

Part I: “ABIDE IN ME...”

RENUNCIATION

LESSON V

“Know therefore this day, and consider it in thine heart, that the LORD he is God in heaven above, and upon the earth beneath: there is none else. I am the LORD thy God, which have brought thee...out of the house of bondage. Thou shalt have no other gods before me.”

The Children of Israel wandering at length in the desert also represent our undisciplined thoughts finding no (worldly) firm foundation on which to build. We can learn to walk exclusively with God alone when we realize that God who created us also sustains us, “The Lord is my shepherd, no want shall I know.”

The Law was given by God to Moses to give to the Children of Israel. The Ten Commandments tell both of our duties to God (commandments 1 through 4) and our duties to man (commandments 5 – 10). Note that the duties to God come first.

Moses knew that his own intimate, personal experience of God would not transfer to others. So that each individual could know God personally, Moses taught the Children of Israel how to carry out the covenant made between God and Abraham that the commandments reinforced.

The first and second commandments are:

- 1) Thou shall have no other gods before me.
- 2) Thou shall not make unto thee any graven image.

The first commandment establishes the nature of Deity as oneness. The second commandment establishes man’s relationship to God as a spiritual relationship. Since God is spirit, man cannot commune with God through images.

Moses taught his followers to commune with God through prayer and meditation as the way to recognize and honor our relationship of oneness.

MEDITATION PRACTICE

As you are guided, give more time and attention to the surrender and silence phase of meditation. Prepare by withdrawing thoughts from the realm of physical appearances and be centered on the Omnipresence, Omnipotence and Omniscience of God. Then, in surrender and silence taking no thought, let God reveal within you the Infinite nature of these qualities.

ASSIGNMENT FOR LESSON V

During the coming week, focus on obedience to the first and second commandments. Keep your thoughts and heart centered on Oneness as a spiritual dimension. God is the one Infinite Being, and all that He brings forth are also expressions of this Oneness.

Read, *Meditation in the Silence*, pages 1 – 21

Write a statement, 100 – 150 words, of your own personal understanding of “The Lord our God is one Lord.”

Part I: “ABIDE IN ME...”

CRUCIFIXION

LESSON VI

“Thou shall not be afraid for the terror by night; nor for the arrow that flieth by day; Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Because thou hast made the LORD, which is my refuge, even the most High, thy habitation.”

The struggles of people like Job and David are messages of hope for us. As these individuals learned to set their minds on God’s perfection, their wills and emotions came into alignment with His Truth.

The Book of Psalms expresses the heart and soul of humanity through every human condition and circumstance. Many of these songs of praise are identified with worship in the Temple but they also address the circumstances of daily life. Through and above all events and circumstances, they describe the Majesty of God. In these books of poetry, we are taught by powerful example continual worship, praise and thanksgiving.

The word “Psalms” means “songs accompanied by a stringed instrument.” This has great relevance for us when we recognize that we are the instruments of God and feel His Presence as it strikes chords deep in our heart. The center of our being is the temple where the real worship of God is held regardless of any circumstances in the outer.

The practice of worship and praise through every mountain and valley of human experience prepares us to “cross over” to dwell in the Promised Lane. We “cross” from seeing life at a limited level to setting our minds and hearts (meditating) on Infinite Life from God’s perspective.

Focused on God and accepting only the nature of Spirit, we “die” to the illusion of duality and the desire for any worldly judgments.

MEDITATION PRACTICE

Include regular Bible study in your practice of meditation. Contemplate the highest meaning of the messages you read. Small sections can have great meaning and relevance for you. Study even a single word or phrase until it “blesses you” with understanding.

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You may increase the number of your daily, quiet meditations. Instead of just morning and evening, find other regular times through the day to be still and receptive. If you awaken in the night, use that opportunity to know God's presence. Remember to sit up so that you will stay awake.

Recognize that the Inherencies and Qualities of God that are also in man: Wisdom, Knowledge, Understanding, Power, Life, Joy and Love. Contemplate Omnipresence, Omnipotence, and Omniscience.

ASSIGNMENT FOR LESSON VI

Read *The Art of Meditation, Chapter III – The Practice*

Throughout the week, contemplate Psalm 23. At the end of the week, write this out, line by line, using your own words.

