

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 – March 15, 2026

“Chapter 6

CONTEMPLATIVE MEDITATION

The entire harmony of your life and the success of the activities of your life depend upon your remembrance and practice of meditation.” ~Joel S Goldsmith

Joshua 1:8 KJV

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

Colossians 3:15-16 (to ;) 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;

Psalms 77:12 KJV

12 I will meditate also of all thy work, and talk of thy doings.

Proverbs 3:6 KJV

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

1 Thessalonians 5:16-18 KJV

16 Rejoice evermore.

17 Pray without ceasing.

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

Seek ye first, and continually, the kingdom of God, and in His Presence there is Harmony, Peace and Life Itself. We are either Looking Up or we are coasting towards a world of appearances. Train your focus on God. ~Al Denninger

The Daily Lesson – March 16, 2026

“A meditation should be directed toward the realization of oneness with God. You should not be thinking of any desired demonstration or of any desired good in your life, of any particular person, circumstance, or condition. Your entire attention should be given to the realization of God, always bearing in mind that the kingdom of God is within you, neither lo here nor lo there, but within you. You will never find it by looking for it in any place other than within your own being.” ~Joel S Goldsmith

Colossians 3:16 (to ;) KJV

16 Let the word of Christ dwell in you richly in all wisdom;

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.

Ezekiel 36:27 KJV

27 And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.

Luke 17:20-21 KJV

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

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

The Spirit that God put in us is not visible by outward observation because God put Himself within. The Spirit is Felt, Seen and Heard within our Hearts—right where He put It. Our meditations and prayers should move from words and thoughts to Inner Discernment and the Truth shall be Known. I mostly start my meditations with, “I can of mine own self, do nothing”, and that seems to start me off looking in the right place. The Word Dwells Within. ~Al Denninger

The Daily Lesson – March 17, 2026

“Once you realize that what you are seeking is within, you will give your entire attention, thought, and activity to that point within you: not within your body, but within your consciousness.” ~Joel S Goldsmith

Romans 8:5 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.

1 Corinthians 3:16 KJV

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

Luke 17:21 KJV

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

Matthew 22:37 KJV

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

Proverbs 3:6 KJV

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

Jeremiah 29:13 KJV

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

Romans 8:9 KJV

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

If we spend our whole life looking for God in the flesh, we will spend our whole life looking for God. The Kingdom of God is within you, so that is where you must look. Thy Kingdom is Come, in earth As It Is in Heaven—beyond words and thoughts. God will never leave us or forsake us, so we can never go anywhere without Him. Christ is patiently waiting and lovingly knocking on the door to our Heart for us to Acknowledge Him in all our Ways. You have the mind of Christ—open It. ~Al Denninger

The Daily Lesson – March 18, 2026

“Do not think of any part of your body, of any organ or function of the body: think only of some point within your consciousness and remember that somewhere within you there is a point of contact, a point wherein you and your Father become consciously one. You and your Father are already one, but that relationship of oneness is of no benefit to you until there is a conscious realization of it.” ~Joel S Goldsmith

1 Corinthians 3:16 KJV

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

John 4:24 KJV

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

Romans 8:9 KJV

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

John 8:32 KJV

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

Spirit to Spirit, Soul to Soul, I Am. As It Is for every Expression of God, It Is for you. Be still, draw near to God and Feel the Truth. ~Al Denninger

The Daily Lesson – March 19, 2026

“There are far too many students who, because they have been taught that ‘I and my Father are one’ and that they are children of God, believe that this is all that is necessary to bring harmony into their experience. This is not true. There must be an actual contact; there must be an actual experience of oneness. Something must take place within them that brings the assurance that they have realized the Presence.” ~Joel S Goldsmith

Romans 8:9 KJV

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

I Samuel 3:8-11

8 And the Lord called Samuel again the third time. And he arose and went to Eli, and said, Here am I; for thou didst call me. And Eli perceived that the Lord had called the child.

9 Therefore Eli said unto Samuel, Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, Lord; for thy servant heareth. So Samuel went and lay down in his place.

10 And the Lord came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.

11 And the Lord said to Samuel, Behold, I will do a thing in Israel, at which both the ears of every one that heareth it shall tingle.

Samuel followed the instruction of his Master Eli. What took place thereafter was a direct contact to Samuel from God. When we come to the end of our meditation, and have in the process surrendered all, have the attitude of “speak Lord thy servant heareth”. Be receptive. When God Speaks you will Feel and Know the Greatest Peace and Assurance. An Experience of Oneness will Change you. ~Al Denninger

The Daily Lesson – March 20, 2026

“Let Each Meditation Be an Individual Experience

This awareness of having made a contact may take any number of forms. At times when this contact is made, it is followed by a deep breath, or there may be an awareness of receiving an impression as if some message were being given to you, or there may even be the still small voice that sometimes is audible.” ~Joel S Goldsmith

Matthew 11:28 KJV

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

John 14:26-27 KJV

26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.
27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Isaiah 30:21 KJV

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

Philippians 4:7 KJV

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

2 Corinthians 5:17 KJV

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

The Deep Breath is in the Knowing.
The Warmth is in the Loving.
The Peace is the Gift of Assurance.
The Divine Direction is God's Orders.
Old thoughts dissolve.
Life becomes New.
~Al Denninger

The Daily Lesson – March 21, 2026

“We can never know in what way the realization of God's presence will be made evident to us, and therefore we must never outline how it is to appear or what form it should take. We must never expect to see visions or believe that it is necessary to hear a voice. We must never outline what the experience will be because it can take place in one form today and in another tomorrow; it can appear one day one way and another day another way; but if we are outlining in our mind what should happen, we are trying to mold the experience according to some preconceived idea instead of letting the experience unfold itself to our awareness.” ~Joel S Goldsmith

Matthew 6:7,8 & 31-33 KJV

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

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

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.

Proverbs 3:5-6 KJV

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

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

Giving your self to God and surrendering to Him for His Purpose has nothing to do with what you want. Take no thought for the stuff and ideas of this-world. Seek ye first the Kingdom of God and His Presence. Jesus said, “My Kingdom is not of this world.” He meant it, and he meant for us not to look for Him here.

I know what God wants of me... Do I always get it done? No, not even close... I wish I could... But I've learned over the years to do the best that I can... To lean less on my own understanding and Acknowledge Him more... I do know how to be still as often as I can and redirect my focus in God's direction and stay connected to the Vine... I do Know how to immediately be still with someone the instant I receive a call, letter, email or text... I know not to delay when the Righteous Presence of God presents Himself to me and asks me to Follow, or Do, or Be with....

Strive with me to cast down the baubles of this-world and all of those ideas and desires that keep us distracted. And Acknowledge Him for everything. ~Al Denninger

The Daily Lesson – March 22, 2026

“As you meditate, remember that you must have no object, no purpose, no goal, and no desire other than the experience of God-contact or God-realization. You must not have in mind any object that you wish, or any desired demonstration. You must never have in mind the healing of mind, body, lack, or fear. Never, never, must you have any goal or any object other than the attainment of God-realization and the recognition of the Presence within you.” ~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 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.

