

## HOW TO FOLLOW JESUS CHRIST

By Nell Truesdell

WHEN Jesus of Nazareth finished eating His last Passover meal with His disciples, He gave them a final instruction that all Truth students would do well to remember. He told His men that instead of aspiring to be leaders they must be servants, even as He had served them. He said, "I am the one who is the servant among you." (All quotations are from the Gospel of Luke, translated by J. B. Phillips.)

After that, Jesus and the disciples (except Judas) went to the Mount of Olives, where Jesus had often gone to pray. When they got there, Jesus separated Himself from the group and went a short distance away to pray alone. Here He made His last prayer of preparation. He unfalteringly accepted God's assignment by saying: "It is not My will, but Yours, that must be done." In this final surrender of self, His agony of soul cleansed Him, and an infilling rush of Spirit strengthened Him. It remained with Him and enabled Him to stand firm with God during the hours of mistreatment that followed His betrayal by Judas. In those hours of trial, when He was brutally pushed around and beaten, no cry of self-justification or wail for help escaped His mouth. He was silent because His heart knew God only. In this, Jesus Christ is our supreme example. Conduct like His is the only way by which we may attain merit.

As followers of Christ Truth we must learn in hours of agony to steel ourselves by knowing that God's Will for us is rushing into our soul with vehemence so unbearable that we may fail to accept the sustenance of Spirit, which will shield us from unknown testings certain to come. Only the Grace of God through Jesus Christ will give us the protection and the security we hope for. But we must be dedicated to God if we would receive His redeeming Love.

In the Garden of Gethsemane, when the chief priests, Temple officers, and soldiers came to arrest Jesus, He reminded them that He had daily spoken openly in the Temple and they had not stopped Him. This made no impression on them; so He said: "This is your hour and the power of darkness is yours."

Often a Truth student thinks that His superficial declarations of Truth and His scattered prayers guarantee his safety from the "power of darkness" and its effect that causes agony of soul. They won't. The power of darkness is inside the natural man, not outside - in other persons and circumstances. The prayers of such a misguided student have never been of pure spiritual content - just words that are as the wind.

Right here I shall say that many students are astonished that their Truth does not guard them against so-called "evil." But they must realize that whatever evil attacks them from outside was invited by its existence inside. When they ask, "Why?" the only helpful answer is that the power of darkness in them has never been broken up by pure and selfless dedication to God. They want to be leaders, not servants.

On the whole, prayers are self-oriented: they are petitions for material things that perish and for continuance and strengthening of carnal passions. These are the power of darkness - they act as a whip of desire that will drive a

victim to do anything to get satisfaction, even to the point of betraying another as did Judas by betraying Jesus.

The secrets within the teachings of Jesus Christ remain hidden to most persons. Outwardly, persons may acquire a show of knowledge, devote themselves to meditations (which are nothing but a turning over and over of their self-approved thoughts), read the Bible from cover to cover, and commit long passages of Scripture to memory to justify their self-centeredness to others. They neither intend to forsake carnal sins nor to cease in their efforts to transgress weaker persons to gratify their passions. In Proverbs such knowledge is described as "a golden ring in a swine's snout."

God-dedicated teachers have said that each person must learn to progress spiritually by steps that have been proved because they are based on unfailing principles. One progresses from watching toward God to love of God; from love of God to understanding; from understanding to agony of soul (long-suffering); from agony of soul to the infilling of the Holy Spirit; from that influx to full spiritual protection and salvation.

In such a way Jesus of Nazareth passed from stage to stage in His term of existence on earth, until in the hour of agonizing prayer in the Garden of Gethsemane He emerged into full deliverance from inner powers of darkness and outer evil intentions.

If any fraction of the darkness of the natural man may have clung to Jesus Christ, it was completely wiped out in His hour of agony by an inflow of Pure Spirit into His consciousness. He overcame the rule of the power of darkness when He said with conviction, "It is not My will, but Yours, that must be done."

If we claim to be followers of Jesus Christ, this is our lesson.

In an hour of agony, what do you do: rail against God? regret your past? complain about people? If you become aware of what you do, you may prepare yourself to face the "power of darkness" inside yourself. For that is your burden; it is not God's punishment.

