

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 – June 20, 2026

"Chapter 8

CONTEMPLATION DEVELOPS THE BEHOLDER

Many times the young student is likely to believe that the spiritual or contemplative way of life is a life without discipline, but the very opposite of this is true, because there is no life that requires greater discipline than does the spiritual life." ~Joel S Goldsmith

1 Corinthians 15:58 KJV

58 Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

1 Corinthians 9:24-27 KJV

24 Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one that beateth the air:

27 But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Isaiah 26:3 KJV

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

The Spiritual Life will require all of your focus, not just sometimes. The Way is straight and narrow and few there be that are willing to walk the razors edge. Give it all to God and He will hold you steadily balanced. All that the Father hath is thine. Be worthy and steadfast. ~Al Denninger

The Daily Lesson – June 21, 2026

“Life, as it is lived by most persons, is more or less undisciplined because little or no attempt is made by the individual to control the nature of his thinking. He is prone to accept everything that he sees or hears, usually rejoicing over what he thinks is good and moaning over what he believes to be evil, so that seldom does anyone ask himself, ‘Is this as good as it appears to be?’ or, ‘Is this as evil as it appears to be?’ Rather are appearances accepted in accordance with human judgment. In the spiritual way of life, however, that cannot be done because the entire spiritual life is based on the rejection of appearances.” ~Joel S Goldsmith

Matthew 6:31-33 KJV

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

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

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

John 7:24 KJV

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

John 3:21 KJHV

21 But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God.

Ephesians 4:22-24 KJV

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

23 And be renewed in the spirit of your mind;

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

Thoughts are distractions and appearances that lie of separation. Righteous judgment is Truth Known and Lived. Seek ye the Light of Truth, Dwell in It, and Live in the New Man Revealed by Christ. Come to the Light. ~Al Denninger

The Daily Lesson – June 22, 2026

“Judge Not After Appearances

Commonly accepted metaphysics today teaches the rejection and denial of the appearance of evil and the realization of its unreal nature. But in the truly spiritual life, we have to go beyond merely rejecting evil as error because we also have to deny reality to that which appears as good; we have to unsee the humanly good appearances to the same degree that we unsee the humanly evil ones. Spiritually discerned, there is neither good nor evil, and it is on this premise that the entire spiritual universe is built. The discipline on this path lies in rejecting every appearance, whether it is good or evil, in the realization that whatever it is that is of God is invisible to the human senses.” ~Joel S Goldsmith

Proverbs 3:5 KJV

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

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.

I Corinthians 2:11-14 KJV

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.

Spiritual discernment is beyond words and thoughts. There is no argument in Truth. There is not even a reaction. Truth just Is. And the same Truth always will be. Don't let fake influence you.

~Al Denninger

The Daily Lesson – June 23, 2026

“Why callest thou me good? there is none good but one, that is, God.... Neither do I condemn thee,’ In other words, there is no sitting in judgment on what appears to be evil, but neither is there any acceptance of the appearance of good: there is a recognition that the only real is the Invisible-the spiritual-and that is something that cannot be seen with the eyes, nor heard with the ears.” ~Joel S Goldsmith

Matthew 19:17 (to :) KJV

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

John 8:11 And KJV

11 ...And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

Galatians 6:1 KJV

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

2 Corinthians 4:18 KJV

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

John 4:24 KJV

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

Can there be any judgment or condemnation against false claims? Where Spirit is Realized there is Truth and nothing but the Truth is Present. God is Good – all the time. ~Al Denninger

The Daily Lesson – June 24, 2026

“Under the old metaphysics, if we were confronted with an appearance and judged it to be evil, we immediately had to resist it: overcome, destroy, or remove it. If on the other hand, we were confronted with an appearance of human good, we accepted it and rejoiced over it. The danger in this procedure, however, is that the very thing that appears to be good may, in and of itself, be evil, or may change to evil, or its effect upon one may be of an evil nature.” ~Joel S Goldsmith

Matthew 5:39 KJV

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

Matthew 23:27-28 KJV

27 Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness.

28 Even so ye also outwardly appear righteous unto men, but within ye are full of hypocrisy and iniquity.

John 7:24 KJV

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

Psalms 91:1-2 KJV

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

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

Only with Righteous Judgment can we discern the Truth of Infinite Being. The appearances—the people, places and things in this-world—may be good one day and bad the next. Dwell in the Word, and Let the Word Dwell in you, for he that Dwells with God, Lives the Truth and will not be fooled. Resisting appearances is pointless, because we are taking an action on an untruth. ~Al Denninger

The Daily Lesson – June 25, 2026

“A very good illustration of this is that nearly every body would agree that having a million dollars-earning or inheriting it-is good, and yet the acquisition of a million dollars has proved to be the ruination of many persons. It has changed their nature and made them grasping because, when some persons who have had little or nothing and who have always been free and joyous in sharing that little acquire more than they have been accustomed to having, many of them begin to hoard and grasp it and lay it up for a rainy day, fearing to spend it, so that what would appear to have been good has turned out to be evil for them.” ~Joel S Goldsmith

1 Timothy 6:9-11 KJV

9 But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition.

10 For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.

11 But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.

Proverbs 11:28 KJV

28 He that trusteth in his riches shall fall; but the righteous shall flourish as a branch.

Luke 16:13 KJV

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

Focusing on, or reacting to this-world and any of its effects, either good or bad, will distract us from Serving God. Lean not unto thine own understanding. Rely on God. ~Al Denninger

The Daily Lesson – June 26, 2026

“In the human picture practically everyone, almost without exception, rejoices at a birth and sorrows at a death. Nevertheless, more trouble has been caused in the world by birth than ever has been caused by death. So, if we were to judge from human appearances, we would be struck by the tragedies that take place as a result of birth, despite all the rejoicing, and by the uselessness and futility of much of the sorrowing at death.” ~Joel S Goldsmith

John 7:24 KJV

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

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.

Relying on this-world, we fall into a universal trap where the distraction is greater than the Truth. We can get so caught up in it that we cannot find our Way back onto the Path. Stop. Step back, rely on God for the Truth and watch the knowledge of good and evil dissolve. You are always welcome Home. ~Al Denninger

The Daily Lesson – June 27, 2026

“These are extreme illustrations of how unwise it is to judge of good or evil. Spiritually, however, judging as to good or evil goes far beyond being unwise. In a spiritual sense, it is absolutely wrong because there is a Power that is within each and every one of us, and this Power has as Its function the creating, maintaining, and sustaining of harmony in our existence, and when for any reason harmony is apparently taken from our lives, Its function is to restore it.” ~Joel S Goldsmith

John 7:24 KJV

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

Ephesians 3:16-17 KJV

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

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

Psalms 23:3 KJV

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

Psalms 51:10-12 KJV

10 Create in me a clean heart, O God; and renew a right spirit within me.

11 Cast me not away from thy presence; and take not thy holy spirit from me.

12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

God is the Power that completely maintains, sustains and protects us. He perfectly put that Loving Gift right within us. But if for any reason we are distracted and step off the Path, He will Lead us right back on the Path. But, all He asks is that we Dwell with Him. Abide with Me. ~Al Denninger

The Daily Lesson – June 28, 2026

“Living as a Witness to the Activity of God

This Power or Principle is illustrated fully in the experience of Jesus Christ as narrated in the four Gospels. Jesus clearly revealed that his function was to heal the sick, raise the dead, feed the hungry, and forgive the sinner. Always he said, ‘I can of mine own self do nothing.... the Father that dwelleth in me, he doeth the works.’ He always bore witness to the presence of God. In every one of the miracles performed by the Master, there was the denial of self and the glorification of the Father. Always it was, ‘I of my own self am doing nothing, for I of my own self am nothing. If I speak of myself, I bear witness to a lie. Therefore, it is not I who am good, it is not I who do the healing: I am but bearing witness to the presence and power of God.’” ~Joel S Goldsmith

John 5:30,31 KJV

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

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

John 14:10 but KJV

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

Mark 10:18 KJV

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

1 Corinthians 10:31 KJV

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

Each individual Expression of God is designed to prove the Glory of God. It is Gods’ Work and He is the Doer. Take a step back... Watch and witness... And Rest in His Presence and Glory. ~Al Denninger