Matthew 6:6-9 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.

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.

Christ Jesus was born to reveal the Truth of Being and the Truth about how to pray with Him and how to Be with Him now and forever. He said that we must be transformed by the renewing of our thought that we may prove the Perfect Will of God. When? Right now, in God's Now. His mission was to Lift us above the Gentile or this-world consciousness. How? By being reborn of the Spirit and not of the flesh—the carnal mind that is caught up in the desires and distractions of this-world. He literally showed us His Transformation to Spiritual Consciousness and Life, Love and Peace in His Kingdom. In Spirit, of Spirit and as Spirit.

Truth Consciousness reveals Truth to Itself within the Kingdom of God. We need to be attached to the Vine to be “of Truth” and Hear His Voice. “He leadeth me in the Paths of Righteousness for His names sake.”

Our prayer or meditation is in the Secret place of the Most High, not in vain repetitions—prayers in this-world, asking for the baubles of health, wealth and earthly things. Why would we need

earthly things in the real Realm of God? Our Father already Knows what we have need of, for He is All-knowing, Always Present to Give Love to us and All-powerful to Give us His Kingdom and Its Righteousness. How? In Spirit, to Spirit—Soul to Soul. It starts by our choice to surrender, follow and Listen and Fulfills Itself by Divine Grace, in a way that we know not. ~Al Denninger

The Daily Lesson – March 23, 2026

“A Contemplative Form of Meditation on God

If you cannot quickly feel at peace with a kind of listening attitude, then you might begin with a meditation in which you contemplate God and the things of God. You might begin with the word God, letting anything come into your thought on the subject of God that wishes to unfold:

God is closer to me than breathing. God is already where I am, for 'I and my Father are one, and not even life or death can separate me from God.' ~Joel S Goldsmith

Ephesians 3:14-19 KJV

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,

15 Of whom the whole family in heaven and earth is named,

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

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

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

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

Colossians 2:2-3 KJV

2 That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ;

3 In whom are hid all the treasures of wisdom and knowledge.

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.

I can of mine own self do nothing... God is the Source and Cause of my Life... Nothing can separate me from God's Presence and His Love... And so, I Dwell in His Secret Place of the Most High.... And, I acknowledge God in All my Ways. Thank You Father. ~Al Denninger

(Joel's open meditation will continue in italics for several days.)

The Daily Lesson – March 24, 2026

(Joel's meditation continues)

“God is the very substance of my form. Even my body is the temple of God because God formed it.

*God formed this entire temple of the universe: ‘The earth is the Lord's, and the fulness thereof.’
God made it in the image and likeness of His own substance.”*

~Joel S Goldsmith

Ephesians 4:4-6 KJV

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

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

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.

I Corinthians 3:16 KJV

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

Romans 11:36 KJV

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

Acknowledge Omnipresence.

Omnipresence Is.

Forever Is.

Before Abraham was, I Am.

I Am.

Amen

~Al Denninger

The Daily Lesson – March 25, 2026

(Joel's meditation continues)

“God is really my identity, constituting my individuality. If I am a painter or a musician, God has given me the inspiration and the ability and the skill; if I am a novelist, God has given me the ideas with which I work and the skill to express them; if I am in a business or a profession, God is the intelligence that governs my activity.” ~Joel S Goldsmith

Ephesians 2:10 KJV

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

2 Corinthians 5:17 KJV

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

Galatians 2:20 (to :) KJV

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

Philippians 2:13 KJV

13 For it is God which worketh in you both to will and to do of his good pleasure.

We are God's Offspring, each an Individual Expression of Him. Dwelling in Him, we can of our own selves do nothing—we are God's Good Work inspired to do His Good Work. The Creative Inspiration for our Work is Given us by our connection to the One Creative Source of all Being. It is His Good Pleasure that we are about His Business. ~Al Denninger

The Daily Lesson – March 26, 2026

(Joel's meditation continues)

“As a matter of fact, if I am healthy, it is because God is the health of my countenance. God is my fortress. I live and move and have my being in God, and that is why we are inseparable and indivisible.” ~Joel S Goldsmith

Psalm 23:1-3 KJV

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

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

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

Psalm 91:2 KJV

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

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.

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.

I am One of an Infinite number of Individual Expressions of God.

I am Led by God. I am fed by God.

God Fills my Soul, my Being, My Life.

I am inseparable from God.

In God I Trust, to show me the Way.

There is nothing more important to me than to Feel God's Presence, right now. ~Al Denninger

The Daily Lesson – March 27, 2026

(Joel's meditation continues)

God in me is the kingdom of God within me, and in this oneness is that divine relationship of Father and son.

'Son, thou art ever with me, and all that I have is thine, My sonship with God entitles me to all that God is and all that God has, not by virtue of my being good, not by virtue of my deserving or earning it—because in my human capacity I can hardly be worthy of God—but because I am the son of God, because the relationship between God and me is a relationship of oneness, because God has decreed, 'Son, thou art ever with me, and all that I have is thine.' Because of this, God's grace is mine.' ~Joel S Goldsmith

Luke 17:21 KJV

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

Luke 15:31 KJV

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

Romans 8:5 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.

Romans 8:14-17 (to ;) KJV

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

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

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

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

1 John 3:1-2 KJV

1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

When we dwell in the flesh we understand the Christ as Jesus, the Son of God.

We See Christ as He Is when He Appears to us in Spirit, then are we the Sons and Daughters of God. And if children of God, then we are heirs of God, Joint Heirs in Christ. Our inheritance is All that the Father has. When we Dwell in the Secret Place of the Most High we are One in God's Love, and One in Spirit. Abba, Father. ~Al Denninger

The Daily Lesson – March 28, 2026

(Joel's meditation continues)

“God's grace is not something to be earned or won or deserved; God's grace is not something that takes place in the future: God's grace is functioning within me now. God's grace functions to support, maintain, and sustain me. God's grace functions as my inspiration, my skill, my ability, and my integrity.” ~Joel S Goldsmith

Ephesians 2:8-9 KJV

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

9 Not of works, lest any man should boast.

2 Corinthians 9:8 KJV

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

II Corinthians 3:16-18 KJV

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

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

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

Grace is a Freely Given ongoing Gift from God—beyond words and thoughts. It is not something we can ask, bargain, deserve or work for. Open your Heart, behold God's Love in every moment and in every aspect of your life. God is with you now and forever Beaming His Light on your Path while we follow Christ to the Kingdom of Heaven. It is His Gift of Life and Liberty. ~Al Denninger

The Daily Lesson – March 29, 2026

(Joel's meditation continues)

"I have no integrity of my own of which to boast, no honesty of my own, no morality of my own—nothing of which I can boast—because God constitutes the integrity of my being. God constitutes my capacity for work, and God constitutes my capacity for thought and for inspiration. 'Son... all that I have is thine'; therefore, God is my all-capacity, my infinite capacity."
~Joel S Goldsmith

John 5:30 (to :) & 31 KJV

30 I can of mine own self do nothing:

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

John 14:10 KJV

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

Ephesians 2:10 KJV

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

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.

