

Part I: “ABIDE IN ME...”

UNFOLDMENT

LESSON III

“And when Abram was ninety years old and nine, the Lord appeared to Abram, and said unto him, I am the Almighty God; walk before me, and be thou perfect. And I will make my covenant between me and thee, and will multiply thee exceedingly.”

The word “walk” means to proceed, to go forward step by step (gradually, deliberately, consciously). “Before me” doesn’t mean in front of me but as in appearing “before the court,” it means in the presence or more specifically, in the awareness of the presence. Perfection is wholeness. Closely examined then, this statement in Scripture is saying “Proceed every step of the way in the awareness of my Presence and know wholeness and perfection.”

To walk is the most simple, commonplace daily activity. Our walk with God is conducted throughout the day in every choice we make. It means that as we “wander” away in thought, we chose repeatedly to return. As we “stumble” in selecting our words, we use that as a reminder to make different choices in the future. As we “fall” into patterns of activity that do not serve to honor God, we become aware of where we fail and, without judgment and without condemnation, rededicate ourselves to purpose.

The intimate, personal experience that Abram had with God was so transforming that his name changed to Abraham. Yet this experience did not transfer to his descendents who also were included in the covenant. Abraham’s descendents did not know God personally and so over time their practice of relating to God diminished and dissolved. The practice of prayer and meditation is something that only we can do for ourselves.

With study and contemplation, the patterns in the Bible become increasingly apparent. God is always there, although we have not always understood our relationship with God. God’s nature is changeless and eternal. Our awareness of God and our understanding of God’s nature is unfolding.

Divine Science transfers the attention from the visible to the Invisible and thus gives us a new and correct basis for our thinking.

MEDITATION PRACTICE

Through the week, be aware of your realms of awareness. Notice throughout each day when you are in:

a physical awareness,
a mental awareness, or
a spiritual awareness.

Be aware also of which levels of awareness apply to the various steps in meditation mentioned in Lesson I.

ASSIGNMENT FOR LESSON III

Read *The Art of Meditation, Chapter II – The Purpose*

Conduct your own search of Scripture to find any of the various references to the practice of meditation by those who worshipped God. The Book of Psalms makes extensive reference to this practice often using the word “meditate.” Consider also all of the other terms and statements that apply to this practice that are mentioned in the Bible.

Write out one or more of the statements from your review of the Bible (described above) that have most meaning to you. Through the week, contemplate one of these.

Write a statement of 75 words or less on what you understand to be the difference between a mental awareness and a spiritual awareness.

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TESTINGS

LESSON IV

“But now thus saith the LORD THAT CREATED THEE, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, I have called thee by thy name; thou art mine. For I am the LORD thy God, the Holy One of Israel, thy Saviour. When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee; when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.”

HISTORY, HIS STORY, MY STORY

The Bible is an account of events in the history of mankind. At the same time, it is an account of events in the life of every individual in awakening to God’s presence as All of creation. The Bible reveals the experiences that others have had that we may recognize these as our own experiences.

Throughout Scripture, the individuals encounter challenges and find salvation only in turning to God. From Abraham to Isaac to Jacob and beyond there are lessons of adversity that serve to strengthen dedication to purpose.

The Hebrew people found the way out of slavery when they began to follow Moses, the one central leader who knew God. The Bible tells us that Moses began as an infant needing protection. Since unfoldment is the nature of creation, and because of support and nurturing, Moses grew to eventually know himself as God’s own expression.

We too, begin to leave the bondage of false beliefs as we listen and obey our highest thought that recognizes God as the Source and salvation. This thought begins as a new life and it must be nurtured and protected if it is to grow and guide us to the Promised Land.

CONSCIOUS CHOICES

It is in times of testing that we make significant choices. These are the times that we need to call upon the highest and the best that we know. When we can find peace within us, we make conscious choices from a range of alternatives. This place of peace and serenity within us is where we receive the inspirations that are continually given to us. Meditation lifts us above the level of sensory perception to soul awareness.

MEDITATION PRACTICE

It is important not to take anything of “this world” (including what you see as your problem) into meditation. Meditation is strictly for the purpose of communing with God. We do not give attention to the situation, but instead give attention to God, holding to the Peace that is available within us. The experiences of life provide many opportunities for choosing who we will be and where we will direct our attention. In times of difficulty, know that even though our faith in God may waiver, God’s faith in us is Infinite.

“And Moses said unto the people, Fear ye not, stand still, and see the salvation of the LORD, which he will show to you to day; for the Egyptians whom ye have seen to day, ye shall see them again no more for ever. The LORD shall fight for you, and ye shall hold your peace.”

ASSIGNMENT FOR LESSON IV

Throughout the week, practice using what we might, in the past, have called disturbances as reminders to re-focus our attention on God and the things of God. This is the beginning of the practice of praying without ceasing.

Read and re-read *The Spirit of Prayer, Chapter II – The Prayer of the Presence*

Review the questions that you identified in the Assignment for Lesson I. Do you have insights into the answers to these questions at this point? If so, please share them.