The Daily Lesson – June 29, 2026

“How can we bear witness to this Power except by being still? If we do otherwise, we can no longer say that we are doing nothing or that we are nothing. We have become something the moment we do something. Therefore, when we are confronted with appearances—whether the appearance is called good or evil—we are being confronted with a human appearance, and if we would bear witness to the presence of God, we must do nothing, we must think nothing, and we must have no judgment. I am sure that you will not confuse this with an ignoring of our life's work, nor as a lazy do-nothing attitude, but you will understand this to be a disciplined withholding of judging as to good or evil and an attitude of expectancy—as of listening within. Be sure that you understand the significance of this attitude.” ~Joel S Goldsmith

John 7:24 KJV

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

Matthew 6:31-33 KJV

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

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

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

Galatians 5:22-23 KJV

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

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

Colossians 3:2 KJV

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

The only way a lie can get you to pay attention to it is to lie. It is not the Truth, never has been, never will be. Ignore lies. And so we are then still, without reaction to appearances. There is nothing to correct. Being still with a joyful attitude of Awareness to Truth makes us put up our sword. We have no use for it. Look up! ~Al Denninger

The Daily Lesson – June 30, 2026

“In order to make ourselves nothing, we must immediately realize within ourselves, ‘There is neither good nor evil: there is only God.’ Then, as we look out at the erroneous appearance with no judgment, there truly is neither good nor evil: there is only the presence of God, and now the Father within can perform Its function, and Its function is to dissolve the appearance and reveal God's glory-reveal Its own being.” ~Joel S Goldsmith

Psalms 24:1 KJV

24 The earth is the Lord's, and the fulness thereof; the world, and they that dwell therein.

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.

Romans 11:36 KJV

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

2 Corinthians 3:18 KJV

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

I can of mine own self, do nothing... The Father, he does the Work... What I See is His... All of It... God is the Source, my Supplier and my Shepherd... His Love Flows in and Through His every Expression... Behold, I See the Spirit by the Spirit... I am His Active Expression performing His Will... I am nothing... God Is... Thank you Father. ~Al Denninger

The Daily Lesson – July 1, 2026

“Even though to our sense a healing appears, it is not really a healing: it is the dissolving of the material picture, and the bringing to visibility of the spiritual one. There is only one way in which that can be done, and that is to withhold judgment as to good or evil, and then let the Father within do the work. Then, and then only, can we truthfully feel that we have had nothing to do with the demonstration except to bear witness to God in action.” ~Joel S Goldsmith

John 7:24 KJV

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

Matthew 6:31-33 KJV

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

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

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

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.

Mark 10:18 KJV

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

There is nothing to correct in the Kingdom of God. Man's idea of a separation from God is what is not true. Problems feel so real in the distracted thoughts of this-world, don't they? But, when we Know the Truth that the Father Knows, and See what the Father Sees about us, we will Experience the Truth of Being and not just think about it. Truth becomes tangible. We Truly are His individual Expression. When Harmony is Present, the thoughts about good and evil is what disappears. There is One Good, and that is God. ~Al Denninger

The Daily Lesson – July 2, 2026

“This reminds me of a woman who was healed of a disease that had been pronounced incurable, and her husband, out of deep gratitude, went to the practitioner and offered him a check as a token of appreciation. When he began to express his gratitude, the practitioner said, ‘Oh, I didn’t do it—God did it,’ at which the man put the check back in his pocket and replied, ‘Oh, well, then I don’t owe you anything. I’ll give the check to God.’” ~Joel S Goldsmith

Colossians 3:17 KJV

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.

Hebrews 13:21 KJV

21 Make you perfect in every good work to do his will, working in you that which is wellpleasing in his sight, through Jesus Christ; to whom be glory for ever and ever. Amen.

1 Thessalonians 5:18 KJV

18 In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

Every Gift is a Gift from God. Every Gift is a Gift to God. His Will be done in earth as it is in Heaven. ~Al Denninger

The Daily Lesson – July 3, 2026

“As a matter of fact, insofar as the healing was concerned, the practitioner was right, but the husband was also right. The practitioner had not brought about the healing: he had merely borne witness to God in action, so therefore there was no money due because of the healing. Where the husband was wrong was that he should have known that if the practitioner had not been available and had not been able to bear witness to God's grace, there would have been no healing. If the practitioner had been dependent for his livelihood on hanging telephone wires, tending furnaces, or whatever else his job might have been, he perhaps might not have been able to live in the Spirit and to bear witness to God when called upon. Giving him money, therefore, was not for the healing. It was merely to enable him to be free of other obligations so that he could keep his consciousness clear and free of entanglements and could always be in the Spirit to bear witness to Its activity. When you witness healing works, always remember what it is you are witnessing. You are not witnessing the power of an individual, for an individual has no such power: you are merely witnessing an individual who is keeping himself free of the appearance-world and maintaining himself in a consciousness of no judgment, so that the grace of God can come through, because the grace of God cannot come through the human mind. And what is the human mind but anybody's mind that is still indoctrinated with the belief in two powers?” ~Joel S Goldsmith

Mark 10:18 KJV

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

John 5:31 KJV

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

John 14:10 but KJV

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

Luke 10:2-7 KJV

2 Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest.

3 Go your ways: behold, I send you forth as lambs among wolves.

4 Carry neither purse, nor scrip, nor shoes: and salute no man by the way.

5 And into whatsoever house ye enter, first say, Peace be to this house.

6 And if the son of peace be there, your peace shall rest upon it: if not, it shall turn to you again.

7 And in the same house remain, eating and drinking such things as they give: for the labourer is worthy of his hire. Go not from house to house.

Romans 4:4 KJV

4 Now to the one who works, his wages are not counted as a gift but as his due.

God is Love, and Love Loves because it must. The Grace of God is the gift of Spirit. It is Love Loving. ~Al Denninger

The Daily Lesson – July 4, 2026

“Discipline in the Contemplative Life

Regardless of how much knowledge of truth a person may have, no matter how many years he may have studied truth, he may still have no healing power. It is not how many statements of truth a person knows intellectually, or can declare. Healing power has to do with the degree of the actual awareness and conviction attained of the nonpower of appearances. It is for this reason that the spiritual path is a path of discipline, and every disciple or student must begin at some moment in his career to withhold judgment.” ~Joel S Goldsmith

1 Corinthians 2:14 KJV

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

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.

Romans 2:1 KJV

1 Therefore thou art inexcusable, O man, whosoever thou art that judgest: for wherein thou judgest another, thou condemnest thyself; for thou that judgest doest the same things.

1 Corinthians 15:58 KJV

58 Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

When we make our journey to be an intellectual one, we still have not engaged God or Spiritual discernment. For most of us, it will take some steadfast discipline and a lot of Practice to Trust God enough to leave the appearances of this-world behind. The first person not to judge is yourself, for what you see is appearance, not Spirit. That kind of judgment has nothing to do with God, it has to do with personal thought. Be still and Practice the Presence of God and focus on the Truth not the thoughts given or written by someone else. We will all be taught of God and it is His Will that we open the Door, each for his own self. ~Al Denninger

The Daily Lesson – July 5, 2026

“In proportion as this consciousness of no judgment is attained, the appearances in this world automatically change as they touch your consciousness. This is because your consciousness is not reacting to good or to evil, and is, therefore, able to pierce the veil of illusion, even the veil of good illusion, and see that there is nothing to fear and nothing to gloat about because what you are seeing is not the spiritual creation, but a finite concept of it, sometimes good and sometimes bad, sometimes rich and sometimes poor, sometimes healthy and sometimes sick, sometimes alive and sometimes dead. But none of that is true of God's kingdom.” ~Joel S Goldsmith

John 7:24 KJV

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

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.