We shall all face heart-breaking and apparently unmerited trials so long as we follow the way of the natural man - so long as we compromise with man's way of existence in the world.

Pray often: Your Will, O God, be done in me.

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SPIRITICITY, May 1967

PATIENCE

By Alden Truesdell

IN HIS LETTER to the Colossians Paul wrote: "For this cause we also, since the day we heard it, do not cease to pray for you, . . . that ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to His glorious power, unto all patience and longsuffering with joyfulness;

giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light."

In Ecclesiastes we read: "The patient in spirit is better than the proud in spirit." In the Book of Psalms we read: "Rest in the Lord, and wait patiently for Him"; "I waited patiently for the Lord; and He inclined unto me, and heard my cry."

Any Truth student who has become aware of the fulfillment of all the prophesies in the Man Jesus Christ might be impatient for a like fulfillment in himself. But he should study to wait patiently upon God, and work for spiritual gifts. He should work patiently for the gift of patience, and let patience work its work through him. When anyone has glimpsed the wonders that are accessible to him through his acceptance of the spiritual gifts of Life, Joy, and Peace, he may become so enamored of the perfection of the Inner Kingdom that as he turns again to examine his environment in the world, he finds the appearance in that realm so directly opposed to the true state of being that he may become impatient with the world and all that is in it, including himself. Because he has caught sight of the perfect state he may become sensitive to an intense degree, to the conditions that are not perfect in the old order of existence. Here he must be careful; else he may become self-righteous. Often the contrast between the two realms - the inner and the outer - gives him his cue to go out and fight the devil and to save sinners according to his own notions. However the man who practices this method gets a good fight from the world and finds that the sinners are anything but amenable to his judgment of them.

The true spiritual formula is entirely different from this negatively vigorous method. "My kingdom is not of this world: if My kingdom were of this world, then would My servants fight." Any man who is true to the inner ideal will find that the Spirit within him fights all battles for him. He knows that the more anyone fights the devil, the stronger the devil becomes; and the more sinners that are saved, the more they appear to increase. Such fighters bring to themselves the mark of the world and the mark of the beast. They always leave the world in a worse condition than they found it. Their denunciations, based on personal hates, which in turn are rooted in repressions and inhibitions deep in their own consciousness, simply add to the already overburdened outer aspect of human existence, and belabor unsuspecting souls with an increased belief in sin and in sinning.

In the new order of spiritual practice, a man learns eventually that he can change his entire world and even affect the characters of his associates through simple, but understanding, remembrance that God's Kingdom is not of this world and certainly is in no way subject to the world or to man's idea of what the Kingdom is.

The world is an incongruous mass of man's ideas of what is good, bad, and indifferent. Because man has projected this collection of concepts into the realm where he exists, they must express according to his limited understanding. (However such expression is still under God's Law.) The world and all that is in it is a figment of man's imagination, which has no power. The world appears to have power, but the power it appears to exercise is given to it by man himself. The more he credits the world with power, the more power it will seem to exercise in its rule over him.

Spiritual insight gives a man the understanding of his inherent spiritual gifts, and these enable him to see that he is not of this world, even though he seems to be in it. The knowledge of spiritual gifts shows any man how to take dominion over his world.

When God created the heavens and the earth and all that is contained therein, He turned it all over to the man He had created in His own Image and Likeness, and He instructed that man to take dominion, to subdue, and to make the world fruitful. Because man has neglected to do this, he now exists in a world that is in a mess - and it is all of his own making. Through conflict that has been brought about by each man's trying to take dominion over other men, instead of each man's assuming his own responsibility, the world is full of strife.

In his Letter to the Galatians Paul wrote: "He that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting. And let us not be weary in well-doing: for in due season we shall reap, if we faint not. As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith."

Patience is a saving grace. Patience is the wisdom of knowing that there is a time and a season for everything. Patience is the ability to stand by a principle and let the principle work, much as a gardener lets nature grow his plants. Patience is the wisdom to apply the principle under all circumstances. Patience is the mark of the master craftsman and of the creating genius. And patience is a gift of God.