Philippians 4:13 KJV

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

If I am a branch Abiding on an Infinite Vine, then my capacity has no limit.

My integrity comes from the Source of Integrity;

My fruit comes from the Source of Fruitage;

My morality comes from the Source of Morality;

My inspiration comes from the Source of Inspiration;

My love comes from the Source of Love;

And my Being comes from the Source of Being.

Then, as I Abide, I can do All Things.

~Al Denninger

The Daily Lesson – March 30, 2026

(Joel's meditation continues)

“God constitutes the infinite nature of my supply. My supply is not limited to my activity, to my knowledge or wisdom, to what I can earn, or to what anyone can give me. My supply is limited only to the infinite nature of God's gift: ‘Son, thou art ever with me, and all that I have is thine: thou art heir, joint heir, to all that I have.’ My supply is as infinite as God's capacity is to bestow.”
~Joel S Goldsmith

Matthew 14:13-21 KJV

13 When Jesus heard of it, he departed thence by ship into a desert place apart: and when the people had heard thereof, they followed him on foot out of the cities.

14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

15 And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals.

16 But Jesus said unto them, They need not depart; give ye them to eat.

17 And they say unto him, We have here but five loaves, and two fishes.

18 He said, Bring them hither to me.

19 And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude.

20 And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full.

21 And they that had eaten were about five thousand men, beside women and children.

If anybody ever Knew the Infinite nature of God's Supply it was Christ Jesus. By Looking up to God as He Blessed the meal he beheld only Abundance and Love. If there had been 10,000 people there in the great multitude the result would have been the same, with everyone satisfied and baskets of food left over. The nature of God is Infinite. ~Al Denninger

The Daily Lesson – March 31, 2026

(Joel's meditation continues)

“The earth is the Lord's, and the fulness thereof.’ All this earth, the skies and the sun and the moon and the stars, and all the fish of the sea, and all the birds of the air, all the perfume of the flowers—all of this is mine because ‘Son, thou art ever with me, and all that I have is thine.”

~Joel S Goldsmith

I Corinthians 10:26 KJV

26 For the earth is the Lord's, and the fulness thereof.

Matthew 6:10 KJV

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

Luke 15:31 KJV

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

God is Omnipresent and fills all space.

God is Infinite and fills all time.

God is Omniscient and is the intelligence of all things.

God has the power to Bring all things into Abundant Expression.

God Is the Fullness of All things.

God's Kingdom Is Come.

And so, all that God hath is mine.

~Al Denninger

The Daily Lesson – April 1, 2026

(Joel's meditation continues)

“God is closer to me than breathing. God is with me if I mount up to heaven; God is with me if I make my bed in hell; God is with me if I walk through the valley of the shadow of death.’ I need fear no evil for God's presence is with me, and God's presence goes before me to make the crooked places straight. God's presence goes before me to prepare mansions for me: God's presence is the very meat, wine, and water of my daily life; God's presence is the assurance of my infinite supply.” ~Joel S Goldsmith

Psalms 139:7-10 KJV

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

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

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

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

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 40:3,4 KJV

3 The voice of him that crieth in the wilderness, Prepare ye the way of the Lord, make straight in the desert a highway for our God.

4 Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain:

John 4:10 KJV

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

While we Dwell in the Secret Place of the Most High we are putting God first. In His Comforting Presence there is an Infinite Way of Life. Everything we could ever need is a Gift of Living Grace as God is with us as our Breath, our Meat, our Living Water, our Shepherd, our Habitation and our Infinite Supply. Our True Life is Infinite. ~Al Denninger

The Daily Lesson – April 2, 2026

(Joel's meditation continues)

“Because God is my hiding place, God's presence is my protection, my safety, and my security. I find my safety and security within me; I carry it with me in life and in death, because I carry with me the presence of God.” ~Joel S Goldsmith

Psalm 32:7 KJV

7 Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

Psalm 18:2 KJV

2 The Lord is my rock, and my fortress, and my deliverer; my God, my strength, in whom I will trust; my buckler, and the horn of my salvation, and my high tower.

Exodus 33:14 KJV

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

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.

Psalm 16:8 KJV

8 I have set the Lord always before me: because he is at my right hand, I shall not be moved.

I can of mine own self do nothing... I rest and rely on You Father to be Present and Do the Works... You are my Rock, my Fortress and my Shepherd... You make me lie down in Your Green Pastures of Plenty... You Lead me in Your Paths of Righteousness... Nothing can separate me from Your Love—or my Love for You... I shall not be moved... ~Al Denninger

The Daily Lesson – April 3, 2026

“In this meditation, all that you have done is to contemplate God: the presence of God, the allness of God, and your relationship to God. You have dwelt in a continuous contemplation of God's allness, God's mightiness, God's grace, God's love; and having come to the end of your thoughts for the moment, you now become quiet and wait for God to speak to you. You keep silent while your ears are open as if the still small voice were about to speak to you. This voice may speak in actual words; it may come forth merely as an impression or a feeling of God's presence; or it may leave you with nothing more than a deep breath.” ~Joel S Goldsmith

Jeremiah 29:13 KJV

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

1 Corinthians 2:10 KJV

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

Proverbs 2:1-2 KJV

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

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

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.

1 Samuel 3:9-10 KJV

9 Therefore Eli said unto Samuel, Go, lie down: and it shall be, if he call thee, that thou shalt say, Speak, Lord; for thy servant heareth. So Samuel went and lay down in his place.

10 And the Lord came, and stood, and called as at other times, Samuel, Samuel. Then Samuel answered, Speak; for thy servant heareth.

Be still and Love God.

Be still in humble silence.

Be still and Dwell on the Nature of God.

Be still and take no thought for this world.

Be still and Wait upon the Lord.

Listen with all thy Heart.

Be still and Feel your Gift.

~Al Denninger

The Daily Lesson – April 4, 2026

“In one way or another, however, within the next twenty, thirty, or forty seconds, you will feel It and have a conviction that you are not alone, but that there is a Presence within you. The moment you have gained that awareness, you have made your conscious contact with God and have attained the conscious realization of your oneness with God. Your oneness has always existed, but now you have taken the further and all important step of attaining conscious oneness or a conscious realization of your oneness.” ~Joel S Goldsmith

John 15:4 As KJV

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

Ephesians 4:1-6 KJV

1 I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,

2 With all lowliness and meekness, with longsuffering, forbearing one another in love;

3 Endeavouring to keep the unity of the Spirit in the bond of peace.

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

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

John 17:21-23 KJV

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

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

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

As we walk worthy of the vocation that we are called, we must endeavor to keep our unity with the Spirit by maintaining our connection to the Vine of our Divine Source. And so, we are Guided on the straight Path. Walk with God along the Way and maintain constant conscious contact. ~Al Denninger

The Daily Lesson – April 5, 2026

“Fulfillment Is Attained by Conscious Oneness

This is when the miracle really begins because in the moment that you attain conscious realization of your oneness with God, you also attain your oneness with all forms of good necessary to your experience. These, then, begin to come to you without taking thought for them. In other words, when you attain conscious oneness with God, you attain oneness with the evidence of your supply, you attain oneness with companionship; you attain oneness with home; you attain oneness with employment, with inspiration, art, literature, or music. You attain oneness with everything necessary to the fulfillment of your life.” ~Joel S Goldsmith