Romans 14:17 KJV

17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Reacting to a lie is foolishness. ~Al Denninger

The Daily Lesson – July 6, 2026

“The Master's statement, ‘My kingdom is not of this world’, helps us to discipline ourselves. Instantly we shut out everything that we see or hear, realizing that that is *this world*, but it is not *My kingdom*, the Christ-kingdom, the spiritual kingdom; and therefore, we neither love, hate, nor fear it. Think of the discipline involved in refraining from all attempts to change the appearance when we are in the midst of what seems to be a problem for ourselves or another. Think, think of any discordant appearance that you have ever seen, heard, tasted, touched, or smelled; see the discipline that is necessary to refrain from attempting to alter, change, or do something about it, and then be convinced and know, ‘My kingdom—the place where I live, move, and have my being—is not of this world. Therefore, I have nothing to do about this world except to know that it is not of *My kingdom*.’” ~Joel S Goldsmith

John 18:36 (to :) KJV

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

Matthew 5:38-39 (to :)

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:

Matthew 6:33 (to ;) KJV

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

Do we believe Jesus at his word? When we finally come to the Realization that Christ's Kingdom is not of this world, shouldn't it also be consistent that this-world is not a Spiritual place? So then this-world deserves no attention or resistance at all. Its nothing to respect, run to or run from. Period. The Realm of Christ is all that I have respect for. Christ's Realm is the place of Truth, Life and Love. ~Al Denninger

The Daily Lesson – July 7, 2026

“As we withdraw judgment—which means to withdraw our hate, fear, or love of the appearance—it is then that this Invisible, the Spirit of God, which is in us, can immediately go to work to change the appearance.” ~Joel S Goldsmith

Romans 8:1-2 KJV

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

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

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.

When we walk after the Spirit we begin to be Led by the Spirit. At this point this-world consciousnesses dissolves and we are free from it. Trust God, pick up thy bed and Walk. Jesus said, “Follow Me.” ~Al Denninger

The Daily Lesson – July 8, 2026

“Self-Preservation Is the Dominant Note in Human Experience

When the disciples were afraid because of the storm at sea, they awakened the Master, but he did not attempt to stop the storm by praying to God because he knew that he was being faced with an illusory appearance. He merely ‘rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.’ What the disciples were seeing was something more than a storm: they were probably not aware of it, but they were seeing a selfhood apart from God, and above all they may have been afraid that they were going to lose their lives.” ~Joel S Goldsmith

Mark 4:35-39 KJV

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

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

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

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

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

When I read in Mark 4:35 where Jesus said, “let us pass over unto the other side” it jumped off the page and made me ponder... And I’m still working on it... What other side? It seems like Jesus would not have been asleep in the back of the little ship if there was a storm in His Consciousness. The storm, the appearance, the selfhood apart from God, was in the Disciples experience. They were afraid for their lives, but Jesus was unaware of their experience and was calmly asleep. The disciples must have been excitedly graphic in their explanation of the situation to Jesus. When Jesus Arose, was there a storm on display for Him? It’s worth asking the question, right?... He saw the Truth and called “the storm” what it was—an appearance to the Disciples—and He ordered it to be gone and the appearance disappeared completely with no further mention. It was no more. It never was to Him. ~Al Denninger

The Daily Lesson – July 9, 2026

“The disciples, seized as they were by fear, were responding as most people do to that first law of nature, the law of self-preservation. In the human picture, that law (if we can dignify it by the name of law) is responsible for most of the evil that is in the world. A person would not steal if it were not that he is trying to preserve his personal and human sense of life. He is hoping to keep himself from starving or from being a failure, and he is staving off lack and limitation. In short, he is preserving his own human sense of identity.” ~Joel S Goldsmith

Matthew 16:25 KJV

25 For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it.

Matthew 6:19-21 KJV

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

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

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

Romans 8:6-7 KJV

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.

Fear, lack or limitation—any sense of separation from God—sets us up for an adventure of further appearances. Any number of distractions can and will show up when we least expect it. A self consciously identifying in this-world is far from the Mind of Christ. Where our mind dwells, so dwells our heart and our experience. ~Al Denninger

The Daily Lesson – July 10, 2026

“What but self-preservation lies behind every war? Men call it patriotism because they claim that wars are fought to preserve the nation, but a nation is only a group of individuals, so in the final analysis it is the preservation and perpetuation of themselves, of their human lives and human supply, that induces them to enter into a war. The horror of it is, however, that people are always willing to sacrifice and send their children off to get killed, as long as they can stay home and be saved. Children are not as important to most people as they themselves are. The children must go off and get killed or wounded or demented so that others can stay home and have abundance.” ~Joel S Goldsmith

Numbers 31:3-6 KJV

3 And Moses spake unto the people, saying, Arm some of yourselves unto the war, and let them go against the Midianites, and avenge the Lord of Midian.

4 Of every tribe a thousand, throughout all the tribes of Israel, shall ye send to the war.

5 So there were delivered out of the thousands of Israel, a thousand of every tribe, twelve thousand armed for war.

6 And Moses sent them to the war, a thousand of every tribe, them and Phinehas the son of Eleazar the priest, to the war, with the holy instruments, and the trumpets to blow in his hand.

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.

Even Moses himself got caught up in these types of selfish distractions and power plays. The nature of man whose breath is in his nostrils, is still today, selfishly and foolishly laying up treasures in this world. Not much has changed in the made up reasons for engagement and ridiculous justifications department. We must find the Truth every day, no matter how insane the distractions. We must be anchored in our Faith and bring Peace wherever we go. My Kingdom is not of this world. ~Al Denninger

The Daily Lesson – July 11, 2026

“In the storm, then, the disciples were not really afraid of the storm. What difference would a storm have made to them, if they had not believed that their lives were in danger? Who cares whether the wind is forty or a hundred miles an hour, if there is no danger to one's life or limb? It is only while there is fear of the loss of life that anybody cares whether the storm rages or ceases.” ~Joel S Goldsmith

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.

1 John 4:18 KJV

18 There is no fear in love, but perfect love casts out fear.

Psalms 23:1-4 KJV

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

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

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

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

1 John 4:16-17 KJV

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

17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world.

Can we entertain fear if we know the Lord is our Shepherd? No, it's impossible.

Can we be separated from God in the midst of a storm? No, it's impossible, but we can be distracted into thinking we might be. God gave us the Spirit of Love and He leads in the paths of Righteousness. And if we temporarily forget, we need to refocus and dwell in Secrecy and Silence, like Jesus did on his pillow in the back of the ship, and God will Restore our Soul. He that Dwelleth in Love, Dwelleth in God. ~Al Denninger

The Daily Lesson – July 12, 2026

“Many of us would be able to attain our release from the world of cause and effect, that is, from the world of appearances, if only we could bring to bear upon the situation that great assurance of the Master, ‘It is I; be not afraid.’ To know this truth would immediately divest us of any judgment as to the nature of the appearance.

‘It is I; be not afraid’—I, God, is the only life; I, God, is the life of individual being, and that Life cannot be lost and It cannot be destroyed. Let the storm do what it will. I cannot fear.” ~Joel S Goldsmith

Matthew 14:22-27 KJV

22 And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away.

23 And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.

24 But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary.

25 And in the fourth watch of the night Jesus went unto them, walking on the sea.

26 And when the disciples saw him walking on the sea, they were troubled, saying, It is a spirit; and they cried out for fear.

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

John 7:24 KJV

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

1 Samuel 16:7 KJV

7 But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

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.

The I of Christ is with you now awaiting Recognition. Where the Spirit is Realized, there is Freedom from false appearances. An appearance can seem real to any or all of our 5 physical senses, and it can show up as whatever we can think up, but it is still not the Truth. Don't react to the false appearance or unfounded fears. Believe and embrace the Truth when you See It.

~Al Denninger

The Daily Lesson – July 13, 2026

“Similarly, who cares how many germs there are in the world, unless we can be made to believe that germs can destroy our life? Ah! That sets up an antagonism in us, and we are going out now to wipe all the germs off the face of the earth. Why? What have we against germs? Nothing! Except that they threaten destruction to our own lives, or our own health!” ~Joel S Goldsmith

Psalms 23:4 KJV

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

Isaiah 41:10 KJV

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

1 John 2:15 KJV

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

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.

I guess it all boils down to what we consider our life: our parenthesis in this world, or the Gift of the Spirit within us that is in the Image and Likeness of God. God is our Source, our Creator, our Shepherd, which includes everything necessary for our Being. Love not the world, and also just as important, fear not the world or anything in it. Lay not up treasures on earth. There is only Life as God's individual Expression. Live ye in It, and Live ye Aware of this Truth. Live ye for, and As the Glory of God. ~Al Denninger

The Daily Lesson – July 14, 2026

“But suppose we came to the realization that our life is indestructible, that neither life nor death can separate us from God? Now what difference would germs make? And in that realization, the battle against error—that particular form of error—would cease, and none of these things would move us:

‘None of these things move me.’ My life is God; my life is in God; my life is with God; and neither life nor death can separate me from God.” ~Joel S Goldsmith

Romans 8:38-39 KJV

38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Psalms 23:1 KJV

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

Acts 17:28 (to ;) KJV

28 For in him we live, and move, and have our being;

I can of mine own self do nothing... The Father within, he doeth the Works... God is Life... I Am His Expression... My Life is an individual Expression Of God... Nothing can separate me from His Life, His Love and His Good... In His Presence there is nothing to ever correct or battle against... There is no Path I can take that does not Originate with God and does not lead to God... ~Al Denninger

The Daily Lesson – July 15, 2026

“In that realization, death itself has no longer any fears or terrors. No one can possibly fear death once he realizes that neither death nor life can separate him from the Life that he is, the Life that is his being.” ~Joel S Goldsmith

Isaiah 41:10 KJV

10 Fear thou not; for I am with thee:

Psalms 23:4 KJV

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

Acts 17:28 (to ;) KJV

28 For in him we live, and move, and have our being;

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.