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SPIRITICITY, May 1967

I PETER: TRANSLATION AND NOTES

By Robert Applegate  
(Continued from last month)

TEXT: I PETER 5:5-14

5:5) YOU younger men, be subject to your elders. All of you clothe yourselves with lowly-mindedness towards one another, because "God is against the haughty; to the lowly He gives grace." {Proverbs 3:34 Peter quotes from the Greek translation of the Old Testament, the Septuagint, which was the Bible of the early Christians. The Hebrew text here has: "To the mockers, He will appear to mock; to the lowly He will give grace (or, kindness)." "Lowliness," or "humility" is the opposite of the mocking, cynical attitude. Proverbs 3 was an early Christian catechism.}

6) So lower yourselves under the Mighty Hand of God, that He may lift you up at the right time.

7) Throw all your concern upon Him, for He is concerned for you.

8) Be serious; be alert. Your enemy - the accuser - walks about like a roaring lion; {The word that is usually translated "devil" means accuser, slanderer, or prosecutor. It is the idea of separation from God: the idea that man can have some power or life of himself apart from God. This is the idea that accuses man of being a mortal being, of being separated from the One God who is All. This idea is what Jesus called the "ruler of this world." It does rule this world. Yet Jesus said just before His Crucifixion: "Now is the judgment of this world; now is the ruler of this world cast out." The victory has been won, but each person has to accept it and appropriate it for himself.}

They who are not steadfast in holding to the Truth of Jesus' Finished Work are truly swallowed down.) he is looking to

9) see whom he can swallow down. Resist him by being strong in your faith. Know that all in the world who acknowledge the Fatherhood of God go through the same experiences.

10) The God of all Kindness, who has called you into His Eternal Substance in Christ, will (after you have endured a little) pull you together, establish you, strengthen you, set you on a firm foundation.

11) His is the Power until the end of all ages. Amen.

12) I have written to you briefly through Silvanus, whom I know to be a faithful brother, to encourage you and to testify that the Kindness of God in which you stand is true and dependable.

13) Those here in "Babylon" who have been called out of the world send you greetings, as does my "son" Mark.

14) Peace be to all of you in Christ. {"Babylon" means Rome, the cruel, debauched city. Mark was Peter's secretary, and after Peter's death, wrote his Gospel on the basis of what Peter had said about Jesus Christ.)

The End.

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SPIRITICITY, May 1967

#### HEALING PRACTICE

By H. B. Jeffery

(Notes taken at a public lecture by Nell Truesdell)

MOST PERSONS think of healing as applied to the physical body, but we shall deal with the attitude of Jesus and His practice of healing.

The body of man is permeated by an inner Spiritual Principle. The outer form is the shadow cast by some interior state; it is an intimation of thought. Any disturbance in the outer is indication of a disturbance within. In healing we must deal with the Spirit.

There is One Universal Principle that pervades the whole world. When anyone becomes conscious of this Principle, he is sympathetic with the universe and draws on the Power of the universe. He is reinforced by It and lives by It. In It, all life, from the lowest to the highest, finds its being.

The Animating Principle must flow freely. Sickness is partial death, a partial stopping of the flow. To heal is to restore the movement of the Animating Principle, or "Breath." As the Principle flows from within out, it is subject to the human mind and may be diverted into some channel that lowers it in tone. Healing is restoring balance to the mind and allowing the free flow of the Spirit. Healing is a regenerative process, generating a new current that revives and strengthens the ailing part of the body to bring it back into balance with the rest of the person's being. To find health is to find contact with God.

Hurt feelings give evidence of sensuous living. Touchy people sever their contact with the inner Source of life; then there is a depleting of some organ in the body. There is no such thing as nervous exhaustion. It is aversion:

trying to get out of doing something, to evade fulfilling one's obligations to other human beings. Nervousness is selfishness.

The Inner Principle is pure; it is immaculate. Nothing can touch it. It may be compared to light. You cannot touch light, but it touches you. So the life-flow quickens and animates the body and the mind; it fills them, but they never touch it.