Matthew 6:31 & 33 KJV

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

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

2 Corinthians 9:8 KJV

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

John 17:20-23 KJV

20 Neither pray I for these alone, but for them also which shall believe on me through their word;

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

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

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

My sufficiency is not mine, it is the Father who Giveth me His for me to use. He makes me lie down in Green pastures and rest beside the still waters. There is no limit to God's Love and Grace. I rest with Him in Oneness and Love Him. ~Al Denninger

The Daily Lesson – April 6, 2026

“The scriptural promise, ‘In thy presence is fulness of joy, at thy right hand there are pleasures for evermore,’ becomes literally true in the experience of every person who attains conscious oneness with God because he then attains his oneness with his rightful companionship, his rightful home, his rightful sense of supply, his rightful business, his rightful artistic, literary, or musical skill. Whatever it is that represents fulfillment in his life is attained by virtue of conscious oneness with God.” ~Joel S Goldsmith

Psalm 16:11 KJV

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

2 Corinthians 3:16-17 KJV

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

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

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.

Conscious Realization of the Presence of God is the key to our manifestation of our Good. Dwell in the Realm of Spirit and God will lead us in the Paths of Righteousness. Lean not unto our idea of Truth. Know and rely on God’s Truth. ~Al Denninger

The Daily Lesson – April 7, 2026

“It has been demonstrated for thirty years in the experience of our students that as they have attained this conscious realization of their oneness with God, events in the outer world began to change, and either new sources of supply, new sources of activity, or new professions were opened to them. Call it what you will, by whatever name or form, these students have found that fulfillment began to be expressed and eventually there came a sense of true completeness.”

~Joel S Goldsmith

Psalms 91:1 KJV

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

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.

Matthew 7:16 (to .) KJV

16 Ye shall know them by their fruits.

Romans 8:28 KJV

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

I can of mine own self, do nothing... But when we Dwell in the Secret Place of the Most High, the Spirit, when Realized, Doeth the work... Abide in Him, and in the silence there is a Knowing and fulfillment of God's Love and Abundance... All that the Father Hath is thine.... ~Al

Denninger

The Daily Lesson – April 8, 2026

“In the consciously realized presence of God is the fulfillment of life. You may never have painted a picture in your life, but if you have dreamed of doing so, you may do so now; you may never have had music in your life, but if you have dreamed of it, you will have it as a part of your experience now. In other words, something within changes the outer experience.” ~Joel S Goldsmith

Ephesians 3:16-19 KJV

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

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

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

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

John 15:4,5 KJV

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

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

The Fullness of God is complete and Infinite. We are His Offspring Individually Expressed. As we Dwell in the Secret Place of the Most High, we are His Creative Inspiration Fulfilling His Will. Abiding, we are a branch on God's Vine. There is no separation from God. His Kingdom Is Come. His Kingdom Is. As in Heaven, so in Earth Expressed. “For thine is the kingdom, and the power, and the glory, for ever. Amen.” *Praise Be. Thank you Father...* ~Al Denninger

The Daily Lesson – April 9, 2026

“As human beings, we live completely cut off from God, exemplifying the Master's statement: ‘If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.’ As human beings we have only our own wisdom and experience, our own physical strength, health, and dollars, and all of these are limited. But the moment that we adopt the teaching of the fifteenth chapter of John of abiding in Me and letting My words abide in you, then we are as a branch of a tree that is one with the vine, and all that God is, is flowing through that vine into expression through us, and we now have conscious contact with the infinite Storehouse which is the creative, sustaining, and maintaining Power behind this universe.” ~Joel S Goldsmith

John 15:5,6 KJV

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

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

Romans 8:5-15 KJV

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

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

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

8 So then they that are in the flesh cannot please God.

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

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

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

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

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

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

Proverbs 3:5 KJV

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

If so be we Dwell in the Omnipresent Spirit of God we are an active Branch that is Connected to the Vine of Life, Truth and Love. If so be we Dwell, we can Feel the Flowing access to the Infinite Abundance of all that God Is Directly from the Source. If we are not Dwelling our direct connection is lost and we are subject to any distraction that we can dream up. Love God. Trust God. Acknowledge our connection to God with all our Hearts, stop thinking we are so smart. Rely on God always. ~Al Denninger

The Daily Lesson – April 10, 2026

“In spring it is particularly easy to observe the fullness of the beds of grass, the leaves on the trees, the buds and the blossoms, and the abundance of all these. A few months previously there was no green grass, there were no leaves, no buds or blossoms: all was barrenness. Then suddenly there is fullness. How could this happen except through the activity of an invisible Presence and Power which, at the right season of the year, bursts forth into visibility as new grass, new buds, new blossoms, new fruit, and fills all nature with an infinite, beautiful, invisible Withinness unseen to the human eye.” ~Joel S Goldsmith

Matthew 6:28-33 KJV

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

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.

Hosea 14:5-7 KJV

5 I will be as the dew unto Israel: he shall grow as the lily, and cast forth his roots as Lebanon.

6 His branches shall spread, and his beauty shall be as the olive tree, and his smell as Lebanon.

7 They that dwell under his shadow shall return; they shall revive as the corn, and grow as the vine: the scent thereof shall be as the wine of Lebanon.

1 Corinthians 2:9 KJV

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

The nature of God is Infinite Love, which cannot be seen but it can be witnessed and Felt. God's Grace is not always obvious, but It is Always Present – even when we are not receptive or not listening. Open your Heart and Watch as He makes His flock lie down in Green Pastures of Plenty. All that the Father Has is Ours. ~Al Denninger

The Daily Lesson – April 11, 2026

“This same unseen, infinite manufacturing Plant operates in your consciousness. It is invisible, and while you can never become aware of it through your physical senses, you can become aware of the fruitage of it as you begin to see more abundant supply and happier relationships in every area of your life.” ~Joel S Goldsmith

John 14:6-11 KJV

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

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

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

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

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

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

What part of the Way, the Truth and the Life is visible?

I know that I can do nothing of mine own self.

I know that they are not seen with anything but Spiritual Awareness.

I Know that I can See the completed Work that the Father Does.

I surely Know that they are Felt deep within.

I surely Know that there is evidence of those things not seen.

Because...

I have Seen the Evidence.

I have Felt the Way.

I have Known the Truth.

And I have Lived the Life...

I Knows.

Thank you Father.

~Al Denninger

The Daily Lesson – April 12, 2026

“When this occurs, you will begin to realize that this is the outer evidence of that invisible Essence, Spirit, or Storehouse which is likewise providing all nature with fulfillment. It is this that fills rivers, lakes, and oceans with fish and the air with birds, but the reason all these forms of life receive their abundance and experience their fulfillment in due season without ever taking thought is because there has been no break in their relationship with the invisible Source.”