Where the Spirit of the Lord—God’s Presence—is Realized there is no fear, death, germ or any other appearance. There is only God.

Without God I can do nothing... God is the Spiritual Essence of my Life... He is the Vine... I am His Living Expression... God is Omnipresent... I live because God Is. He has put His Spirit, His Love, and His Life in me... I am His Branch Expressed As... ~Al Denninger

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The Daily Lesson – July 16, 2026

“The Detachment of a Beholder

If we accept the Master's statement, 'My kingdom is not of this world,' we do not have to fight, remove, or overcome anything in the external world:

'It is I; be not afraid.' 'I am the life of you;' I, God, the Spirit of God in you is your life, your being, and the substance of your body." ~Joel S Goldsmith

John 18:36-37 KJV

36 Jesus answered, 'My kingdom is not of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence.'

37 Pilate therefore said unto him, Art thou a king then? Jesus answered, Thou sayest that I am a king. To this end was I born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice.

In the Kingdom where Christ Is there is nothing to fight, doubt or correct. All that exists is Truth in its purest form. Christ Is. Bear witness to the Truth. ~Al Denninger

The Daily Lesson – July 17, 2026

“When we are no longer afraid of anything in the external world, then we automatically arrive at a state of consciousness that no longer concerns itself with the good appearances or fears the evil appearances, but looks out at them with a sense of detachment as an onlooker or a beholder, with no interest in changing, improving, or destroying them: with just the attitude of a beholder.” ~Joel S Goldsmith

John 7:24 KJV

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

Romans 12:2 KJV

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

John 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.

Hebrews 13:6 KJV

6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

Did you ever notice in Scripture, that whenever Christ Jesus was met with an appearance, t[h]at it seemed like He did not react to it, and He simply demanded that the lie be dissolved. He saw the lie with no reaction. He proved the Perfect Will of God. As Jesus did, we need to work on being able to sleep in the back of the boat on a pillow while the storm appears to be raging on. There are no levels of Truth. There is only The Truth, the Whole Truth and nothing but the Truth. There is no reason to be afraid of an appearance. Be a Beholder not a correcter, changer, destroyer or an improver. ~Al Denninger

The Daily Lesson – July 18, 2026

“In this attitude of a beholder, our personal mental powers come to a stop, and it is as if we were watching a sunrise or a sunset. Nobody in his right mind believes that he can hasten the rising of the sun or its setting, or that he can increase its beauty. Therefore, in watching a sunrise or a sunset, we become completely the beholder, watching nature at work, watching God at work. We never enter into the picture, never seek to change, remove, destroy, or attempt to improve it in any way. As a beholder, we are always in the absolute center of our own being; and as a beholder, we can truthfully say, ‘What a beautiful sunset,’ or, ‘What a beautiful sunrise God is bringing about.’” ~Joel S Goldsmith

Zechariah 4:6 KJV

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

Matthew 6:27 KJV

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

Psalms 19:1 KJV

1 The heavens declare the glory of God; and the firmament sheweth his handywork.

Isaiah 40:26 KJV

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

There is no human intelligence, thought or power that can influence God. And so instead we Rest Back and Behold the Glory of God and His Perfect Peace. He doeth the Works. Thank you Father. ~Al Denninger

The Daily Lesson – July 19, 2026

“If we were in an art gallery, standing before the works of the great masters, we would be beholders because all that we would be trying to do would be to draw from the picture what the artist had placed there. We do not try to improve the picture; we do not try to destroy it: all that we seek to do is to draw forth from the picture what the artist has created and placed there for our enjoyment. We do not enter the picture: we behold it. If we enter anything, it would be the consciousness of the artist to behold exactly what he beheld because we are now of one consciousness—one mind.” ~Joel S Goldsmith

Exodus 35:30-33 KJV

30 And Moses said unto the children of Israel, See, the Lord hath called by name Bezaleel the son of Uri, the son of Hur, of the tribe of Judah;
31 And he hath filled him with the spirit of God, in wisdom, in understanding, and in knowledge, and in all manner of workmanship;
32 And to devise curious works, to work in gold, and in silver, and in brass,
33 And in the cutting of stones, to set them, and in carving of wood, to make any manner of cunning work.

Acts 17:24-29 KJV

24 God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands;
25 Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things;
26 And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation;
27 That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us:
28 For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring.
29 Forasmuch then as we are the offspring of God, we ought not to think that the Godhead is like unto gold, or silver, or stone, graven by art and man's device.

Job 37:14-16 KJV

14 Hearken unto this, O Job: stand still, and consider the wondrous works of God.

As we behold great works of art, such as in Master Bezaleel's workmanship, we may contemplate the Love, care, wisdom, precision and passion in their hands. But if we look with our Discerning Eyes to See we can also see the Spirit of God that was their inspiration—the Creative Principal of God—Working in them to craft such beautiful and wondrous Works. Behold the Love the Father has bestowed in Us, for in Him we live and move and have our Being. ~Al Denninger

The Daily Lesson – July 20, 2026

“When we hear a symphony, we do not enter the symphony: We stand off as a beholder, this time listening, listening to what the composer had in mind. We are not trying to improve his work, nor are we trying to destroy it: we are merely trying to understand it. Even if it sounds like bad music to us-unpleasant, discordant, or offbeat we still do not try to change it: We stand still, without judgment, trying to grasp what the composer had in mind, and it would not be surprising if eventually we found ourselves right inside the consciousness of that composer, hearing the music as he heard it when he put it on paper. Then we would have the same understanding of it that he had.” ~Joel S Goldsmith

Romans 10:17 KJV

17 So then faith cometh by hearing, and hearing by the word of God.

Psalms 119:105 KJV

105 Thy word is a lamp unto my feet, and a light unto my path.

Ephesians 5:19-20 KJV

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

Psalms 95:1-7 KJV

1 O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation.

2 Let us come before his presence with thanksgiving, and make a joyful noise unto him with psalms.

3 For the Lord is a great God, and a great King above all gods.

4 In his hand are the deep places of the earth: the strength of the hills is his also.

5 The sea is his, and he made it: and his hands formed the dry land.

6 O come, let us worship and bow down: let us kneel before the Lord our maker.

7 For he is our God; and we are the people of his pasture, and the sheep of his hand. To day if ye will hear his voice,

The gifts of God are Expressed in Infinite Ways. Art, music and poetry are some of the most wonderful ways to witness the Glory of God. God's Voice Comes to us through His servants if so be we stop and listen with Ears to Hear. His Sheep Hear His Voice. ~Al Denninger

The Daily Lesson – July 21, 2026

“So it is that God created this universe and all that is therein, and it is good! To our finite sense, however, we see some of this universe as evil and some of it as good, and strangely enough, the man right beside us may be seeing what we call good as evil; what we see as evil he may be seeing as good; so therefore, we cannot be seeing this universe the way God made it. We are seeing it through our ignorance of God, our lack of God-awareness, just as we might see a painting or hear music and because of our ignorance be unable to discern what the artist or the composer had in mind.” ~Joel S Goldsmith

Genesis 1:31 (to .) KJV

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

Psalms 91:7-8 KJV

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

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

I Corinthians 2:14 KJV

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

John 7:24 KJV

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

God can only Create Good. But using his own eyes, man can screw up his perception of Creation and think he is left out. Behold righteous judgment.” ~Al Denninger

The Daily Lesson – July 22, 2026

“As we look out at this world of appearances without judgment, it is as if we were realizing that God's Spirit made all that is, and made it spiritual, and in that realization we now behold a spiritual universe, even though at the moment we do not understand or see it the way the Grand Architect of the universe created it. We cannot see through the eyes of Him who designed and formed this universe while we are looking out of human eyes, but by looking at this world without judgment, it is as if we were trying to see what God created, as God sees it, in other words, entering into the consciousness of God.” ~Joel S Goldsmith

John 7:24 KJV

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

1 Corinthians 6:19-20 KJV

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

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

1 Samuel 16:7 KJV

7 But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

1 Corinthians 2:14-16 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.

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.

