

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given



**WORKBOOK BASED ON EMMET FOX'S BOOK
THE SERMON ON THE MOUNT**

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CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK

Doing, what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find yourself. The contents in this workbook are for sharing. Pass it on to those you love and those you don't.

1. Column 1 is the number of the action to be taken
2. Column 2 (a) The reading assignment from the Sermon on the Mount by Emmet Fox
3. Column 3 Is the Bible Verse from the King James Version
4. Column 4 (b) The assignment in the Workbook
5. Column 5 Workbook page number

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**For Workshop planning we have entered the estimated time for (1a) The reading assignment [mins]
aloud The Sermon on the Mount by Emmet Fox**

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You will need a copy of The Sermon on the Mount by Emmet Fox

One of the foremost spiritual teachers of the twentieth century, Emmet Fox offers people of all faiths powerful strategies and practical guidelines for bringing health, happiness, and true prosperity into their lives and the lives of others. Treasured by millions of seekers, this enduring spiritual classic reveals how to transform negative attitudes into life-affirming beliefs, understand the nature of divine wisdom, tap into the power of prayer, develop a completely integrated and fully expressed personality, and claim our divine right to all of life's abundance. Fox shares the keys to shaping our lives into what we really want them to be. "A practical handbook of spiritual development...[Fox] gives his readers a profound outlook upon life and an absolutely fresh scale of values" (New York Times Book Review).

Emmet Fox (1886-1951) was one of the most influential spiritual leaders of the twentieth century and a pioneer of the New Thought movement. His bold, dynamic message that our thoughts shape our reality has changed the lives of millions across the world and influenced many key contemporary spiritual writers such as Wayne Dyer, Esther Hicks, and Louise Hay, all of whom have tapped into his belief in the power of positive thinking.

On page #61 enter the patterns and important notes you want to keep.

INTRODUCTION

This workbook's purpose is to broaden and deepen our understanding and practicing the Sermon on the Mount's spiritual principles. For over sixty years I have studied and practiced the spiritual principles I've found in Emmet Fox's works. He has profoundly contributed to my understanding of the life that I've awakened in. Fox encourages his readers throughout his writing to come to their own individual understanding. We have to eat and digest our own food; no one else can do it for us, any more than they can understand for us. One primary object of this workbook is to seek and find a Higher Power that will do for us what we cannot do for ourselves. Our Father's Will is individually expressed through each of us. Awakening and Learning is the preparation for a life filled with joy, happiness and freedom; to do and to be our created Self.

In 1934, Emmet Fox had his own understanding about theological and doctrinal questions, or the lack of them, which has caused problems for some of us. He found that the Bible was written in a peculiar idiom of its own, and its terms and expressions, and sometimes actual words, are used in the Bible in a sense that is distinctly different from that of everyday usage. "God is Spirit: and they that worship Him must worship Him in spirit and truth" John 4:24. The Bible is a Spiritual textbook of metaphysics [the law before the physical, which is spiritual], a manual for the growth [awakening] of the soul, and looks at all questions from this point of view. It is impossible to emphasize this point too much. For this reason, it takes the broadest view of every subject. It sees all things in their relationship to the human soul.

The way Emmet Fox viewed theology and doctrine came from his years of studying the King James Version of the Bible, and the churches of that day. I went on a search for the different translations, or versions of the English Bible, to get a better understanding of today's traditional Christian Theology and doctrine. I was taken back to see so many English translations of the Bible there are. It's no wonder that people have such different understanding and beliefs about what Jesus did teach, and the type of theology and doctrine, or no type, their faith is built on. You may want to use your choice of Bible, over the King James Version. It will be useful to focus on what you have in common, instead of the difference. I'm reminded of Herbert Spencer's statement - "There is a principle which is a bar against all information, which is proof against all arguments and which cannot fail to keep a man in everlasting ignorance – that principle is contempt prior to investigation." You will find parts of Emmet Fox's works down right disturbing. We suggest that you store those troublesome ideas on a shelf and revisit them after you finish his Sermon on the Mount and this workbook.

Luke 21:12–15 *"...they shall lay their hands on you, and persecute you, delivering you up to the synagogues, and into prisons, being brought before kings and rulers for my sake. And it shall turn to you for a testimony. Settle it therefore in your hearts, not to meditate before what ye shall answer: For I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist."*

Throughout this workbook, we offer ways to awaken, uncover, discover, own, and surrender our kings and rulers; those people, places and things we have given the power of our free will, and our true place. By practicing the Sermon on the Mount, I've dethroned some of my kings, and dismantled my made-up rulers. I chipped away part of what was getting in the way of my Heart's Desire, my individually created self. I think of the principles in the Sermon on the Mount as tools to build a spiritual profile of our true self; I believe it is our Father's Will. Responding to the questions and statements in this workbook will give us a better understanding of ourselves, of others and our relationship with our Creator. *Each time*

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you prepare to work on this process ask your Higher Power for His guidance. Ask for whatever it takes to do and to be His Love and His Will today.

If you are willing to do whatever it takes to practice the Sermon on the Mount in all your affairs you will be greatly pleased with the results our Father's grace brings. This is calling for an open heart and an open mind. It takes a real commitment to practice these spiritual principles embedded in this workbook. "Half-measures avail us nothing" Alcoholics Anonymous Page 59. However, if you do it, I promise you will never be the same; your life will be enriched.

How can we find, claim and live our Spiritual Gift? It was never lost. God has whispered into our heart what this wonderful thing is that we are to do, be, and see. It is unlikely that our Creator created us as individuals without a definite purpose in mind. He has never made two people alike; no two people could have the same mission; we cannot have any real competition. Our Spiritual Gift, Mission is nothing less than God's Will for each of us. He has already given us the ways and means to carry out His Will. However, we must awaken to it and consciously choose to live it. Action is the magic word.

MANAGING OUR HABITS - It takes as much or more skill for disempowering an old habit as it does to build a new useful one. Jesus Christ, my hero has shown us the way, truth and the life. The way by which we can replace an old habit with a new one is simple, but not easy. Anything we repeat long enough and often will become a habit. The physical brain utilizes millions and sometimes billions of brain cells for each habit. Our habits become our personal "reality," our false self; the way we experience our world, embedded in our unconscious mind, hidden from sight, until by grace, we are awakened. When we let go of an old habit; our new one becomes a way of life. We are to pass on our assets to those who are still suffering from the same dis-ease.

In Matthew's Gospel, the Sermon on the Mount introduces us to the divine therapy for the human condition in the form of contemplative prayer, which addresses not only the distortions of our conscious behavior, but also the dynamics of the unconscious. "The divine therapy, like Alcoholics Anonymous, is based on the realization that you know where you are and that your life is unmanageable" Father Thomas Keating. ***"Blessed are the poor in spirit: for theirs is the kingdom of heaven."*** Matthew 5:3

Piero Soderini, a leader of the city of Florence wrote the following letter of introduction to the Cardinal of Voterra regarding a young artist named Michelangelo. *"His manner is such that, if appropriately treated and addressed, he will do the impossible. Be generous towards him with kindness and affection, and he will accomplish things that will astonish the world."* It was in Florence that Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Be generous towards yourself and others with kindness and affection, and you will accomplish things that will astonish the world you live in. Chip away everything that does not look like God's Vision of you and you will experience your Heart's Desire, Our Father's Will for you, spiritual flowing in conscious union as your true self.

To limit the Sermon on the Mount to problem fixing only, is like judging the abundance of the ocean by a few empty shells on the beach, or standing on the back of a whale, fishing for minnows. Studying the Sermon on the Mount will guide us into a more purposeful life of love and service. "Faith without works is dead" James 2:17

There are some useful Tools in the APPENDIX – page 54

PREFACE

1a Fox's Reading Assignment [3mins] is the **Preface**

1b Workbook Assignment is to write your response to the **Preface**

What do you hope to gain by doing this workbook study of the Sermon on the Mount?