~Joel S Goldsmith

Psalm 23:1 KJV

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

Psalm 104:24-25 KJV

24 O Lord, how manifold are thy works! in wisdom hast thou made them all: the earth is full of thy riches.

25 So is this great and wide sea, wherein are things creeping innumerable, both small and great beasts.

Matthew 6:26 (to .) KJV

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them.

Matthew 6:28 Consider KJV

28 ...Consider the lilies of the field, how they grow; they toil not, neither do they spin:

2 Corinthians 9:8 KJV

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

Where the Spirit of the Lord Is Realized there is Grace, Abundance and Love. Omnipresence dissolves any idea of separation from God and His Grace. The Creator and Provider is the Source. Truth trumps ideas. ~Al Denninger

The Daily Lesson – April 13, 2026

“With man this is different. With man there has been a break, and as a human being, he has no contact with God. He is not under ‘the law of God, neither indeed can be’, until he restores to himself his original relationship with his Father. Then his life will change just as did that of the Prodigal Son when he returned to his father's house and was given the robe and the ring of divine sonship.” ~Joel S Goldsmith

Romans 8:7 KJV

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

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.

James 4:8 (to .) KJV

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

Luke 15:21-24 (to .) & 31 KJV

21 And the son said unto him, Father, I have sinned against heaven, and in thy sight, and am no more worthy to be called thy son.

22 But the father said to his servants, Bring forth the best robe, and put it on him; and put a ring on his hand, and shoes on his feet:

23 And bring hither the fatted calf, and kill it; and let us eat, and be merry:

24 For this my son was dead, and is alive again; he was lost, and is found.

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

This is why we struggle so much in our meditations. Humans keep trying to bring God into their human experience. Stop the attitude of intention—and adopt the attitude of surrendering our intention, our whole mind actually, to Seek the Mind of Christ and God's Perfect Way beyond words and thoughts. God is a Spirit, so In Spirit to Spirit, Soul to Soul is where we Feel the Oneness. My Kingdom is not of this world. ~Al Denninger

The Daily Lesson – April 14, 2026

“Beginning the Journey Back to the Father's House

When we realize our barrenness, the futility of human life, and how difficult and what a struggle life is physically and mentally, and how little help we seem to be getting from any divine Source, we begin to wonder if there is a God or if there is any way to approach God. Then begins our return journey to our Father's house, a journey that is accomplished within our consciousness, not by going to holy mountains or holy temples or holy teachers. All these may play a part in our lives, but they are not essential.” ~Joel S Goldsmith

Psalm 144:4 KJV

4 Man is like to vanity: his days are as a shadow that passeth away.

Isaiah 40:6-8 All flesh KJV

6 ... All flesh is grass, and all the goodness thereof is as the flower of the field:

7 The grass withereth, the flower fadeth: because the spirit of the Lord bloweth upon it: surely the people is grass.

8 The grass withereth, the flower fadeth: but the word of our God shall stand for ever.

Romans 8:20-21 KJV

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

21 Because the creature itself also shall be delivered from the bondage of corruption into the glorious liberty of the children of God.

Romans 8:4-6 KJV

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

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

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

Zechariah 4:6 Not KJV

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

Our journey begins in humility and surrender, but seeking Truth. At first we have a notion that we would like to find God to help with our struggles. For the few that crave discernment, we step out from the shadows and into a lifetime commitment to Know God Aright—and Be With Him—In Spirit to Spirit, and Soul to Soul. We develop an instinct to live without might or power of our own self, that we may Live and move and have our Being in Christ. ~Al Denninger

The Daily Lesson – April 15, 2026

“The first essential is the realization that within us is the kingdom of God and that this Presence and Power must be contacted or found within us. From that point on, we will be led along the way: we may be led to certain books, we may be led to certain teachings or teachers, all of whom can play an important part in our unfoldment. We may eventually find that within us something almost indescribable takes place, and we may become aware that angels are ministering unto us—not the feathered kind, but nonetheless angels, divine inspirations—and that which we recognize as spiritual help of one sort or another. We may find that we are being guided and being led in ways that are entirely foreign to us—ways we never knew existed.”
~Joel S Goldsmith

Luke 17:21 KJV

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

Matthew 6:33 KJV

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

Psalms 91:11-12 KJV

11 For he shall give his angels charge over thee, to keep thee in all thy ways.

1 Corinthians 2:9-10 KJV

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

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

Philippians 4:7 KJV

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

Seek ye first the Kingdom of God and His Righteousness, and Righteous things will be added unto you, not temporary this-world things. They are Revealed within, in a Way we don't understand....yet. All that the Father Hath is for you, Freely it is Given unto you. Nothing is withheld. The Christ, His Angels and Instruments of Truth point the Way. Thy Kingdom Is Come.
~Al Denninger

The Daily Lesson – April 16, 2026

“That is because now the son of God is within us, the son of God which is our real identity, our real Selfhood. The outer expression which is called William or Mary or Martha is but the outer seeming sense of the reality which is our invisible Withinness. In other words, in this human sense of life, we are two persons, not one. The Master said: ‘I and my Father are one.’.... [but] my Father is greater than I’; and Paul said: ‘I live; yet not I, but Christ liveth in me.’ They both meant the same thing. They both meant that there is this outer person whom we call Jesus or Paul, or Mary or Martha, but there is also the greater Self which is the real Self, the spiritual identity, the son of God. The moment we make contact with that, we no longer live our own lives, but we find that there is a spiritual Presence, a spiritual Power, a spiritual Guide, always coming through to us provided we give It the opportunity.” ~Joel S Goldsmith

John 10:30 KJV

30 I and my Father are one.

John 14:28 KJV

28 Ye have heard how I said unto you, I go away, and come again unto you. If ye loved me, ye would rejoice, because I said, I go unto the Father: for my Father is greater than I.

Galatians 2:20 (to :) KJV

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

2 Corinthians 5:17 KJV

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

John 16:13 KJV

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

Romans 8:14 KJV

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

I can of mine own self, do nothing... The Spirit within, Doeth...

“Know ye not that ye are the Temple of the Living God?”

“I” Am is the Vine, and “i” am the branch. There is no separation in Reality—only in thought... There is an Acknowledgment of God Doing the Work...

The outer self lives and breaths, and becomes a visible instrument of the Inner I that Lives and Moves at Christ’s Direction... The Spirit Leads, i follow...and do...

The old creature transforms... The New Offspring Blossoms...

~Al Denninger

The Daily Lesson – April 17, 2026

“Admittedly, it is undoubtedly more difficult to live the spiritual life today than it was many years ago, because never before have there been so many outward distractions to keep us from our periods of inner communion with God. There is a price tag on the life of the Spirit, and the price is the setting aside of sufficient periods in the day and the night for inner communion. This inner communion begins with contemplative meditation, leading eventually to a deeper meditation in which there are no longer statements of a contemplative nature, but there is a communion in which we receive impartations from the depths within us. This is God speaking to us instead of our assuring and re-assuring ourselves.” ~Joel S Goldsmith

Mark 4:19 KJV

19 And the cares of this world, and the deceitfulness of riches, and the lusts of other things entering in, choke the word, and it becometh unfruitful.