The mind of Christ is within our heart—God put it there. All we have to do is make the connection. Leave your nets and follow Him. ~Al Denninger

The Daily Lesson – July 23, 2026

“The only way we can do that is to withhold judgment and be still, seeing neither good nor evil, being a beholder, and letting the Father present the picture to us. We just bear witness, we just behold—but not with the idea of healing anyone, not with the idea of improving or enriching anyone—merely with the idea of beholding the picture as God made it and as God sees it.”

~Joel S Goldsmith

Psalms 25:5 KJV

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

John 16:13 (to :) KJV

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

John 14:6 KJV

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

Psalms 86:11 (to :) KJV

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

Father, I can do nothing... I seek your Kingdom for no purpose other than to Be with and Behold You... I have no agenda but to sit at Your Feet, Love You and Let You Show me the Way, the Truth and the Life... The quieter I am, the more I can Hear and See... The more I am Loving You, the More I Realize You are Loving Me... And so, I Watch and Listen... And Connect...

~Al Denninger

The Daily Lesson – July 24, 2026

“Withhold Judgment as to Good or Evil

The only way that the mind of God can be consciously expressed through us is when we are withholding human judgment as to good or evil and letting ourselves be beholders, and then the Spirit of God lives in and through us, changing the picture from what it seems to be, and revealing to us that which was always there, even though finite sense could not discern it.”
~Joel S Goldsmith

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.

John 7:24 KJV

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

I Corinthians 2:9,10 KJV

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

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

If we are going to Know the Truth, we are going to have to let go of all un-truth's, and we are going to have to Look in the right place. Search the Deep things of God. The appearing distractions are not of God. ~Al Denninger

The Daily Lesson – July 25, 2026

“Flowers, beautiful and colorful as they are, actually have no color. We are not seeing the flowers as they are, because color does not exist. There are light waves, and when they strike our eyes, we interpret the rate of their vibration as color. A certain vibration is interpreted as red, another as purple, and another as blue. It is color only when it touches our eyesight, and if our eyesight is not accurate, we may see one color as red, whereas another person may see it as quite a different color.

It is the same with sound. If, in a forest, the largest tree were to topple over, there would never be a sound heard in that forest because no sound is taking place. There are invisible sound waves set up by the falling tree, but the silence is absolute and complete until it touches an eardrum. Those sound waves must touch an eardrum before there can be any sound, and if they touched an impaired eardrum, there would still be no sound, no matter how loud the sound might seem to be to you.

We are always judging by the limitation of our finite senses. We are not seeing this world as it is: we are seeing this world as our mind interprets it. In some parts of the world, people go about naked, and in that kind of a civilization nobody thinks there is anything wrong about it. The fact is that being clothed or unclothed is a concept of life that has evolved, not life itself. The Father said, ‘Who told thee that thou wast naked?’” ~Joel S Goldsmith

John 7:24 KJV

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

Genesis 3:11 (to ?) KJV

11 And he said, Who told thee that thou wast naked?

Psalms 119:18 KJV

18 Open thou mine eyes, that I may behold wondrous things out of thy law.

I Corinthians 13:12 KJV

12 For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known.

We are all individual Expressions of God, seeing different things differently. But we are taught of God by Dwelling in His Presence and Observing His Ways. With Righteous Judgment we all see as we are Seen and Know as we are Known. Temporal vision is limited and so it is sometimes good and sometimes incorrect. In Perfect Light we are all the Ideal offspring of God.
~Al Denninger

The Daily Lesson – July 26, 2026

“As we live the life of contemplation, therefore, we find ourselves gradually withdrawing judgment from appearances, and when we see, or when we are told about erroneous appearances, we do not react to them, and they do not register in our consciousness, and, as far as they are concerned, our mind is a blank. We have no desire to change, alter, or improve the appearance presented to us: we are just beholders waiting for God to reveal it to us as it is.”
~Joel S Goldsmith

Psalms 25:4-5 KJV

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

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

Matthew 5:39 KJV

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

Colossians 3:9-10 KJV

9 Lie not one to another, seeing that ye have put off the old man with his deeds;

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

Psalms 119:18 KJV

18 Open thou mine eyes, that I may behold wondrous things out of thy law.

Wait on the Truth and the Freedom it brings. False appearances lose the power to linger and persuade as they fade in the Light from Above. Seek ye first the Truth. ~Al Denninger

The Daily Lesson – July 27, 2026

“Awake Thou That Sleepest’

“I shall be satisfied, when I awake, with thy likeness.’ A spiritually awakened person is completely satisfied with the people of this world because he knows them as they really are, and even though he sees the discords and problems that they are experiencing, he also knows that these are no part of their real being, but only a part of that educated sense which is trying to preserve an already immortal life, or trying to get more supply for one who is, and always has been, joint heir with Christ in God. Therefore, he looks with compassion on those whom he knows are in ignorance of their true identity or those who do not understand the nature of God's world.” ~Joel S Goldsmith

Psalms 17:15 KJV

15 As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.

Romans 8:13-17 KJV

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

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

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

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

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

Luke 23:34 (to .) KJV

34 Then said Jesus, Father, forgive them; for they know not what they do.

Romans 10:1-4 KJV

1 Brethren, my heart's desire and prayer to God for Israel is, that they might be saved.

2 For I bear them record that they have a zeal of God, but not according to knowledge.

3 For they being ignorant of God's righteousness, and going about to establish their own righteousness, have not submitted themselves unto the righteousness of God.

4 For Christ is the end of the law for righteousness to every one that believeth.

The best way I know to begin to understand what the Truth is is to discover what the nature of error, ignorance and lack is. In the Presence of God error, ignorance and lack is nothing—no thing. It does not exist. So, to say it another way: in Knowing what Truth is, we discover the nature of untruth. We can begin to forgive ignorance when we see it as being un-Aware of the nature of God. To God ignorance is not—it does not exist—because God is All-knowing. Can we learn to ignore it, and forgive unawareness too? And so, God's Will gets done. Ignore ignorance. ~Al Denninger

The Daily Lesson – July 28, 2026

“Suppose you come to the realization that ‘I and my Father are one,’ that the life of God is your individual life and therefore your life is indestructible, and that neither life nor death can ever separate you from God, which is life eternal and immortal. Now you begin to lose your fear of death, you begin to lose your fear of the burglar with a gun in his hand because you know that you have no life to lose. No longer do you fear for your life. Your life is now recognized as God—indestructible, immortal, and eternal. Death? Even death cannot separate you from God.”
~Joel S Goldsmith

John 10:30 KJV

30 I and my Father are one.

Romans 8:39 KJV

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Psalms 56:4 KJV

4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

John 3:16 KJV

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Father, I can of mine own self do nothing... It is You that are my activity of Life... What can I fear when in Your Omnipresence?... You are my Purpose... My Reason for life... My Source... My Shepherd... In Your Presence I Rest..... In Oneness...

In God I Trust. ~Al Denninger

The Daily Lesson – July 29, 2026

“Awake thou that sleepest,’ and learn that God is your life. Neither life nor death can take your life from you. Life goes on whether you live in the East or the West; it goes on whether you live in this house or that house; it goes on whether you are young or old, or even whether you have gone into the realm beyond. Life is a continuous experience because life is God, and God is life.” ~Joel S Goldsmith

Ephesians 5:14 KJV

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

Acts 17:28 KJV

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.