We live by the beneficent action of the Holy Spirit. Man does not live; he is lived by the Holy Spirit. In healing, we recognize that Spirit: Its Presence, Its Immanence. It permeates the whole being of man. As we recognize It, It infuses Itself into the mind so that the thoughts are cleansed. As thought changes, the shadow cast by through it - the body - is changed.

The body has no life of itself. As healers we need to remember this. Life is an Animating Principle that infuses Itself through the body. All life is a transmission of energy through the body from within.

The body is plastic; it changes constantly according to one's thought. It cannot be relied on, for it has no life of itself; It is surely a vehicle of expression. It's not the man; it is the instrument of the man, a tool. As the tone of the mind is lifted, the tone of the body is lifted. There is an infusion of life from God through the body.

Dis-ease is just a lack of ease. Healing of disease is stilling the disturbance. The perception of the healer must be raised so high that he sees beyond the reflection (body) and beholds where the disturbance is.

Sickness reveals a partial disjunction between the inner Spirit and the outer form. So there must be a spiritual quickening on the part of the healer, which will be imparted to the so-called patient. The healer must maintain constant conscious realization of the inner Life.

Healing is maintaining a state of consciousness within. You meet conditions in others with the realization that they are illusion. You do not accept appearances.

Healing is not confined to human beings; you will heal animals, plants, minerals. All nature will respond if you maintain contact with the Principle of Life.

Jesus remained often alone, spending the time in prayer. He lived always in the Realm where the heavens touch the earth. That Realm was never created and it is without end.

In the person of Jesus Christ was the embodiment of the Principle of Healing, for He was, in Himself, the Source of life and power. He walked in the consciousness of God. He lived in a Realm transcendent to the senses. He drew from the Inner Realm of Being that, consciousness of Life, Peace, Strength. He knew that man is a spiritual being.

There are no miracles. Jesus possessed Spiritual Intelligence and He knew how to work with the powers in nature and man; so He commanded them. He controlled the elements on the sea of Galilee, multiplied the loaves and fishes, withered the fig tree, etc. He did not contradict the laws of being, but worked with them. The word "miracle" means wonder. When anyone knows the laws that are working, the wonder is gone and there is no miracle.

Healing requires a life of consecration, of devotion to the Presence and Power of Life. One must be the embodiment of the Principle of Life to be a real healer. The highest form of healing is the realization that disease is nothing, that the body is not real.

So watch and guard your mind; keep it turned in the right direction. Have always a sense of the Presence of God within and do not let people draw you out into their limited concepts. You must be set apart and maintain a constant conscious relation with your Source. Commune with that Realm and abide in It. Take time for communion with the Source of Life. Learn this by practicing it. Draw within and touch the Inner Realm of Healing.

(To be continued)

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Alphabet of  
DAILY MEDITATIONS  
For Every Day of the Month

MAY 1967

1. A man of understanding shall ATTAIN.
2. The Lord thy God shall BLESS thee.
3. I have CHOSEN you.
4. I DREW them with bands of love.
5. My EXPECTATION is from Him.
6. The Lord shall lead them unto living FOUNTAINS.  
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8. The Words of a wise man are GRACIOUS.
9. A wise man will HEAR
10. Take fast hold of INSTRUCTION.
11. Even so, come Lord JESUS.
12. To Me, every KNEE shall bow.
13. LIVE according to God in Spirit.  
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15. Do all things without MURMURING.
16. A NOTABLE miracle hath been done.
17. We OUGHT to OBEY God.
18. I go to PREPARE a PLACE for you.
19. Is not my help in me? and is wisdom driven QUITE from me?
20. Thou art RIGHTEOUS, O Lord.  
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22. Come before His Presence with SINGING.
23. My soul TRUSTETH in THEE.
24. My lips shall UTTER praises to God.
25. Thy VISITATION hath preserved my spirit.
26. God shall WIPE away all tears.
27. Be thou an example of believers.  
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29. YET will I rejoice in the Lord.
30. He hath a great ZEAL for you.
31. My God, I will exalt Thee.  
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"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."

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As electricity is the working power of the electrical principle,  
So Spiriticity is the working Power of the Spiritual Principle.

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