but never do the problems of this world intrude into the consciousness of those who live in meditation, in a perpetual inner contemplation, a true communion with the inner Self or Source.” ~Joel S Goldsmith

Luke 3:4-6 KJV

4 As it is written in the book of the words of Esaias the prophet, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight.

5 Every valley shall be filled, and every mountain and hill shall be brought low; and the crooked shall be made straight, and the rough ways shall be made smooth;

6 And all flesh shall see the salvation of God.

John 14:2 KJV

2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

John 1:14 KJV

14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.

Psalms 91:1-7 KJV

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

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

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

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

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

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

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

God Knows what you have need of and Guides you as your Divine Shepherd. Your place is with Him in His Kingdom when Christ is received in your Consciousness. Dwell in the security of His Refuge and Trust Him in all thy Ways. We are protected in His all-encompassing Presence. Rest in the Assurance that God is Love and your Place is with your Father. ~Al Denninger

This concludes our study of Chapter 5 in the book “The Contemplative Life” by Joel S Goldsmith
Tomorrow we begin: Chapter 6 “Contemplative Meditation”