The Daily Lesson – July 30, 2026

“The Contemplative Life Brings a Consciousness of Life as Indestructible

Through the contemplative life, you come to a whole new state of consciousness in which, while you are still aware that there are evils in the world, no longer do you sit in judgment on them or condemn them, no longer do you misunderstand them. Now you have compassion because you understand why they are taking place. Furthermore, you know that they must continue to take place in each person's experience until he is awakened.” ~Joel S Goldsmith

Colossians 3: 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;

II Chronicles 20:17 (to 2nd ;) KJV

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

Psalms 1:1-2 KJV

1 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

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

2 Corinthians 1:3-4 KJV

3 Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;

4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

Remain diligently focused on God and His Righteous Judgment and the fears and condemnations of this world will dissolve into the nothingness they really are. Be patient in the Realization of Truth and be compassionate with people as they Grow in the Conscious Awareness of the Kingdom of God. Harmony and wisdom Comes from God. ~Al Denninger

The Daily Lesson – July 31, 2026

“When an individual is awakened to the fact that life is indestructible, immortal, and eternal, he cannot fear death; and once he no longer fears death, he cannot know death. No one can experience anything that is not a part of his consciousness, and when death is no longer a part of consciousness, he cannot die.” ~Joel S Goldsmith

1 Corinthians 15:51-58 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.
55 O death, where is thy sting? O grave, where is thy victory?
56 The sting of death is sin; and the strength of sin is the law.
57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ.
58 Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

John 11:1,17-26 KJV

1 Now a certain man was sick, named Lazarus, of Bethany, the town of Mary and her sister Martha.
17 Then when Jesus came, he found that he had lain in the grave four days already.
18 Now Bethany was nigh unto Jerusalem, about fifteen furlongs off:
19 And many of the Jews came to Martha and Mary, to comfort them concerning their brother.
20 Then Martha, as soon as she heard that Jesus was coming, went and met him: but Mary sat still in the house.
21 Then said Martha unto Jesus, Lord, if thou hadst been here, my brother had not died.
22 But I know, that even now, whatsoever thou wilt ask of God, God will give it thee.
23 Jesus saith unto her, Thy brother shall rise again.
24 Martha saith unto him, I know that he shall rise again in the resurrection at the last day.
25 Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:
26 And whosoever liveth and believeth in me shall never die. Believest thou this?

Ephesians 5:14 KJV

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

Death is not a mystery when one Knows the Truth. Awake thou that sleepest. Christ is the Resurrection and the Life and Christ shall Give thee Light. The entertaining of the idea of death is a “sin”, also known as, a sense of separation from God, also known as, “a lie”. Arise from the acceptance of death. Believe in Him. ~Al Denninger

The Daily Lesson August 1, 2026

“Leave this scene? Yes! Yes! That is like a bouquet of flowers. In a few days the form of the flowers will perish, but not their life. The life will go on and be manifested in other forms of the same kind of flowers, and it will be the same life. It will not be a different life. The life that is in a bouquet of roses today or the life that was in roses ten thousand years ago is the same life.”

~Joel S Goldsmith

1 Corinthians 15:48 KJV

48 As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly.

Titus 3:4-7 KJV

4 But after that the kindness and love of God our Saviour toward man appeared,
5 Not by works of righteousness which we have done, but according to his mercy he saved us, by the washing of regeneration, and renewing of the Holy Ghost;
6 Which he shed on us abundantly through Jesus Christ our Saviour;
7 That being justified by his grace, we should be made heirs according to the hope of eternal life.

1 Peter 1:23-25 (to .) KJV

23 Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever.
24 For all flesh is as grass, and all the glory of man as the flower of grass. The grass withereth, and the flower thereof falleth away:
25 But the word of the Lord endureth for ever.

Proverbs 12:28 KJV

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

There is no death in the Path of Righteousness. There is Life in the Abiding Child of God enduring forever. As in Heaven, so on Earth, Life is incorruptible. Our Life is God's Expression Washed in regeneration and renewed of the Holy Ghost. His Will be Eternally Lived. ~Al Denninger

The Daily Lesson August 2, 2026

“Your life and your identity and your consciousness will still be here ten thousand years from now, but in a different form. You will not be gone: only your form will change. That this is true is evidenced by the fact that when you came into this world, you weighed six, seven, eight, nine, or ten pounds, but that form has been changing ever since. Even the form of the organs of the body has changed. Organs not developed when we were born have developed and matured, and some of these at a certain age stop functioning, but we go on just the same: there is no change in us. We are the same person, the same life, the same consciousness, despite the changes that take place in our bodies. The child-body is not that of the adult-body, and the body of the aged is not the same as the body of the adult; but the individual is the same, the life is the same, the Soul is the same, the consciousness is the same. Only the outer form changes.”

~Joel S Goldsmith

Psalms 138:8 (to :) KJV

8 The Lord will perfect that which concerneth me:

Ephesians 4:22-24 KJV

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

23 And be renewed in the spirit of your mind;

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

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.

Our Father already Knows what we have need of. His Grace is Perfect every single time it is Given. And so, we are changed from matter dwellers to Dwellers in the Place of the Most High. Abide in Me. ~Al Denninger

The Daily Lesson August 3, 2026

“So it will be that, unless I am lifted out of this life, I will be here a thousand years from now, even though the form may be different. As a matter of fact, the sex could be different, and the reason is that *I*—and this applies to every one of us—*I* has no sex. Once you become aware of the *I* that you are, you will find It completely independent of body and completely independent of sex, manifesting as either sex, even though it will still be. *I*. That is because *I* is spiritual; *I* is one with God; *I* is of the nature of God. Therefore, *I* is without finite form, yet *I* can manifest as, in, or through finite form. When you have realized that, the sting of death leaves you because you will know then that you are *I*, and *I* will always be your state of consciousness, except that you will progressively elevate until there is nothing finite left.” ~Joel S Goldsmith

Romans 8:5-6 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.

Colossians 3:1-4 KJV

1 If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

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

3 For ye are dead, and your life is hid with Christ in God.

4 When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

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.

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.

Galatians 2:20 KJV

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

I is Spiritual Form. *i* is this-world finite, with a belief of beginning and end. The finite sense of being is sometimes good, and sometimes not so good. The Infinite *I* is the nature of God and the *I Am* of Spiritual Being. *i* am is a finite idea and does not have a Spiritual Life. *i* of my own self can do nothing. *i* must be lifted up. *I, on the other hand*, is Up with no sense or understanding of down. Christ Consciousness is the Illumined *I* standing at the Door and Lighting the One and Only Infinite Way. *i* needs love and *I* is Love. ~Al Denninger

The Daily Lesson August 4, 2026

“That I is the secret of the transcendental life. With the realization, ‘It is I; be not afraid,’ and that that I is God, all fear goes, all judgment, all condemnation, and then even as you look out upon the world and witness the discords that hold mankind in bondage, the feeling is there: ‘Just think, if the people of this world could awaken to their true identity!’ and that is all there is to it. They are not evil; they are not bad: They are just fulfilling the law of self-preservation, and so we do not sit in judgment on them because we have done the same thing” ~Joel S Goldsmith

Matthew 14:27 KJV

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

Colossians 1:25-29 KJV

25 Whereof I am made a minister, according to the dispensation of God which is given to me for you, to fulfil the word of God;

26 Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints:

27 To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory:

28 Whom we preach, warning every man, and teaching every man in all wisdom; that we may present every man perfect in Christ Jesus:

29 Whereunto I also labour, striving according to his working, which worketh in me mightily.

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.

John 8:4-7 KJV

4 They say unto him, Master, this woman was taken in adultery, in the very act.

5 Now Moses in the law commanded us, that such should be stoned: but what sayest thou?

6 This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.

7 So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.

Jesus Recognized and Glorified the I within him as he broke a physical law of this-world while he walked on the water.

John Revealed the I in Christ as the Omnipresent Vine of Being.

Paul Recognized and glorified the I within him that Worked in him Mightily.

Righteous judgment Reveals the I in Consciousness.

What is your True Identity? ~Al Denninger

The Daily Lesson August 5, 2026

"It Is I; Be Not Afraid"

"When we throw a bomb at somebody else—an atomic bomb or a bomb of hatred or gossip—or if we kill in self-defense, we are doing just what the world is doing: we are operating from the standpoint of the law of self-preservation, and the self we are trying to preserve is a finite sense of self that has no contact with God. That is why we are trying to save it. If we understood our true identity as one with God, we would not have to try to save it. God can govern and care for His own universe." ~Joel S Goldsmith

Romans 8:6-7 KJV

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.

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.

Luke 17:33 KJV

33 Whosoever shall seek to save his life shall lose it; and whosoever shall lose his life shall preserve it.

1 Corinthians 6:17 KJV

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

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.