Jeremiah 29:13 KJV

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

Ephesians 3:14-19 KJV

14 For this cause I bow my knees unto the Father of our Lord Jesus Christ,

15 Of whom the whole family in heaven and earth is named,

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

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

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

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

We will continue to let distractions interrupt us until we seriously study, meditate and seek to Commune with God with all our Hearts. And, even then it is hard sometimes. Let Christ Dwell in you and be grounded in Love. Stop, be still and Listen that you might Hear instead of thinking. ~Al Denninger

The Daily Lesson – April 18, 2026

“The contemplative form of meditation is a necessary step for most persons and one that must be used for a long time, until the inner communion is so well established that one can instantly settle into an inner peace and immediately become receptive to the impartations that unfold from within one's own being. This in time leads to a further step in which we go from a communion with God to an actual, realized oneness with God, and in this there are no longer words or thoughts, but only a divine state of Being in which one realizes oneself as the life of all that exists.” ~Joel S Goldsmith

Ephesians 3:16-19 KJV

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

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

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

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

John 17:21-23 KJV

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

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

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

Galatians 2:20 KJV

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

1 Corinthians 6:17 KJV

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

We are strengthened by our fervent practicing of the Presence so that we may be Lifted to an Awareness of the Kingdom of God beyond words and thoughts. In that moment of Spiritual Acknowledgment we are Joined with Christ in a Life forever as One. ~Al Denninger

The Daily Lesson – April 19, 2026

“Many students of metaphysics have been accustomed to thinking of prayer and treatment as a means of attaining something through God, but in this work of the Infinite Way that is never done. On this path, at no time is truth ever used to gain any end or for the purpose of making any demonstrations; at no time is God considered an instrument whereby to get something. In the Infinite Way, there is no purpose or goal beyond God—realization, and once God—realization has been attained, that realization takes care of everything that happens in life.”
~Joel S Goldsmith

Romans 8:4,5 KJV

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

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

Matthew 6:19-21 & 31-33 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.

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 8:32 KJV

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

Seek ye first, and always, the Kingdom of God and rest there. In Truth and in Spirit there is always Peace. Be still and Know. ~Al Denninger

The Daily Lesson – April 20, 2026

“In the preceding chapter, the word Omnipotence brought forth the idea that if there is Omnipotence or All-power, then there cannot be any other power. With this realization, we instantly lose our fear of material conditions, forces, or powers, and even our fear of mental forces or powers. We rest in the assurance that since there is but one power we have nothing to fear. The so-called evils of the world have no power or presence, and they should not be fought, nor should any attempt be made to be rid of them. They should be recognized as illusory appearances.” ~Joel S Goldsmith

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.

Psalms 23:1 KJV

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

Matthew 4:8-10 KJV

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

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

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

All temptations and fears are distractions from the Truth. These thoughts and ideas can be very convincing, but they are not Truth, they are illusions or lies appearing as though they might be real. God's Truth of Being is the only Reality—ideas are but a dream. God Gives us See the Truth with Eyes to See and be not moved. ~Al Denninger

The Daily Lesson – April 21, 2026

“Just as the concept of Omnipotence dissolves our fear of other powers and permits us to rest in the assurance of one power, so does the word *Omnipresence* allay our fear of any other presence because, as a matter of fact, there cannot be All presence *and* another presence. When you grasp the real significance of Omnipotence and Omnipresence, you have set yourself apart from any of the evils of this world, which are instantly recognized as appearance, illusion, or maya—call it what you will.” ~Joel S Goldsmith

Isaiah 46:9 KJV

9 Remember the former things of old: for I am God, and there is none else; I am God, and there is none like me,

Exodus 20:3 KJV

3 Thou shalt have no other gods before me.

Isaiah 40:28-31 KJV

28 Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.
29 He giveth power to the faint; and to them that have no might he increaseth strength.
30 Even the youths shall faint and be weary, and the young men shall utterly fall:
31 But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Romans 8:31 KJV

31 What shall we then say to these things? If God be for us, who can be against us?

Colossians 3:2 KJV

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

There is One Source, One Creator, One Maintainer, One Life that Is, One Love that Loves—Omnipresent, I Am. What is there to fear if God is with me? Thy Kingdom Is Come. Look Up, not out. Look Within. Thou art with me, no matter where, no matter what, no matter when...
~Al Denninger

The Daily Lesson – April 22, 2026

“Omniscience Changes Your Concept of Prayer

What really changes your life, however, is an understanding of Omniscience because this changes your whole concept of prayer. There are fifty centuries of erroneous prayers in our background, fifty centuries of praying amiss. There have been only a few brief years of praying aright in the whole of the last fifty centuries, and therefore, we really have some overcoming to do in order to correct the erroneous sense of prayer into which we were born and under which we have been brought up.” ~Joel S Goldsmith

Psalm 139 KJV

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

James 4:3 KJV

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

Matthew 6:7,8 KJV

- 7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking.
- 8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

Father, If You already Know the things I have need of, why am I doing the praying?... It is You Father, that must do the Praying and I must do the Listening... I can of mine own self do nothing—my Father Does the Work... I will Listen for Thy Voice.... ~Al Denninger

The Daily Lesson – April 23, 2026

“Think of the meaning of Omniscience; look it up in the dictionary and try to get a full and complete understanding of All-wisdom and All-knowledge. Then think of what you have really been doing when you have prayed to God and told God what you need, and sometimes even on what day you needed it. Think of what you have been doing when you have been asking God to heal your child or some dear soul who needs it, as if God were not omniscience. Think of what you have been doing when you pray God to send you supply.” ~Joel S Goldsmith

In Webster's 1828 Dictionary:

OMNIS'CIENCE, noun [Latin omnis, all, and scientia, knowledge.]

The quality of knowing all things at once; universal knowledge; knowledge unbounded or infinite. omniscience is an attribute peculiar to God.

PECU'LIAR, adjective [Latin peculiaris, from peculium, one's own property, from pecus, cattle.]

1. Appropriate; belonging to a person and to him only. Almost every writer has a peculiar style. Most men have manners peculiar to themselves.

Matthew 6:8 KJV

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

Psalm 147:5 KJV

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

God's Understanding is Infinite, so we must Acknowledge God is all our Ways. We cannot inform God of anything, but we can rest in His Loving Arms. Thank you Father. ~Al Denninger

The Daily Lesson – April 24, 2026

“Did not Jesus know what he was talking about when he said: ‘Your heavenly Father knoweth that ye have need of all these things.... for it is your Father's good Pleasure to give you the kingdom’? Did not Jesus know about prayer when he said, ‘Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on? Are we not violating that teaching when we pray to God for supply, for home, for companionship, for a vacation, or for an automobile? Are we not really paying only lip service to an omniscient God?’”
~Joel S Goldsmith

Matthew 6:6-8 KJV

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

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

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

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.

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.