The search for diamonds in South Africa is a useful metaphor. When an idea stirs our interest enough we are inspired to dig deeper and still deeper until we have uncovered its hidden treasures.

For what or for who are you willing to continue to dig beyond the blue clay?

The difference between spiritual and material fulfillment will take on new meaning as we study the Sermon on the Mount. How much time and energy do you spend on each of these focal points?

Affirmation: One time, I was asked, what would I do different if I could do my life over. It came to me that I would ask more of our Father/Creator – more of the Spiritual Program I was given February 6, 1957 – and more of myself. In other words I would have started digging deeper for the Spiritual Diamonds sooner. I have taken full responsibility for settling for too little of our Father's abundance. The greatest riches of this world are finite and at best a temporary fix. Spiritual Principles [Spiritual "Diamonds"] are infinite, the deeper we go the more we find what we really want, our true purpose; our heart's desire. I am devoted, dedicated and committed to continue to dig deep into a richer strata of our Father's Kingdom. We are likely to find the Greatest Gifts: to do and to be our Father's Love and Will, in His Omnipresence and awaken to our individual created purpose.

"There are those who give little of the much which they have – and they give it for recognition and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all. These are the believers in life and the bounty of life, and their coffer is never empty.

There are those who give with joy, and that joy is their reward.

And there are those who give with pain, and that pain is their baptism.

And there are those who give and know not pain in giving, nor do they seek joy, nor give with mindfulness of virtue; They give as in yonder valley the myrtle breathes its fragrance into space.

Through the hands of such as these God speaks, and from behind their eyes He smiles upon the earth.

It is well to give when asked, but it is better to give unasked, through understanding; And to the open-handed the search for one who shall receive is joy greater than giving. And is there aught you would withhold?

All you have shall some day be given; Therefore give now, that the season of giving may be yours and not your inheritors" Kahlil Gibran.

CHAPTER ONE - WHAT DID JESUS TEACH

2a Fox's reading assignment [38mins] is **Chapter 1 - What Did Jesus Teach?**

2b Workbook assignment is to write your response to **Chapter 1**

Do you believe Jesus was/is the most important figure in the history of mankind? If not who?

"You will know them by their fruits." How far do you think Christianity of today expresses Jesus' message to your world?

What questions about your religion or spiritual program do you want the answers to?

Jesus tells us what the nature of God is, and what our own nature is; tells us the meaning of life and death; and shows us why we make mistakes; response to each of these statements?

Jesus made a big deal out of forgiveness. Unto seventy times seven, if needed. Teaching us that we are not to be punished **for** our mistakes, but we're punished **by** them. How do you view this statement?

Are the fruits of your present religion or spiritual program demonstrating the way to health, happiness, freedom, prosperity and salvation?

Does your faith teach you that Jesus was/is pure Spirit and lived life and died as a human; showing us the way, the truth and the life, plus reminding us that we're created in His image and likeness?

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Do you believe that Jesus preformed the miracles written in the Bible? Have you experienced miracles in your personal life?

Do you believe that your prayers help overcome difficulties, and helps others?

Affirmation: The Spiritual Key – “The works that I do, ye shall do, and greater works.” Jesus taught only principles, knowing that when the spirit is right, details will take care of themselves. Know this; we are reaping the harvest that we ourselves have sown. Our free will lies in our choice of thoughts and actions. I’m willing to pay the price. “...the amazing but undeniable fact that the whole outer world ...is amenable to man’s thought, and he has dominion over it when he knows it. All day long the thoughts that occupy your mind, your Secret Place, as Jesus calls it, are molding destiny for good or evil, the truth is that the whole of our life’s experience is but the outer expression of inner thought.” There are no neutral thoughts, they all count. The Spiritual Key is not another Power of Positive Thinking scheme. The Spiritual Key is when we align our thinking with spiritual principles, and indeed there is Divine Power in our Thinking. We become co-creators, not the maker-uppers of illusions.

“The people were astonished at His doctrine. For He [Jesus] taught them [and us] as one having authority, and not as the scribes.” You will be amazed at the daily changes in your life. In concert with A.A. spiritual principles, which partly came from Emmet Fox works, I was introduced to my Higher Power; I choose to call our Father, the wisdom of Jesus, my higher-self, and my personal “reality.” Jesus summarized His message in the Sermon on the Mount. Following His teachings, we become taught, teachers, teaching. After you finish studying Emmet Fox’s book The Sermon on the Mount and this workbook revisit these statements and questions.

A copy of THE GOLDEN KEY – Scientific Prayer - (From Power Through Constructive Thinking – by Emmet Fox) is in the APPENDIX page 54

CHAPTER TWO - THE BEATITUDES

3a Fox's reading assignment [14mins] is **Chapter 2 – Matthew 5:3 The Beatitudes**
Blessed are the poor in spirit: for theirs is the kingdom of heaven.

3b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:3**

Being poor in spirit is, the "Lack of power, that was our dilemma." And knowing it, and letting go of the illusion that our little personal "reality" alone and unaided can be our solution for this life on earth. "We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But, where and how were we to find this Power?" (Alcoholics Anonymous page 45) Accepting and surrendering our dilemma to our Higher Power, turns out to be a blessed state of mind. Those of us willing to seek this Ultimate Solution with all our heart, mind and soul, find the Kingdom of Heaven, which is the Omnipresence of our Father. I believe that the first Beatitude, "Blessed are the poor in spirit: for theirs is the kingdom of heaven" is the foundational Beatitude, and the rest of the Beatitudes are a commentary; a pathway for us to demonstrate this Spiritual Principle, in our daily life.

Are you willing to seek the Ultimate Solution with all your heart, mind and soul?

Are the Beatitudes a counsel of perfection, without any real application to your everyday life?

Jesus, taught general principles; always mental/spiritual states of consciousness, not detailed instructions. Apply His general principles to a personal need and you will be shown the way.

"The hour cometh and now is when the true worshipper shall worship the Father in spirit and in truth."
Our mental consciousness is created in the image and likeness of the Spiritual Consciousness. Get it?

The Bible is really a textbook of Metaphysics, a manual for the growth and awakening of the soul. Can you accept and use the Bible as your personal textbook for growth?

To be poor in spirit means to have emptied ourselves of all desire to exercise our personal self-will making room for our Father's Will and Love to be done. Are you willing to make this a daily practice?

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What are your “great possessions” blocking your spiritual journey?

Are you willing to surrender your most cherished beliefs, for our Father's ongoing upgrade?

Can you accept your powerlessness, your harmful or too limiting patterns; realizing alone and unaided a purposeful life is hopeless? Owning this is being poor in spirit and surrendering it to our Father is to enter into the Kingdom of Heaven. Are you ready to let go, and let God?

Affirmation: I came here to learn from the Master and the Holy Spirit; the Spirit of Truth. Indeed, I am poor in spirit. In my Hero's Presence, I realize how little I really know. What is it to be poor in spirit? It is “Hitting-our-bottom.” It means to have emptied ourselves of all desire to exercise personal self-will, instead of our Father's Will. A willingness to let go and let God have all our preconceived opinions, our habits of thoughts and feelings; our personal “reality,” in a wholehearted search for a higher Power that can do for us what we cannot. I see how this idea of being poor in spirit is the humbling realization. “We admitted we were powerless over alcohol [or any other addiction or defect], that our lives had become unmanageable.” Alcoholics Anonymous page 59.

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4a Fox's reading assignment [5mins] *is Chapter 2 - Matthew 5:4*

Blessed are they that mourn: for they shall be comforted.

4b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:4**

Most of us will not undertake the search for God wholeheartedly unless driven by trouble of some kind. When our best isn't enough; we hit our bottom. Choose once again.

Our choice – We can learn by spiritual unfoldment or experience. What's your choice?

When we truly own and surrender our defect, we will experience mourning for its loss. If we don't experience mourning, it's a warning signal that we have not really let it go. If you are not mourning the loss of a defect, surrender it once again.