When we live our lives outside of the Realm of God we have not the privilege of His Shepherding. We can be up one moment and down the next. We can be wealthy one minute and broke the next. We can be on top of the world and then be pushed off of it in a heartbeat. Life comes with death. What is greatly missing is our Contact with God. But if we Dwell in the Secret Place of the Most High and put our Trust in Him, All that the Father has is ours. We are the protected sheep of His Green Pastures, complete in every Way. Make the Lord thy habitation. ~Al Denninger

The Daily Lesson August 6, 2026

“In the face of danger, we withdraw judgment and realize, ‘Whatever is real is God-maintained and God-sustained. Whatever is real is of God, and it is permanent and eternal. I do not have to lift my finger to save it, to preserve it, or to do anything about it. I merely have to behold God in action.’ We must sit, not in judgment but completely without judgment, in the realization that this is God's universe.” ~Joel S Goldsmith

John 7:24 KJV

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

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.

Psalms 46:10 KJV

10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth.

Exodus 14:13 (to :) KJV

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to-day:

We cannot Know the Truth as long as we are caught up in the appearances of the this-world's judgment. Judgment is like a movie that plays in your thought—a dream. It is a temptation like the serpents breath that tries to convince you that a lie is the truth. Seek ye first the Kingdom of God—Righteous Judgment. Rest back beside His Still Waters, and He will restore thy Soul and lead thee in the Paths of Righteousness. Be still and Know by Righteous Observation today.

~Al Denninger

The Daily Lesson August 7, 2026

“It is I; be not afraid... My kingdom is not of this world’—My kingdom is intact. All that God has joined together, no man can put asunder. My Father's life and my life are one; therefore my life cannot be put asunder by sin, by disease, by lack, by death, by war, or by any other means. Nothing can put asunder my life, because my life is joined to God's life: it is one with God: God maintains my life eternally, immortally, and neither life nor death can separate life from itself or change that relationship.” ~Joel S Goldsmith

Matthew 14:27 KJV

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

John 18:36 KJV

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

Mark 10:9 KJV

9 What therefore God hath joined together, let not man put asunder.

Romans 8:35 (to ?) 38,39 KJV

35 Who shall separate us from the love of Christ?

38 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

All sin, be it a lack or limitation of some kind, has its appearing in a sense of separation from God. Not an actual separation—but a sense, a thought or a temptation to look away—and then we feel a distance from God. God Is, and therefore I Am. We are the Offspring, the Activity and Expression of God. His Love and Presence are permanent, unconditional and unfailing—now and forever. Just like a sheep and his Shepherd, there is no place we can go, no place we can hide from His Love and Caring. Only our Awareness of God changes. Sometimes we think and don't Behold. ~Al Denninger

The Daily Lesson August 8, 2026

"In the face of danger of any nature, we stand by without judgment and bear witness to God. Then afterward, when the harmony has been restored and safety and security realized, we can repeat with the Master, 'I of my own self did nothing. The Father within me did the work.' Now, of course, there was one thing we did that was very important and very difficult, and that was to come to the place of being a beholder. The discipline of the spiritual path consists of the ability to discipline one's self so as not to see a picture that has to be changed, altered, improved, or removed, and the vision to look out at the pictures this world presents with this conviction, 'It is I; be not afraid,' and then stand still and bear witness while God brings about the transformation of the visible scene." ~Joel S Goldsmith

II Chronicles 20:15-17 KJV

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

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

17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you, O Judah and Jerusalem: fear not, nor be dismayed; to-morrow go out against them: for the Lord will be with you.

Romans 12:1-3 (to ;) 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;

James 1:2-6 KJV

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

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

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

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.

6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

Isaiah 30:15 (to :) KJV

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

Being still in the sight of fearful appearances takes dedicated practice. I struggle myself at times. We must develop a deep Trust that comes with Experience to stand still and not get knocked off balance. It seems ironic that letting go requires effort but we develop confidence through practice. I like to think of it as the confidence of effortless effort. Jehoshaphat said the battle is not yours, Paul said to be not conformed to this-world and Jesus called it putting up your sword. Rest in the confidence of God and not yourself. Don't waver, just Give it to God.

~Al Denninger

The Daily Lesson August 9, 2026

“It is I; be not afraid.... My kingdom is not of this world.’ Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of? These are the three scriptural passages that have been the foundation of my healing work ever since the early 1930's. Before that, I was doing healing work, but without knowing why or how, or what the principle was It was, you might say, just a gift of God. But in the early 1930's, I was given the revelation of those three statements.” ~Joel S Goldsmith

Matthew 14:27 KJV

27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

John 18:36 KJV

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

Isaiah 2:22 KJV

22 Cease ye from man, whose breath is in his nostrils: for wherein is he to be accounted of?

John 14:10 the words KJV

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

If so be the Spirit Dwelleth in us, we shall all be taught of God. It is in God's time—not in our time—that we Live and Move and Have our Being. Realize God's Being is Omnipresent, and only then can we See ourselves Being His Instrument. ~Al Denninger

The Daily Lesson August 10, 2026

“Cease ye from man, whose breath is in his nostrils for wherein is he to be accounted of?’ Do not try to change man, improve him, or heal him, and certainly do not judge or condemn him: take no account of him. In other words, be still!” ~Joel S Goldsmith

Mark 12:14-17 KJV

14 And when they were come, they say unto him, Master, we know that thou art true, and carest for no man: for thou regardest not the person of men, but teachest the way of God in truth: Is it lawful to give tribute to Caesar, or not?

15 Shall we give, or shall we not give? But he, knowing their hypocrisy, said unto them, Why tempt ye me? bring me a penny, that I may see it.

16 And they brought it. And he saith unto them, Whose is this image and superscription? And they said unto him, Caesar's.

17 And Jesus answering said unto them, Render to Caesar the things that are Caesar's, and to God the things that are God's. And they marvelled at him.

Romans 2:11 KJV

11 For there is no respect of persons with God.

1 Samuel 16:7 KJV

7 But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

Regard not the personal appearance of men, even when they appear as Caesar. God Knows and Sees Perfect Peace, man is easily distracted. Concentrate your focus on the Truth and stop wandering around in the desert. ~Al Denninger

The Daily Lesson August 11, 2026

“Then came, ‘My kingdom is not of this world.’ Therefore, do not judge by the appearance of this world, because in My kingdom, harmony is. My kingdom is a spiritual kingdom, and heaven is established even on earth as it is in heaven. Again you cease from all attempts to change, improve, heal, or reform.” ~Joel S Goldsmith

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, that I should not be delivered to the Jews: but now is my kingdom not from hence.

1 Samuel 16:7 KJV

7 But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.

Matthew 6:31-33 KJV

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

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

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

Romans 14:17 KJV

17 For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost.

Judgment by appearances, thoughts or desires of this-world stays in this-world. Take no thought, seek ye first the Kingdom of God in Righteousness and the Peace of stillness. In Spirit to Spirit, Soul to Soul My Kingdom Is. That is where the Father Looks. Your Father is All-knowing. Do not lay up your treasures on earth. ~Al Denninger

The Daily Lesson August 12, 2026

“The secret of the success that I have had in my work in prisons is in going to the prison without any desire to reform any body, not blinding myself to the fact that humanly these men and women were not living up to a spiritual standard, but realizing that whatever they had done had been done because of the urgency of the law of self-preservation, because of ignorance of their true identity. Therefore, there was no more condemnation for them than a schoolteacher has for a student who comes to learn. He knows in advance that his student does not know what he is going to learn from the teacher, but he does not condemn the student for that. He recognizes that the student is ignorant and he is going to change that ignorance by imparting knowledge.”
~Joel S Goldsmith

Psalms 34:10-11 KJV

10 The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.

11 Come, ye children, hearken unto me: I will teach you the fear [respect] of the Lord.

John 6:46-51 KJV

46 Not that any man hath seen the Father, save he which is of God, he hath seen the Father.

47 Verily, verily, I say unto you, He that believeth on me hath everlasting life.

48 I am that bread of life.

49 Your fathers did eat manna in the wilderness, and are dead.

50 This is the bread which cometh down from heaven, that a man may eat thereof, and not die.

51 I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world.

Matthew 6:7-8 KJV

7 But when ye pray, use not vain repetitions, [self-serving ideas] 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.