Stop... Be still... Recognize the nothingness of earthly words and things... Where the Spirit of the Lord is Realized, there is Righteous Treasure, Harmony, Perfection and All that the Father Hath. God Is. ~Al Denninger

The Daily Lesson – April 25, 2026

“The word Omniscience reminds us of what we have been doing in our prayers. Have we not been guilty of telling God something? Have we not been reminding God of something? Have we not been asking something of God that we think God does not know anything about? Have we not been telling God of someone who needs Him?” ~Joel S Goldsmith

1 Corinthians 2:16 (to ?) KJV

16 For who hath known the mind of the Lord, that he may instruct him?

Psalms 23:1 KJV

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

Romans 12:2 KJV

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

Can God understand the concept of lack? Then, why go to God with a bunch of lies. Instead, rest in the Shepherd's arms. It's God's Will that we lie down in His green pastures. He Loves you. ~Al Denninger

The Daily Lesson – April 26, 2026

“Think what you do when you go to God with any-thing that you wish to convey to this Omniscience, to this All-wisdom, All-knowledge, All-power, All-presence; and then you will quickly learn how to transform your prayer into a righteous prayer, a prayer that is a resting back in God in an inner assurance that ‘before they call, I will answer; and while they are yet speaking, I will hear,’ that before you know your need He knows it, and it is His ‘good pleasure to give you the kingdom. Think of how this will change your prayer as you learn to look upon God as the great All-wisdom, All-presence, and All-power.” 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.

Isaiah 65:24 KJV

24 And it shall come to pass, that before they call, I will answer; and while they are yet speaking, I will hear.

Luke 12:31-32 KJV

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

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

Psalms 23:3 KJV

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

If we can be still enough and Listen instead of thinking, asking or speaking, God will restore our Soul and Lead us in the Paths of Righteousness. Open your Heart to Receive. Thy Kingdom Is Come and Open unto you. We will all be taught of God. God Knows our Heart. ~Al Denninger

The Daily Lesson – April 27, 2026

“Suppose that we had to remind God to put apples on apple trees, peaches on peach trees, or berries on berry bushes; or suppose that we had to remind God that we need or do not need so much rain, or remind Him every evening that it should become dark and the stars should come out and the moon. God is doing all these things without our advice or petitions and can we not trust Him enough to know our needs without reminding Him of them?” ~Joel S Goldsmith

Matthew 6:25-34 KJV

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

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

28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

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.

Proverbs 3:5-7 (to :) KJV

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

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

7 Be not wise in thine own eyes:

I can of mine own self do nothing... The Father within, He Doeth the Work... He maintains and sustains... He Directs and Protects... He Leads and Feeds his sheep... All we have to do it Let Him show us the Way...and follow.... Trust Him... Accept Him... Acknowledge Him... All that the Father Hath is thine... God does not need our input. Be still and Know It... ~Al Denninger

The Daily Lesson – April 28, 2026

“If God knows enough to continue to put the fish in the sea and the birds in the air, if God knows enough to keep the tides in their places, ebbing and flowing on schedule, if God knows enough to keep this earth and all the other planets in their orbits, surely God knows our need, and if God has the love to supply all the needs of this world, God has enough love to supply us with ours. Only our egotism would interfere with our receiving it, only the egotism that believes we know our need better than God does, only the egotism that believes we have more love for our children than God has for His: only such rank egotism can prevent the free flow of God's grace to us.” ~Joel S Goldsmith

Matthew 6:26-34 KJV

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?
27 Which of you by taking thought can add one cubit unto his stature?
28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:
29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.
30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

1 John 2:15-16 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 [ego] of the flesh, and the lust [ego] of the eyes, and the pride of life, is not of the Father, but is of the world.

Matthew 16:24 KJV

24 Then said Jesus unto his disciples, If any man will come after me, let him deny himself, and take up his cross, and follow me.

God is Love. And that Love means Everything that He hath is ours. All our needs are included in His Love.

In 1 John 2:16 above it feels to me like the word “lust” could be replaced by “ego” of the flesh and it would make good sense...

In following Christ today, my cross feels like the need to overcome the temptation of distraction from the a sense of anything other than God. Drop the ego and focus on God alone. ~Al Denninger

The Daily Lesson – April 29, 2026

“Once we have overcome this egotistic sense, we can relax in the realization that God is Omniscience, Omnipresence, and Omnipotence; and we can stop taking thought for our life, for what we shall eat, or what we shall drink. We can stop taking thought and begin to acknowledge God, and as we acknowledge Him in all our ways, keeping our thoughts stayed on Him, we find that God is operating in our experience and that as a need arises it is met usually before we know that the need is there.” ~Joel S Goldsmith

Proverbs 3:5,6 KJV

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

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

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.

Isaiah 26:3 KJV

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

Matthew 6:8 KJV

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

We will be Directed in Perfect Peace when we have dropped our self importance and turned our Trust and Focus to be on stayed on God. All that the Father hath is thine. ~Al Denninger

The Daily Lesson – April 30, 2026

“So it is that prayer is our point of contact with God; it is through prayer that we establish our conscious oneness with God; it is through prayer that we establish our conscious awareness of God's presence; it is through prayer that we acknowledge that even ‘though I walk through the valley of the shadow of death, I will fear no evil for thou art with me’; it is through prayer that we rest in the assurance of God's presence, God's grace, and God's law. Then we relax and find that this invisible Presence does for us exactly what it does for the trees and the grass in their seasons, and for all the rest of this vast universe.” ~Joel S Goldsmith

Psalms 145:18 KJV

18 The Lord is high unto all them that call upon him, to all that call upon him in truth.

Psalms 91:1 KJV

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

Romans 8:9 KJV

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

Psalms 23:1-4 (to ;) 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;

And so, I rest in Your Embrace, Father... Knowing that I of mine own self can do nothing... I wait expectantly, silently, without any agenda or purpose other than Being or Communing with You... I feel a sense of effortlessness... Resting Here in Your Arms, there is nothing separate or apart from You that I could ever need or want... You have already Given Me Your unending Love... I am so grateful and joyful to Know the Truth... Your Truth... I have nothing to fear, You are with me always... You Restore my Soul every time I seem to get distracted... And so it is, that I do not wait for You to do something, it is You that Waits for me... I am here, speak Lord, thy servant heareth.... ~Al Denninger

The Daily Lesson – May 1, 2026

“Practicing the Presence

When we are acknowledging God as Omnipotence, Omnipresence, Omniscience, we are practicing the presence of God, keeping our mind stayed on God, and we are setting up within ourselves an inner stillness that later becomes a receptivity to the presence of God, Itself, to that which has been called the birth of the Christ.” ~Joel S Goldsmith

Colossians 3:2 KJV

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

James 4:8 KJV

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

Isaiah 26:3 KJV

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

John 3:3-6 KJV

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

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

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

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

Acknowledging God as Omnipresent, Omniscient and Omnipotent puts us in a state of Perfect Peace and leaves no room for anything else. When we are brought into this Realization the distractions of this world—the nature of error—are washed away and the Mind of Christ is born in Spirit within us. Our Soul is restored and our Spiritual Eyes to See are Opened. Spirit to Spirit, Soul to Soul I Am. ~Al Denninger

The Daily Lesson – May 2, 2026

“The birth of the Christ is that moment in our individual experience when *nothing* becomes tangibly something, when, where there was a lack of something, all of a sudden there now becomes evident a Presence, tangible and real, a power, a companion, a savior, a guide. From that moment on, we consciously abide in the Presence.” ~Joel S Goldsmith

Philippians 2:5 KJV

5 Let this mind be in you, which was also in Christ Jesus:

John 15:4-5,8 & 27 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.