"Came to believe that a Power greater than ourselves could restore us to sanity." Alcoholics Anonymous page 59.

Have you come to believe in a Higher Power?
Do you believe this Higher Power can or will restore you to your individually Created Self?
Do you truly want your Higher Power's Will to be done? Have you mourned the loss of your will?

Affirmation: I feel the loss of the importance I've given to my personal "reality." As impoverished as it was, I am still mourning; a sure sign I have surrendered it for a spiritual upgrade. At a deeper, level, I'm comforted knowing there is a solution far better than I've ever known. My deepest mourning is for my loss of my conscious contact with our Father, I pray for it to be restored ASAP. My faith in Your grace Father is turning into knowledge, and a new level of faith. Father, I listen to Your Holy Spirit of Truth, directing me in a way; I can currently understand and follow. At first, our understanding may only be "head knowledge." I listen, to His Holy Voice, and my "head knowledge" turns into heart knowledge. As my understanding unites with the indwelling Presence, I know what to do and to be, for the present moment. Let us turn from the problem to the Solution; our Father. When the Solution takes place, by grace, our understanding awakens to a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us see through the eyes of faith proof of His good works through us. Listen to His Holy Voice of Truth, speaking through us, as we share the love, we are. Let us ask for and accept our heart's desire and do and be our created Self. We do not ask for too much, when our Father is our only Source. It has to be our Father's good pleasure for us to express His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

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5a Fox's reading assignment [13mins] is **Chapter 2 - Matthew 5:5**
Blessed are the meek: for they shall inherit the earth.

5b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:5**

Do you believe that Jesus is a reliable guide for **daily living**?

What's the meaning of meek and earth in the Sermon on the Mount?

Blaming our trouble and sorrow on others; they have to change, thereby imprisoning ourselves.
Meekness; knowing we need the help of our Creator/Source. Who or what do you blame?

Those who accept a Higher Power as their only true Source will inherit the earth (*the whole of our outer experience*), everything we need for our created purpose. What does inheriting the earth, mean?

"Made a decision to turn our will and our lives over to the care of God as we understood Him."
Alcoholics Anonymous page 59.

What have you decided?
What is your will and life?
What is the care of God as you understand it?

Meekness is the secret to overcoming every kind of difficulty, because it is the Father within us doing the works. Have you awakened to that secret?

Affirmation: I realize the indwelling Presence is within us, and we are within it. I'm taught by my Hero Jesus' works. I'm truly meek, humble, and grateful; accepting our Father as my Source. Humility is my growing effectiveness between, our Father, my personal "realities," and others. Meek and poor, in spirit takes on a purposeful meaning as a junior partner with our Father as my Senior Partner. I look to Him for all my needs. Meek, is the mental attitude which is the secret of "prosperity" or success in prayer. "It is a combination of open-mindedness, faith in God, and the realization that the Will of God for us is always something joyous, interesting and vital; much better that anything we could think of for ourselves...includes a perfect willingness to allow this Will of God to come about in whatever way Divine Wisdom considers to be best."

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6a Fox's reading assignment [11mins] is **Chapter 2 - Matthew 5:6**

Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

6b Workbook assignment is write your response to **Chapter 2 - Matthew 5:6**

"Made a searching and fearless moral inventory of ourselves" There are many helpful Step and inventory guides available – for suggested Workbooks and Workshops go to www.12stepworkbooks.org

Do you hunger and thirst enough to do whatever it takes? Remember – "Half measures availed us nothing."

Are you consistently practicing the Presence of God? Perfectly simple, but anything but easy.

"All things work together for good to those who love God." Are you willing to occupy yourself with thoughts and action of God? It calls for unceasing vigilance. Claim what you want as if it's already here.

Habits of thoughts and feelings are extraordinarily potent. Jesus shows us how to own and disempower and replace our personal "reality" with the right foundation. Start working on your habits today.

Self-condemnation is using the "drug" guilt and punishment to motivate ourselves. Are you a user?

It isn't always what our conscious mind is telling us what we believe, but what we are experiencing - coming out of our sub-conscious mind, that's what we really believe. One of your conflicts is?

Is there somebody whom you have not forgiven? Are you indulging in any kind of political, or racial, or religious sectarian hatred or contempt? Are there any sentimental regrets, or purposeless yearnings for the impossible? Are you wasting too much time and energy on things you cannot change?

Affirmation: When I took a fearless personal inventory, I realized how poorly I was being nourished alone and unaided, I was providing my menu. It was then; I got a taste of our Father's buffet, which I wanted to feast on. I've been hungry and thirsty for a conscious union with our Father's Love and Will, for a long time, but I didn't know how to order up. I am being filled at our Father's banquet, daily; by His grace, through my Hero Jesus' teachings. I am feasting on what I believe is His Menu and fasting from all that is not. Thy Love, Thy Will be done.

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7a Fox's reading assignment [3mins] is **Chapter 2 - Matthew 5:7**
Blessed are the merciful: for shall obtain mercy.

7b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:7**

With whom are you merciful, and from whom do you withhold mercy?

Freeing others from our condemnation, we make it possible to be merciful to ourselves. Examples

"Admitted to God, to ourselves, and to another human being the exact nature of our wrongs." Alcoholics Anonymous page 59. When, where and from whom have you given and received mercy?

Affirmation: I realized that I am the one who impoverished me. When my denial began to break down I realized that I've had an invisible means of support all my life, and I've been and still do receive a great deal of unearned mercy. I am deeply grateful to our Father and my Hero Jesus, and the Spirit of Truth. I am compelled to pass on mercy to others even my enemies, out of enlighten self-interest, for, in truth, we are all one. Let me remember the indwelling Presence within us all. I offer forgiveness and tender mercy to others, even to myself, as it was given to me. It's better for me to share what I want to expand and grow, instead of what I don't want. I call that enlighten self-interest.

"For He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone." This a great promise for each of us, willing to follow a few simple spiritual principles. I pray that I may do, say, think and feel the things that bring our Father closer to me. I pray that I may realize His indwelling Presence within everyone, and practice random act of kindness and unselfish deeds – these bring me closer to our Father and His Team.

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At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

8a Fox's reading assignment [9mins] is **Chapter 2 - Matthew 5:8**

Blessed are the pure in heart: for they shall see God.

8b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:8**

We have only one primary purpose, to be and to do our Father's Love and Will He created each us to be.

God is Spirit and we are to love and worship Him in Spirit and Truth. What is Spirit? What is Truth?

Are you able to accept that Heaven is the Divine Presence of God – within, all around and through us?

To be pure in heart is for our conscious mind and our sub-conscious mind to be in agreement to do and to be our Father's Will. Are you ready to clear away the clutter blocking this important union?

"Were entirely ready to have God remove all these defects of character." Alcoholics Anonymous page 59.

Identify your defective patterns? I prefer to have my defects transformed into assets how about you? I am able to help those who have had problems with some of my transformed defects – alcoholism – violence – jealousy – unfair doers and the "drug" guilt and punishment are five major ones.

Are you ready to surrender them, holding nothing back, accepting God as the first Cause and Power?

"Humbly asked Him to remove our shortcomings." Alcoholics Anonymous page 59.

By Grace our defective patterns become shortcomings, coming up short, not evil doers, ready to be transformed into workable assets, instead of being removed.

Ask our Father to do for us what we cannot do alone and unaided - transform us – teach us to live as He intended.

Affirmation; To be poor in spirit is to have a lot of "purposes," jumping from one obsession to another or in and out of one relationship or job to another, never completing any of them. I choose to have one primary purpose, to do and to be our Father's Love and Will as the individual, He created me as, and to help others express their true purpose. My understanding of - to be pure in heart, is for my conscious mind and my subconscious mind to be in agreement to be and to do our Father's Will and Love. "...if, therefore, thine eye be single, thy, whole body shall be full of light." Thy Love, Thy Will be done; is indeed being pure in heart. "Don't call me good, it is the Father within doing the works."