Divine Supply surpasses even the self-sufficiency of the “young lions”—this-world’s strongest creatures. For their Spiritual Supply they must be taught of God. If they Seek the Awareness of their daily Manna they must surrender their self-serving ideas and Listen with an Open Heart. The Father Knows what they have need of. Christ is the Radiant, the Living Bread, that Points the Way to the Infinite. Hearken unto Me. ~Al Denninger

The Daily Lesson August 13, 2026

“So it is that when I have gone into prisons, I have not condemned or judged: I have realized, ‘Here are people in ignorance of the fact that God is their life, and that they do not have to sustain it. God is their supply, and they do not have to get supply. They are joint heirs with Christ in God.’ So my work has been to enlighten them as to their true identity because once they know that, their whole nature will be changed.” ~Joel S Goldsmith

John 7:24 KJV

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

2 Corinthians 4:3-4 KJV

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

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

Acts 17:24-28 KJV

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

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

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

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

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

Romans 8:14-17 KJV

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

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

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

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

See the Christ in your neighbor, even if they do not. Forgive the ones that know not what they do. Pray that their Eyes be Opened and that they will be Lead in the Paths of Righteousness. God made the Green Pastures for everyone. See with Righteous Vision. ~Al Denninger

The Daily Lesson August 14, 2026

“As human beings, there is not one of us without sin, whether in the act of commission or in the act of desiring. We are transformed in only one way: by coming into the awareness of our true identity, and then learning to be still and knowing that ‘I am God,’ and that because I is God, that I governs Its own universe; It maintains it and It sustains it. In fact, that is the bread and the meat, and the wine, and the water unto Its creation; and therefore, each one of us has I, each one of us has in the midst of him, closer than breathing, that which the Master says is the mission of the Father within, that which heals, saves, redeems, resurrects, and feeds. That I, each one of us has, and It is the Christ. In the awareness of that I, we become beholders of the Christ in action, and as beholders of the Christ in action, we are able to pierce the veil of illusion, and then instead of seeing the ugly picture that the human mind has drawn, we begin to see reality.” ~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.

John 4:13,14 KJV

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.

II Corinthians 3:13-18 KJV

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

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

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

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

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

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

I know that I am not exempt from having human thoughts that appear to have human ideas that step off the Path. But I also Know that when I start a meditation with: “I can of mine own self do nothing, the Spirit within He doeth the Work” I am starting the process of finding and Drinking Water from the Well of Everlasting Life. The Christ teaches us how to pray and so how to pierce the veil. We are Transformed by Renewing our Awareness of the Truth—the Perfect Will of God. And so we practice Dwelling in the Secret Place of the Most High. Seek ye first the Kingdom, where He restoreth my Soul and Leadeth me in the Paths of Righteousness. Behold the Glory of the Lord Face to Face in Oneness and Holy Communion. ~Al Denninger

The Daily Lesson August 15, 2026

“Across the Desk

Today, world news holds the spotlight wherever one travels, and wherever there is world news, there is fear and anxiety. The past centuries in which this world has lived without spiritual intercession have made men lose their hope that God can save, but the century that has brought forth great spiritual healing ministries will also reveal the nature and activity of spiritual power in the wider affairs of mankind.” ~Joel S Goldsmith

Romans 8:5-9 (to .) KJV

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

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

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 4:1-10 KJV

1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple,

6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

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.

James 4:7 KJV

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

Isaiah 41:10 KJV

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

Today's news media depends on its sensational distractions to addict this-world into watching it. Its purpose is money and power. Where? In the-world of the carnally minded. The world news is trying to fake us into believing its constant lying.

There is only one Real news and it is the Good News of the Gospel and the Truth of Being. Be not tempted into believing lies. The persistent tempter needs someone to believe it to exist. The news feeds would dissolve if no one were to watch them. Submit yourselves to God and Dwell in His Word. Where the Good News of Christ Jesus is Realized there is Liberty. ~Al Denninger

The Daily Lesson August 16, 2026

"In the minds of most persons concerned with the major problems of the world today, as always, the great desire is for victory. Capitalism seeks a victory over communism and vice versa; trade unions want more and greater victories over the very source of their incomes, while on the other hand there are still some unenlightened capitalists with dreams of victories over labor.

Neither the Republican Party nor the Democratic Party, Labour or Conservative, Socialist or Liberal wants the peace and prosperity of nations but rather victory over each other." ~Joel S Goldsmith" ~Joel S Goldsmith

James 4:1-3 KJV

1 From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members?

2 Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not.

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

Romans 12:16-18 KJV

16 Be of the same mind one toward another. Mind not high things, but condescend to men of low estate. Be not wise in your own conceits.

17 Recompense to no man evil for evil. Provide things honest in the sight of all men.

18 If it be possible, as much as lieth in you, live peaceably with all men.

Psalms 33:12 KJV

12 Blessed is the nation whose God is the Lord; and the people whom he hath chosen for his own inheritance.

The other guy may not bring peace, but, you bring Peace with you to the table in your interactions with others and find a Blessing for all parties. If we argue we all loose sight of our freedom in the Kingdom of God and nobody wins. Treat others as you would like to be treated. Peace Matters! ~Al Denninger

The Daily Lesson August 17, 2026

“Who but the blind can believe that the United States, England, and France, and their allies won the First and Second World Wars? Look over the list of all of them, and ask. ‘What price victory?’ And yet the life blood and wealth of all nations continue to be spent in seeking still another victory. But to turn now to spiritual power for victory would be to revert to the pagan teachings of the pre-Christian era.” ~Joel S Goldsmith

2 Corinthians 10:7 (to ?) KJV

7 Do ye look on things after the outward appearance?

Mark 8:36-37 KJV

36 For what shall it profit a man, if he shall gain the whole world, and lose his own soul?

Ephesians 6:10-17 KJV

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

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

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

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

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

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:

Was there ever a true victory in this world? Or, did the losing side temporarily give up when they ran out of ammunition and resources? Can we wrestle against Omnipotence? We must seek ye first the Kingdom of God make His Word our focal point. Appearances are fiction and lack on memory is from lack of focus. We get our Armor custom made in the Presence of God—put it on. ~Al Denninger

The Daily Lesson August 18, 2026

“Does your vision open to a greater scene than victorious armies marching into civilians' homes and hospitals? Can you envision something better than medals for mass slaughter? Will your vision carry you to greater heights than the alternatives of one kind of material force as against another?

Withdraw your gaze from the picture that materialism would paint for you; turn within and see what promise you find as your gaze travels from the scene without to the Kingdom within. What vision do you see when the word victory is dropped from thought?” ~Joel S Goldsmith

John 7:24 KJV

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

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.

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.

1 Corinthians 15:53-54 KJV

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.

Love not the world of lies. Look behind the matters and things of this-world—the corruptible things—and put on the Truth from the point of incorruption. Nothing in this-world can stand up to Righteous Judgment. Spiritual Victory is Life Everlasting. ~Al Denninger

The Daily Lesson August 19, 2026

“When victory is no longer your goal, spiritual power will reveal itself to you.” ~Joel S Goldsmith

Zechariah 4:6 Not KJV

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

Exodus 14:13 (to :) KJV

13 And Moses said unto the people, Fear ye not, stand still, and see the salvation of the Lord, which he will shew to you to day:

Psalms 46:10 (to ;) KJV

10 Be still, and know that I am God:

Matthew 6:6-8 & 31-33 KJV

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

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.

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

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

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

Father, I know that I can of mine own self can do nothing, Your Spirit within does the Work... The greatest yet hardest lesson I have to learn is how to be still and submit my entire will to You... The mind wants to think... It wants to know and do by its own self... It thinks it needs to react to survive...to exist... In Silence I have Heard that “I, even I Am” [God Is]... I am because God Is Omnipresent.... And so, I am His Expression... I work because He is Doing the Work, not me of mine own self... I am not God, but He has put His Spirit within me so I could find Him whenever I can be still enough to Hear Him... There is no separation... I am the servant, and the instrument... You Know and I will gladly do... I have no desire for thoughts, or things, or even knowledge... I have no agenda or desire, and make no effort to accomplish anything... I effortlessly wait.... I rest to be in the Awareness of You, Father... To bask in Your Presence... To See what You See and to Know.... To watch You Love and Feel It... And so I surrender... ... Thy Will be Done... ~Al Denninger

This concludes our study of Chapter 8 in the book “The Contemplative Life” by Joel S Goldsmith
Tomorrow we begin: Chapter 9 “Daily Preparation For Spiritual Living”