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

27 And ye also shall bear witness, because ye have been with me from the beginning.

Abide with Me. Bear witness. ~Al Denninger

The Daily Lesson – May 3, 2026

“Because of the realized presence of God within us, it would be impossible for there to be any strife with anyone. In the human picture we may disagree, but there could be no conflict of a really harmful or destructive nature between us if even one of us had realized the Presence. As this Presence lives in us, it becomes impossible for us to take up a sword, to hate or envy, be jealous, malicious, or destructive.” ~Joel S Goldsmith

II Corinthians 3:16-17 KJV

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

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

2 Thessalonians 3:16 KJV

16 Now the Lord of peace himself give you peace always by all means. The Lord be with you all.

Psalms 23:5-6 KJV

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

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

1 John 3:2 KJV

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

Love is reflected in Love when Christ Lives in me. Be Love Loving. ~Al Denninger

The Daily Lesson – May 4, 2026

“The entire secret of peace on earth is the establishing in our consciousness of this realized Presence, which acts as a leveler in our consciousness, making us all equally children of God. This makes it possible to realize what the Master meant when he said, ‘Call no man your father upon the earth: for one is your Father, which is in heaven’ one creative Principle.” ~Joel S Goldsmith

Matthew 5:9 KJV

9 Blessed are the peacemakers: for they shall be called the children of God.

Isaiah 26:3 KJV

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

Galatians 3:26-28 KJV

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

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

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

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; if so be that we suffer with him, that we may be also glorified together.

Matthew 23:9 KJV

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

Peace is an activity of Good that is brought forth from Loving God, our neighbor and ourselves as God Loves us. ~Al Denninger

The Daily Lesson – May 5, 2026

“So we learn not to call our country, *our* country, or our flag, *our* flag. We give it its due, but we recognize that we are all of one spiritual household. This does not mean only those on our particular path. It means that every individual on the face of this globe actually has but one Father, one creative Principle, and in our recognition of that we are brothers. The fact that there may be cultural, educational, or economic levels that separate us at the moment has nothing to do with the basic truth that we are equally one insofar as our spiritual relationship is concerned. We all have but one creative Principle, one Father; and some day we shall all begin to act as though we really believed that.” ~Joel S Goldsmith

Ephesians 2:19-22 KJV

19 Now therefore ye are no more strangers and foreigners, but fellowcitizens with the saints, and of the household of God;

20 And are built upon the foundation of the apostles and prophets, Jesus Christ himself being the chief corner stone;

21 In whom all the building fitly framed together groweth unto an holy temple in the Lord:

22 In whom ye also are builded together for an habitation of God through the Spirit.

Ephesians 4:4-6 KJV

4 There is one body, and one Spirit, even as ye are called in one hope of your calling;

5 One Lord, one faith, one baptism,

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

1 Corinthians 12:12-13 KJV

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

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

Romans 12:5 KJV

5 So we, being many, are one body in Christ, and every one members one of another.

There is one Father of all—who is In you—and Above you all. We are—each of us—an individual Expression, from all walks of Life, working together for His Good. We Glorify God.
~Al Denninger

The Daily Lesson – May 6, 2026

“If we are to do that, it will be necessary for us to change our concepts of prayer and begin to treat God as if that omnipotent, omnipresent, and omniscient God really were closer to us than breathing. Our function is to rest in God. But we must never try to bend God to our will or try to get God to do something for us that we want, because we will not succeed. Whenever we are tempted to try to get God to do something, remember that we are trying to bend Him to our will and then we will be released from any such paganistic concept of prayer, and we will pray:

Mold me to Thy will; bend me to Thy will; make me yield myself unto Thy will so that Thy will, and not mine, be done in me. Let me not have a will of my own; let me not have a desire; let me not have a wish: Let me completely yield myself to Omniscience, Omnipotence, and Omnipresence, and be a beholder of what takes place in my life as I permit an All-knowing, All-power, All-presence govern my life.” ~Joel S Goldsmith

Psalms 139:1-10 & 13 KJV

1 O lord, thou hast searched me, and known me.
2 Thou knowest my downsitting and mine uprising, thou understandest my thought afar off.
3 Thou compassest my path and my lying down, and art acquainted with all my ways.
4 For there is not a word in my tongue, but, lo, O Lord, thou knowest it altogether.
5 Thou hast beset me behind and before, and laid thine hand upon me.
6 Such knowledge is too wonderful for me; it is high, I cannot attain unto it.
7 Whither shall I go from thy spirit? or whither shall I flee from thy presence?
8 If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.
9 If I take the wings of the morning, and dwell in the uttermost parts of the sea;
10 Even there shall thy hand lead me, and thy right hand shall hold me.

13 For thou hast possessed my reins: thou hast covered me in my mother's womb.

Matthew 6:10 KJV

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

John 5:30 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.

John 14:10 KJV

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

Father, I Rest in You just as You Are... Your Kingdom Is Come, now and forever... I Love that You are my Shepherd... I seek nothing for this-world... I can do nothing without You... You, within Me, You Doeth the Work... I Embrace Your Will as It is being Done in me... And, I am Grateful to Be a Beholder... I Give my self to You, that You may do the Praying.... Mold me, like You have Done since The Beginning.... I am Your Life Individually Expressed.... Guide me in Your Ways... ~Al Denninger

The Daily Lesson – May 7, 2026

“Across the Desk

Resurrection, in its mystical sense, means resurrecting the Son of God out of the tomb of the physical senses. It is also resurrection in the sense of rising out of the Physical sense of body into the realization of spiritual consciousness as governing all form.” ~Joel S Goldsmith

Romans 8:6,11 & 14 KJV

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

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

Romans 6:4-5 & 22-23 KJV

4 Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

5 For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection:

22 But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

23 For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

Those Led by the Spirit of God are the Spiritually-minded Children of God, and so they are Raised by God in Liberty, Oneness and Peace. Their Conscious Experience is God's Grace and the Awareness of a Newness of Life. Be Led out of the carnal mind. ~Al Denninger

The Daily Lesson – May 8, 2026

“The revelation of life lived by Grace instead of under the law consists of the revelation of the consciousness of the individual as a law of resurrection, healing, and protection to the body, business, home, and well-being in every form, and we begin to see how consciousness—the consciousness of the individual—even without taking thought and without being directed, becomes the law of harmony unto our experience.” ~Joel S Goldsmith

John 1:17 KJV

17 For the law was given by Moses, but grace and truth came by Jesus Christ.

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.

Colossians 3:16-17 KJV

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

Ephesians 2:8-9 KJV

8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:
9 Not of works, lest any man should boast.

2 Corinthians 12:9 KJV

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

Take no thought for this world, God Knows your Heart and His Grace already Dwells in you richly. Rest back in the Awareness that All that the Father hath is for His Children. ~Al Denninger

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