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- 9a Fox's reading assignment [7mins] is **Chapter 2 - Matthew 5:9**
Blessed are the peacemakers: for they shall be called the children of God.
9b Workbook assignment is to write your response to **Chapter 2 Matthew 5:9**

How does one change their character or soul?

What is the secret of a healing treatment for yourself and others?

What or who is a peacemaker spoken of in this Beatitude?

"Made a list of all persons we had harmed, and become willing to make amends to them all." Alcoholics Anonymous page 59

Make three lists – 1. willing and able to make amends – 2. willing but cannot at this time – 3. I will not make an amends to this one ever.

Are you willing to raise #3 list to #2 list?

Using prayer and meditation we can become fluent in our Father's first language – Silence. Have you found peace and serenity in your secret place?

"Made direct amends to such people wherever possible, except when to do so would injure them or others." Alcoholics Anonymous page 59. Are you ready to clear away the wreckage of the past?

Before making an amends seek guidance from someone who has done it. We want to take walls down not up.

Forgiveness is the key. We are to clear up our side of the street, no one else's.

Affirmation: I was impoverished trying to fix other people's problems and my own, with my human solution, ending with a temporary fix at best. That was not being a peacemaker. "Blame keeps wounds open. Only forgiveness heals." Willa Cather. I found that real relationship healing and peacemaking calls for a spiritual solution. I have been given the spiritual tools to clear away the wreckage of the past, and to let go of the clutter blocking the way, truth and life Jesus teaches. Forgiving myself and others is a great starting point, making room for our Father to have His way. I notice when I surrender everything and everyone to our Father, I am at peace with myself. Thy Love, Thy Will be done.

10a Fox's reading assignment [7mins] is **Chapter 2 - Matthew 5:10**

Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.

Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

10b Workbook assignment is to write your response to **Chapter 2 - Matthew 5:10**

"Continued to take personal inventory and when we were wrong promptly admitted it." Alcoholics Anonymous page 59. A daily inventory is the key to daily growth and awakening . Are you doing it?

Our personal "reality" patterns become our Early Warning System. Those patterns that contribute to our wellbeing increase as we practicing them. Those harmful or too limited patterns, we own and surrender to be transformed or upgraded. Give them a make-fun of name. This enables us to effectively deal with our patterns, faster.

Make-fun of name	The pattern you are being persecuted for and by

List the characteristics contribute to your wellbeing. Spiritual? Mental? Physical? Emotional? Social?

List the source of your persecution - your lower self. Spiritual? Mental? Physical? Emotional? Social?

Affirmation: I impoverish myself by blaming or explaining my problems and opportunities onto others; giving them my right to change. The big lie; if others or events were different, I would be ok. We are not punished for our wrong doings; we are punished by them. I'm the one who persecutes me. I choose not to blame anyone or any event I experience on another. I want to identify and own my part of my patterns, which gives me the right to surrender it to our Father, and He will transform it into an asset. I know it is time to change when my denial breaks down, that's when I can see and own what's been hidden, it means that I've been given the tools to address it. I am responsible for my decisions and actions. I do rejoice, and I am exceeding glad that I have been given the gift of understanding how this works. I love the idea of being in the company of prophets. I am deeply grateful.

CHAPTER THREE – AS A MAN THINKETH

11a Fox's reading assignment [6mins] is **Chapter 3 - Matthew 5:13-16**

Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? It is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.

Ye are the light of the world. A city that is set on an hill cannot be hid.

Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

11b Workbook assignment is to write your response to **Chapter 3 Matt 5:13-16**

What does being the salt of the earth mean? What happened when the salt has lost its savour?

What does being the light of the world mean? What happens when your light is hidden?

“Having had a spiritual awakening as the result of these steps, we tried to carry the message to alcoholics [or whomever we need to share with], and to practice these principles in all our affairs.”
Alcoholics Anonymous page 59.

What gifts do you need to pass on?

Affirmation: As the salt of the earth, I must serve others, unconditionally. I can make a good difference. Jesus demonstrated how to be the salt of the earth and the light of the world; the way, the truth and light. Without our Father's grace, I am poor in spirit, with it, mine is the kingdom in heaven. With His indwelling Presence as my Source I practice His spiritual principles in all my affairs, as a preserver of His Divine Wisdom. It's the Father within us doing the good works. When everything is going my way, I love serving others. However, I'm learning to love and serve them at their worst also. Jesus drove home the importance of forgiving ourselves and others. Each time we give of ourselves our light grows brighter; expressing our Father's glory. In the image and likeness my hero, Jesus, I want to be the salt of the earth and a light unto this world. I'm passing on what I want to preserve, grow and expand, which enlightens us. Touching the core of our Being/being, we light up the world.

“You give but little when you give of your possessions. It is when you give of yourself that you truly give. For what are your possessions but things you keep and guard for fear you may need them tomorrow? And tomorrow, what shall tomorrow bring to the over-prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city? And what is fear of need but need itself? Is not dread of thirst when your well is full, the thirst that is unquenchable?” Kahlil Gibran. The self we are to give is the individually divinely designed created Self that we are. Sharing the purposeful life we are freely given by True Source, our Father. In other words, to do and to be our Father's Will.

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12a Fox's reading assignment [14mins] is **Chapter 3 - Matthew 5:17-20** *Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill.*

For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least, in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven.

For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

12b Workbook assignment is to write your response to **Chapter 3 Matt 5:17-20**

Every cell of our body is an outer expression of the infinite intelligence within each of us and is governed by the Divine Law – Our individual purpose will not be fulfilled until we have expressed our Creator's Will. Our journey is subject to the Holy Spirit of the Law.

Is your spiritual program or religion a positive influence, enlarging and enriching your daily life?

What do you believe you have to sacrifice to have a dedicated spiritual or religious life?

Since you have been practicing spiritual principles to live by what rules have become unnecessary?

What does the statement – “you have to demonstrate where you are - mean?”

To use Lincoln's phrase, “Raise himself off the ground by pulling on his own bootstraps” Are you?

“We don't have to be perfect, however, what our spiritual life requires is honest, genuine striving for perfection.” Are you?

Affirmation: “The letter of the law kills, but the Spirit [of the law] gives life...” When I am in harmony with my heart's desire, our Father's Love and Will, what I share comes from the spirit of love. The letter is a job. The spirit of the law is more like a calling and always a purposeful fulfilling life. Everything we see in this world was an invisible thought or idea in the beginning. The universe was first a thought in our Creator's mind. Heaven is the omnipresence of our Father/Creator, within, around and through all beings. It's the indwelling Presence within you and me. Earth is an outer expression of our Father/Creator's thoughts or ideas. My too limited idea of heaven and earth was in need of an upgrade. My outdated understanding must pass away, to be spiritual, and governed by the spirit of the law, not the letter. In computer terminology, when Jesus forgave or healed someone, He awakened, the Individually Created Divine Design of that person; He rebooted them to their default program, bypassing the old law of cause and effect, as we know it.

13a Fox's reading assignment [9mins] is **Chapter 3 - Matthew 5:21-24**

Ye have heard that it was said by them of old time, Thou shalt not kill ; and whosoever shall kill shall be in danger of the judgment:

But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee:

Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

13b Workbook assignment is to write your response to **Chapter 3 Matt 5:21-24**

Killing an enemy will only give the illusion that they're out of our lives. The enemy they represented is still within the killer until the healing and forgiveness takes place. What's been your experience?

To indulge in character assassination reveals more about the doer than the victim. Your Examples.

Are you holding any desire to punish or to get even with anyone – including yourself?

When we judge someone, as no good, worthless, a time will come when we believe others or ourselves are judging us as no good, worthless. It pays to be merciful, compassionate and forgiving. Example?

We can pray anytime, however if we try to meditate while we are negative, fearful or angry, we will end up focusing on what's wrong, increasing the problem. What's your experience?

Affirmation: The heavy-drinker that crosses the invisible line into alcoholism, and just stops drinking will become a "dry-drunk," and that's a miserable existence. If the alcoholic does not get to the cause and conditions of the disease, are most likely to switch to another addiction or go back to drinking. A spiritual based recovery program, like Alcoholics Anonymous, which is based on Christian Spiritual principles, continues to serve millions around the world, daily. These spiritual ways of life have generously shared with the many successful recovery programs around the world. For a long-term solution, it must come from within, and it must be spiritual. Positive thinking is ok as a quick fix, too often it is no more than a tourniquet, stopping the bleeding. It doesn't heal the cause of the wound; returning to our Creator's Individually Divine Design will.

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14a Fox's reading assignment [11mins] is Chapter 3 - **Matthew 5:25-26**

Agree with thine adversary quickly, whiles thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison.

Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing.

14b Workbook assignment is to write your response to **Chapter 3 Matt 5:25-26**

"Continued to take personal inventory and when we were wrong promptly admitted it." Example?

Give an example of what happens when you do not deal with a problem at once, and you empowered it, by rehearsing every bad thing that could happen.

Whatever we dwell on, we will bring into our experience, real or illusion. "We draw into our life those things we love and those we fear." What are you dwelling on?

Are you willing to go into radical training? "Watch and Pray" As soon as you become aware of your difficulty, surrender it to our Father, ask Him for help, follow His guidance. Now, is the best time to start.

"Whosoever shall call upon the name of the Lord [the name means His attributes] shall be saved." Remember it's the Indwelling Presence doing the heavy lifting. What do you believe are His attributes?

Affirmation: I have a great need for radical training, to practice our Father's Presence, in all my affairs. I have counted the cost, and I am committed to do my part. I'm seeking our Father's mercy, and guidance, and the power to carry it out; one day at a time. Those defects I owned as patterns and I have surrendered to our Father, holding nothing back, were transformed into workable assets. I gave my defects make-fun-of names. When that defect pops up, and it will, I say, here's so-and-so" (the defect's make-fun-of-name). I treat that named defect like an unwanted guest, no longer welcome. As quickly as I can I come to a healing agreement, returning to the love our Father created me to be.

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15a Fox's reading assignment [3mins] is **Chapter 3 - Matthew 5:27-28**

Ye have heard that it was said by them of old time, Thou shall not commit adultery:

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

15b Workbook assignment is to write your response to **Chapter 3 Matt 5:27-28**

If we entertain covetous thoughts for anyone or anything that belongs to another it is only a question of time before we commit the act or experience the emotions, as if we did it. What's Your experience?

To lust after anyone or anything or any addiction is a form of idolatry. [in Biblical times the words adultery and idolatry were interchangeable] It is as if we "worship" the object of our addiction or attachment as if it were a god. What's your experience?

Our thoughts matter. Whatever we dwell on good or bad, loving or fearful sooner or later we will experience it as real or as an illusion. There are no neutral thoughts or feelings. Do you agree?

Have you committed adultery with your lower self by betraying my higher self, that which our Father created you to be?

Affirmation: "Keep thy heart with all diligence; for out of it are the issues of life." Anything I mentally entertain carries my soul's consent, and this soul-consent is the malice of sin, which is missing the mark. Out of enlightened self-interest, I turn away from lust, ASAP. In the Old Testament, these two words, adultery and idolatry are almost interchangeable. The worship of false gods was described as adultery. The adulterous soul, who is unfaithful by turning to some other god to worship; lusting after anyone or anything. DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, we cannot think of anything else but stuff connected with the addiction or the person or thing we are attached to. The distortion becomes our ULTIMATE CONCERN. Another word for it is "idolatry." The addiction or attachment becomes our god. In other words, I commit adultery with my personal "reality" – lower self by betraying my higher self, that which our Father created me as. I affirm; I love and worship you Father with all my heart, mind, soul and strength, and I choose to love all of your creatures, as myself. We are all created to do and to be, Your Love and Your Will Father, as one life. When I fall in a ditch again, I get out ASAP. I dust myself, and get back on the path.

CHAPTER FOUR – RESIST NOT EVIL

16a Fox's reading assignment [3mins] is **Chapter 4 - Matthew 5:29-30**

And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast unto hell.

And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast unto hell.

16b Workbook assignment is to write your response to **Chapter 4 Matt 5:29-30**

No sacrifice can be too great to insure the integrity of our soul. Are you willing to let go of your most treasured ideas and ideals [your right eye]? "The good gets in the way of the better."

Are you willing to stop doing those actions that bring you the most pleasure; that you know is wrong or harmful to yourself or another [your right hand] to insure the integrity of your soul?

What is standing in the way of your conscious contact with your Higher Power? How important are your prayers and meditations for improvement of your conscious contact with your Higher Power? Do you set aside a block of time daily to pray, meditate and to feed your mind inspirational reading?

Affirmation: [Paraphrasing from the book Alcoholics Anonymous] "Rarely have we seen a person fail who has thoroughly followed our path." "...At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely." Remember, we are dealing with our personal "reality," which we have spent a life time making up and storing both the positive and negative, useless, and the worthwhile illusions. "...Without help it is too much for us. But there is One who has all power-that one is God. May you find Him now!" Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon."

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17a Fox's reading assignment [5mins] is Chapter 4 - Matthew 5:31-32

It hath been said, Whosoever shall put away his wife, let him give her a writing of divorcement: But I say unto you, That whosoever shall put away his wife, saving for the cause of fornication, causeth her to commit adultery: and whosoever shall marry her that is divorced committeth adultery.

17b Workbook assignment is to write your response to Chapter 4 Matt 5:31-32

Is there one type of relationship you keep running away from, however you keep repeating it?

If we don't get to the conditions and causes of those failing relationships we keep repeating them. We may change roles but not the pattern, we become the complementary side of what we were running away from. Are you ready to own and surrender that type of sick pattern to your Spiritual Source to be healed and transformed?

The general rule for all conditions: Do not try to divorce or amputate the problem, but let our Father do for us what we cannot do. Are you willing to surrender that problem, holding nothing back?

Affirmation: I repeated a bad relationship a number of times with the same person. I just kept blaming my partner, without leaning or awakening. Not taking responsibility, for my part I wasted a lot of time and energy on different forms of the same defect. By blaming others, I could not get to the solution, because I didn't own the problem. Once my denial broke down, I surrendered the pattern to our Father to be transformed into His service. I experienced our Father's merciful healing, and I moved on.

18a Fox's reading assignment [11mins] is **Chapter 4 - Matthew 5:33-37**

Again, ye have heard that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths:

But I say unto you, Swear not at all; neither by heaven; for it is God's throne;

Nor by earth; for it is his footstool; neither by Jerusalem; for it is the city of the great King.

Neither shalt thou swear by thy head, because thou canst not make one hair white or black.

But let your communication be, Yea, yea; Nay, nay; for whatsoever is more than these cometh of evil.

18b Workbook assignment is to write your response to **Chapter 4 Matt 5:33-37**

Everyone-thing has a purpose.

Everyone-thing that pleases us, and is useful, let's be grateful, and affirm it - yea.

Everyone-thing that displeases us; useless or harmful, let's forgive, denying it more power - nay.

What about your taking vows experience? When you take a vow did you keep or break it?

We are making a commitment when we take a vow. Can you keep an open heart or open mind or do you attach a disclaimer?

Does your church, religious or spiritual movements require [not suggest] its members to accept a set of rules or a book or forbid you to read a book?

Do you have any hard-and-fast rules for your prayers, meditation and affirmations?

Do you have any hard-and-fast rules that other people must commit to, within any of your relationships? What about outsiders?

Affirmation: An Open Heart and Open mind is absolutely vital for our spiritual journey. Here's some real wisdom; we have no opinion on outside issues, that is on anything that is none of our business. I choose not to take sides on things that are none of my business. I can say, yea, yea [affirm] or nay, nay [deny], which will keep me out of useless arguments. All my human thoughts are at best opinion, which will pass a way. If, I make anything resembling a vow, let me remember to attach a disclaimer – "Father not my will, unless it is in union with Your Will be done."

19a Fox's reading assignment [14mins] is **Chapter 4 - Matthew 5:38-42**

Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth:

But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also.

And if any man will sue thee at the law, and take away thy coat, let him have thy cloke also.

And whosoever shall compel thee to go a mile, go with him twain.

Give to him that asketh thee, and from him that would borrow of thee turn not thou away.

19b Workbook assignment is to write your response to **Chapter 4 Matt 5:38-42**

A simple way to accept the Divine Presence's, presence, is to remind ourselves, of the infinite Intelligence within us. The indwelling Presence, within us, created and maintains our life. The food we eat is transformed into whatever it takes to maintain life. As long as we are alive it is Present. We can't earn grace nor can we do anything bad enough to keep it from being. We've bought into habits of thoughts and feeling of an illusion of separation blocking our understanding. Religions and other spiritual movements trying to overcome that illusion, often falling short, "Miss the Mark." The Spiritual treatment Jesus offers is simple. Our resistance, to spiritual Truth makes it, difficult to practice. Let's make the effort to live the wisdom given us. Whenever there is a conflict, we are to turn the other cheek [realize the indwelling Presence within everyone]. Remember it's the Father within doing the good works. We only need to claim its reality, and act as if we've "got it." If we choose we can restart our spiritual journey today. Being part of the healing and forgiveness gives our life purpose.

An eye for an eye is the letter of the law of the Old Testament, from which the "Drug" guilt and punishment came – Jesus taught us the spirit of the law is loving forgiveness. How do you react to "wrong doers"? Do you still have the desire to "get even?"

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Are you willing to forgive the "wrong doer" - setting him or her free, and yourself?

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When you are around someone being negative, "turn the other cheek." Focus on the attributes of our Father – Love – Wisdom – Truth – Omnipresence – etc. Write about your experience.

How have your values changed? What do you spend your time and energy on, that really matters?

Affirmation: My choice of heroes has truly changed since receiving the gift of grace. My heroes were much like the Avenger of blood of the Old Testament, punishing the "wrong doer." Now, my heroes and heroines are like; Jesus, Mother Teresa, Emmet Fox, Dr. Bill Smith, Bill Wilson, and too many to name, that were/are on a true spiritual path, that teach only love and the Will of our Father. "Hatred ceases not with hatred." As we offer nonresistance and the problem crumbles away, now for me that's a miracle. In our world today the drive to "get even" is the root of the strife, public and private. We must

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return to the love in the image and likeness of our Father, remembering we are His children, and brothers and sisters. By grace we can reawaken to the love we are, and pass it on, starting now.

20a Fox's reading assignment [11mins] is **Chapter 4 - Matthew 5:43-47**

Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy.

But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;

That ye may be the children of your Father which is in heaven: for he maketh his sun to rise on the evil and on the good, and sendeth rain on the just and on the unjust.

For if you love them which love you, what reward have ye? do not even the publicans the same?

And if ye salute your brethren only, what do ye more than others? do not even the publicans so?

20b Workbook assignment is to write your response to **Chapter 4 Matt 5:43-47**

Meeting hatred with Love in the scientific way; resist not evil, feel out, mentally, for the Presence of God and claim His Presence within the other(s), is the Royal Christ Road to freedom. This is the perfect method of self-defense in all circumstances. It renders you absolutely invulnerable to any kind of attack. We can love our enemies by praying that they may consciously be the individual they were created to be by our Father, Who is Love.

Have you learned that "Hatred ceases not with hatred," love is the healing power?

The Spiritual Ideal good, is permanent, omnipresent and all powerful. The evil is temporary, insubstantial belief, which is destroyed by scientific prayer. Are you focusing on the good?

Your physical health is not in the long run possible without forgiveness and good-will to others.

Your material prosperity enjoyment and fulfillment, is greatly affected by the love you are. Yes or No?

Affirmation: God is love, Jesus Is love, and the good news is, we are created in His image and likeness, which means we are all love. The Sermon on the Mount is a love story, and so is our story, a God intended love to be expressed in this world. Today I can see this, beyond the appearance with the eyes of faith.

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- 21a** Fox's reading assignment [3mins] is **Chapter 4 - Matthew 5:48**
Be ye therefore perfect, even as your Father which is in heaven is perfect.
21b Workbook assignment is to write your response to **Chapter 4 Matt 5:48**

Jesus is commanding you and me to be perfect even as God is perfect; and, as we know that Jesus would not command the impossible. Wow – I have a problem with my unworthiness. Jesus also said quoting the ancient scripture: "I said ye are gods; and all of you sons of the Most High." Then, He added by way of emphasis: "And the scripture cannot be broken." We are told that we are created in the image and likeness of our Father – Creator. I'm feeling like the Prodigal Son – "I will arise and go unto my Father." I'm devoted, dedicated and committed to do and to be our Father's Love and Will. That would be perfect for me. I believe being perfect is to be the individual our Father created each of us to be, and we are given everything we need to do just that.

Do you believe Jesus' commandment is too good to be true? Why?

Jesus does not ask us to do or to be the impossible. Are you willing to let the infinite intelligence within us do the works; it's that indwelling Presence within us that transforms the food we eat into life?

Affirmation: Each of us was created as an individually Divine Design; one of a kind. To be perfect is to be and to do that Intended expression of our loving Father's Will. To quote our teacher, Jesus, "Don't call me good it is the Father within me doing the works." I'm truly willing to be what He intends me to be, to the point of saying, "Use me."

CHAPTER FIVE – TREASURE IN HEAVEN

22a Fox's reading assignment [26mins] is **Chapter 5 – Matthew 6: 1-8**

Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven.

Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, they have their reward.

But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the street, that they may be seen of men. Verily I say unto you, They have their reward.

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.

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

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

22b Workbook assignment is to write your response to **Chapter 5 Matt 6: 1-8**

The Bible is a primarily textbook of metaphysics, a manual of the soul's development; the spiritual awakening of the individual. Jesus used kings and rulers as one of His metaphors to show us the characteristics of the human condition, and is nothing less than the world of our own life and experience, and ruling our "kingdom." We experience a great many pathways of Spiritual Truth on our serendipity journey, Home. Sometimes we're the king, or a fisherman, a gardener, a weaver, a potter, a merchant, a High Priest, a Captain of Hosts, or a beggar. In principle He show us the different ways we meet our life's conditions, and every need, and almost every mood of human nature. He reminds us that we are always responsible for our thoughts and actions, operating out of our "Secret Place." We make our own conditions and we can unmake them, by following His way, truth, life, and light. He is ever reminding us, that we have only One True Source, and we may deal directly with Him, through His indwelling Presence, the Holy Spirit of Truth.

What are some of the roles you have played on your Spiritual journey?

Have you found the "Secret Place" within you? If not ask for it.

How would you describe your relationship with your earthly Father, or growing up authorities?
Have you projected those characteristics onto your heavenly Father?

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List your current prayer and meditation life.

Do you believe that the prayers you pray in the silence of your "Secret Place" will be expressed?

When we blame someone or an event for what we experience; we give up our right to heal or change to others. Ownership is vital. Are you still blaming others for whatever?

"Your Father knoweth what things ye have need of, before ye ask Him." However asking confirms our faith. What do you need to ask for? Remember He is your loving Father, so ask for all you need.

Our "secret place" is our controlling center; it's where we do our thinking, which determine how we experience life. What's going on in your controlling center?

Water was a valuable commodity in those days. When someone wanted to pump up their ego, they could buy a bag-of-water and sound a trumpet, announcing – free water donated by so and so. What do you do to get a little tender love and care?

Do you need a change of policy in your controlling center? Changing the outer observance without changing our thoughts and feelings will turn out to be just another "fix."

Affirmation: "What you do speaks so loudly, I can't hear what you're saying." Whatever my mind dwells upon will sooner or later come into my experience. I choose to dwell on what I really want. The only one I'm fooling about what's stored in my "Secret Place" – is me. This realization is useful for uncovering and for discovering what is hidden in my sub-conscious mind. Applause that follows upon outer acts is the only reward it will bring. If we can detach from our thinking and feeling when we enter our "Secret Place" we are most likely to experience contemplation, which is the highest form of prayer. It is our Father communicating directly with us. I believe silent intuition is our Father's first language. "Be still and know I am God."

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23a Fox's reading assignment [2mins] is **Chapter 5 – Matthew 6: 9-15**

After this manner therefore pray ye:...

We will deal with the Lord's Prayer in detail later in this workbook.

23b Workbook assignment is to write your response to **Chapter 5 Matt 6: 9-15**

Jesus placed a great deal of importance on forgiveness.

Matthew 6:14-15 - For if ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out" Alcoholics Anonymous page 59.

The whole Sermon on the Mount is about improving our conscious contact with our Father and His Spiritual Team, which we are all part of. However, some of this wonderful work is more direct. "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Matthew 7:7

The little day-in-day-out problem stuff, I call termites. Termites destroy more property than all the fires, floods, wind, and hail, and so, it is with our human condition, they're a present danger. These little guys can cause foundation problems to any relationships. Due to the possible high cost of the "big" problems we're forced to address then. With the "little" stuff it doesn't seem important enough to matter. One termite doesn't matter, but when they build up in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. These little termites undermine our confidence.

If we are willing, to go into radical training, forgiving everyone and everything, including ourselves that has harmed, disappointment, or even irritated us, our termites, we have in deed come a long way toward coming of age spiritually. Are you willing to take this radical step toward freedom?

Willingness is the key. If you are unable to forgive someone including yourself, ask our Father to do it through you, for you. Let our Father, do for you what you cannot.

Affirmation: I use the Lord's Prayer not less than once daily, and the spirit of this inclusive prayer throughout most days. It reminds me who we are, who our Boss is, where our source of supply is, why we need to forgive all, and the promise of a purposeful life. I cannot have any depth in any of my relationships without forgiveness. This included forgiveness of our Father, my Creator, because I projected the limitations of my earthly father and other authorities on to Him. I had to forgive myself and everyone else and events, to make room for the loving, purposeful life I longed for.

24a Fox's reading assignment [2mins] is **Chapter 5 – Matthew 6: 16-18**

Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

24b Workbook assignment is to write your response to **Chapter 5 Matt 6: 16-18**

Physical fasting for even a day can help us focus on something of interest. Try it.

Mental and emotional fasting can be really useful, Try it.

Affirmation: I fast from the things I don't want in my life, which I have had difficulty letting go of. I feast on those things I do want. I find it useful to ask our Father for guidance, even when I think I already know the solution. It's becoming a habit to ask our Father for wisdom and guidance throughout the day without having to have a reason. **Emmet Fox's Seven-Day Mental Diet in his book Power Through Constructive Thinking really helped me.** As he suggested, for seven days, I watched myself as a cat watches a mouse. Of course, the unwanted thoughts continue to come and go. Be quite clear that what this scheme calls for is that we **shall not entertain, or dwell upon negative things.** When they pop up, I treated them as an unwelcome guest. I turn my thoughts to positive, constructive, optimistic, and kindness, even though I may not feel like it at the time. As promised, by Mr. Fox, having seven days of unbroken mental discipline has really paid off.

25a Fox's reading assignment [9mins] is **Chapter 5 – Matthew 6: 19-23**

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

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

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

The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

But if thine eye be evil, they whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

25b Workbook assignment is to write your response to **Chapter 5 Matt 6: 19-23**

What are you focusing on? Whatever we dwell on we will experience – even if it's an illusion.

The light of the body is the eye [consciousness], if your eye be single your whole body shall be full of light. If you believe you can, you are right. If you believe you can't, you're right. What do you believe?

"...where your treasure is, there will your heart be also." Where is your treasure?

Are you the owner of a prosperity consciousness? Spiritually? Mentally? Physically? Emotionally? Socially?

Are experiencing impoverishment in any area? If so, what's the solution?

Affirmation: In the long run, no one can retain what does not belong to him/her by right of consciousness, [as we really believe], nor be deprived of that which is truly his/hers by the same supreme title. I will never forget the first time I put this idea into practice. My cigarette lighter had been missing for about two weeks. It was given to me on my one-year A.A. sobriety anniversary. It was a special Zippo Lighter with the A.A. logo, with my first name and my sobriety date 2-6-1957 engraved on it. Without a question, it was mine. I was pondering the affirmation, *"You can't lose anything that belongs to you by right of consciousness,"* as I was walking across my A.A. Group's parking lot. The porter turned on the parking lot light. I saw a flash, it was my lighter. I've been a believer ever since.

26a Fox's reading assignment [10mins] is **Chapter 5 – Matthew 6: 24-33**

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

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?

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?

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

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

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

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

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

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

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

26b Workbook assignment is to write your response to **Chapter 5 Matt 6: 24-33**

Any person, place, thing, or event that can determine how we react – good or not good is our temporary “master.” Name as many of your “masters” as you can – past or present.

We can serve a great many but only one master. Who or what have you been serving as your master?

Do you believe that your heavenly Father always knows what you need, and will fulfill it, if you ask?

Or, do you believe you have to earn it or get good enough first?

Do you believe what Augustine said, is too far out of your reach? “Thou hast made us for Thyself, and our hearts are restless until they repose in Thee.” If our Father is our Source nothing is out of our reach.

Are you willing to pray each to realize your true place, and claim opportunities for service? Affirm it.

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Can you accept or at least be willing to accept the reality that we live, move and have our being as our Father's creation, in His image and likeness?

When you are very worried and confused or very much discouraged, that's a good time to call a time out and visit our Father. Are you willing to try it?

Have you been looking for someone to rescue You?

If we are willing to practice the Spiritual Principles we are being shown in all your affairs, we can count on having a spiritual awakening, we truly will become a different person – our True Self. Are you willing and ready to do whatever it takes?

Affirmation: I'm deeply grateful to Jesus for showing us the way, the Truth and the Light. He was both pure Spirit and human. We are all both spirit and human. His mission was/is to demonstrate how to seek and find the kingdom of heaven. To be authentic as a human, He had to go through and rise above every human temptation, and condition. I have a burning desire to know how Jesus handled everyone and everything. I've been driven by two or more "masters" at the same time: anyone or anything I became obsessed with, and attached to, was my "master." We can't go wrong by, seeking first the kingdom of God; I am willing to do this. Singleness of purpose has taken over. Out of enlightened self-interest, I only want One Master; our Father, and all else as my channels. Today's answer to my conflict of interest is, "Not my will, but thy Will be done."

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27a Fox's reading assignment [3mins] is **Chapter 5 – Matthew 6:34**

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

27b Workbook assignment is to write your response to **Chapter 5 Matt 6:34**

Now is the only time there is. How much time and energy do you waste on the past and/or the future, by not Spiritually treating it in the present?

By knowing what your long-term goal is; your heart's desire, you can use the present to work on the skills you need to reach or enrich it. Use your experience of what worked or didn't work in the past related to those needed skills for what you are working on in the present. The past, present, and future are one. State clearly your long-term goal or your heart's desire - God's Will is for you.

When there is something in the past you are worrying about in the present (don't dig something up to work on) - Spiritually treat it now – give it to our Father to work out.

When there is something in the future you are worrying about in the present (don't dig something up to work on) - Spiritually treat it now – give it to our Father to work out.

When there is something in the present you are worrying about here and now - Spiritually treat it now – give it to our Father to work out. "Behold now is the accepted time. Behold now is the day of salvation." When there is something in the future you are worrying about in the present (don't dig something up to work on) - Spiritually treat it now – give it to our Father to work out.

Affirmation: Now, is the only time we can do, say, think, feel anything or co-create, or make things up. I choose to do and to be my Father's Love and Will, known or unknown. By grace, the part of my past I owned, and have surrendered to our Father, was transformed into some level, workable assets. Now, I'm willing to own and surrender all of my past, good and not good, to our Father. I trust Him to forgive me. I ask for His the grace as I deal with the future. I ask Him to transform my past, present and future into His Will and His Love. I may as well expect a lot of inspiring surprises. My choice for all of this takes the same amount of time and energy; maybe even less than choosing the negative stuff.

CHAPTER SIX – WITH WHAT MEASURE YE METE

28a Fox's reading assignment [21mins] is **Chapter 6 – Matthew 7:1-5**

Judge not, that ye be not judged.

For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again.

And why beholdest thou the mote that is in thy brother's eye, but considerest not the beam that is in thine own eye?

Or how wilt thou say to thy brother, Let me pull out the mote out of thine eye; and behold, a beam is in thine own eye?

Thou hypocrite, first cast out the beam out of thine own eye; and then shall thou see clearly to cast out the mote of thy brother's eye.

28b Workbook assignment is to write your response to **Chapter 6 Matthew 7:1-5**

The nightmare I awakened from was so real I believed it was taking place, and I couldn't stop the insanity of violence. I hated the two people in the nightmare. I wanted to punish them. I got up and went into the kitchen I decided to leave home at day break. In the mean time I kept going over the events in the nightmare. At some point, I realized it was a nightmare. However, I could not stop the violent thoughts and feelings. I did something that has worked for me in my most desperate moments. I prayed, "If there is a God please help me." I accepted for the first time that I was insane. I couldn't stop hating, knowing it was a nightmare. The answer that came to me changed my life. The "wrong doer" in the nightmare was me. I had projected my guilt onto what I thought was another. I had been doing the punishable crime. I stayed up the rest of the night taking my first real inventory. Most of the problems I had with others all my life were me projecting my beliefs and guilt on to others and punishing them. Judge not, that ye be not judged, is so powerful I have no words that can do it justice.

Pay attention to your judgments and your experience. Have you projected your guilt onto others?

Blessed are those who temporarily have more - who share with those who temporarily have less and judge them not. How do you judge those who are still suffering from the same defect you had?

Do you judge others for neglecting a duty, or evading a responsibility, or misusing authority?

Have you been judged for being irresponsible or difficult to get along with?

Are you talking, acting, thinking and feeling the way you want others to treat you?

Affirmation: "...Ask Him in your morning meditation what you can do each day for the man [woman] who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us." Alcoholics Anonymous page 164. Share everything you want to expand and grow. Practice the Golden Rule.

CHAPTER SEVEN – BY THEIR FRUITS

29a Fox's reading assignment [8mins] is **Chapter 7 – Matthew 7:6**

Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you.

29b Workbook assignment is to write your response to *Chapter 7 Matt 7:6*

I was illiterate when I arrived at my recovery program. I believed there was a lot of wisdom to be found in books. I invested a year and half in learning how to read at a basic level. I had to learn by memory; Phonics, had never worked, because I couldn't sound out words. I didn't have a relationship with a religion. However, by studying the writings of spiritual leaders, I had a burning desire to read the Bible. Just the thought of reading the Bible intimidated me. Once again Emmet Fox came to my rescue. His suggestion was, to pray for guidance and then open the Bible at random. I open it at the 21st chapter of Luke. Each verse came alive. By grace, I intuitively knew that each verse was part to the transformation I was experiencing in recovery. I was so excited; I had to tell someone what I had awakened to. I took my sponsor aside and tried to share, verse by verse my awakening. I didn't have the verbal skill to put intuitive experience into words. When my sponsor said they didn't understand what I was trying to share, I got angry and gave up. Many years went by before I shared my experience.

Have you ever promoted beliefs or ideas so fanatically that you made it seem unattractive?

If we don't walk our talk we will turn people off. Are you walking your talk?

Is your new way of life attractive enough that someone may want what you have?

Affirmation: Living the spiritual principles embodied in the Sermon on the Mount is an expression of love. Love is the strongest attraction. In spiritual matters, promotion is the least attractive. I am grateful that practicing these principles in all my affairs has caused my life to be purposeful, and I can make a good difference. If it is only head or book knowledge and not a living experience, there is a danger that these insights will pass through the minds of those I share with and bypass their hearts.

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30a Fox's reading assignment [14mins] is **Chapter 7 – Matthew 7:7-11**

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For every one that asketh receiveth: and he that seeketh findeth; and to him that knocketh it shall be opened.

Or of what man is there of you, whom if his son ask bread, will he give him a stone?

Or if he ask a fish, will he give him a serpent?

If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?

30b Workbook assignment is to write your response to **Chapter 7 Matt 7:7-11**

What do you ask our Father for? What are you not asking Him for?

In what ways do you practice the illusion of separation – from our Father – our fellow beings?

What was/is your relationship with your earthly father? Have you projected that image onto our Father

Do you believe that you must earn what you ask for? Or, you have to get good first?

Can you accept all of us are our Father's children we are all brother and sisters spiritually?

Can you see how you are limiting our Father's grace by not asking for all your needs?

Affirmation: There is an indwelling Presence within each of us that transforms the food we eat into flesh, bones, energy, in other words what we call life. Humans can't do that it is the Father within us doing the works. I know that to be true then why don't I act like it 24/7? I could ask that infinite Presence for everything I need to carry out the individual divine design, His Will, He created me to be. Why don't I consciously consistently ask, seek and find? Most likely it is because I have bought into the illusions of separation. I am now willing to surrender my little personal "reality" and let our Father have His way.

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31a Fox's reading assignment [2mins] is **Chapter 7 – Matthew 7:12**

Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

31b Workbook assignment is to write your response to **Chapter 7 Matt 7:12**

Are you giving away everything you want to keep and expand?

How do you apply the Golden Rule?

Spiritually
Mentally
Physically
Emotionally
Socially

How do you violate the Golden Rule?

Spiritually
Mentally
Physically
Emotionally
Socially

Affirmation: The way we think, feel and act toward others, we will believe others will treat us in like manner. Consciously known or unknown we experience this Great Law of life, in every area of life. There is one life – that life is God's Life – that life is my life – that life is everyone's life. Whatever I want more of; the more I need to give away. I want more love, then I must plant more love seeds. I want abundance, so I must share some of what I presently have, and be grateful. Practicing this Great Law is the serendipity journey; we call life in the company of the prophets.

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32a Fox's reading assignment [9mins] is **Chapter 7 – Matthew 7:13-14**
Enter ye in at the strait gate: for wide is the gate and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.

32b Workbook assignment is to write your response to **Chapter 7:13-14**

Restating an important path: "Blessed are the pure in heart..." ...if therefore thine be single, thy whole body shall be full of light." Enter ye in at the strait gate..."

What are you doing or not doing that has placed you on a pathway of fulfillment?

The same principle in a negative way. "...for wide is the gate, and broad is the way, that leadeth to destruction..." "...but if the salt have lost his savour, ...It is thenceforth good for nothing..."

What are you doing or not doing that has placed you on a pathway of destruction?

Affirmation: I was on a very broad road when I hit my bottom. By following a few simple spiritual principles, I was brought to a strait gate. "At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely" Alcoholics Anonymous page 58. I am no longer dependent on pain or guilt and punishment to motivate myself and others, for life's road trip. I am choosing to go into radical training to upgrade my consciousness, as needed, one day at a time, starting now.

33a Fox's reading assignment [9mins] is **Chapter 7 – Matthew 7:15-20**

Beware of false prophets, which come to you in sheep's clothing, but inwardly they are ravening wolves.

Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles?

Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit.

A good tree cannot bring forth evil fruit, neither can a corrupt tree bringeth good fruit.

Every tree that bringeth not forth good fruit is hewn down, and cast into the fire.

Wherefore by their fruits ye shall know them.

33b Workbook assignment is to write your response to **Chapter 7:15-20**

If I am sharing with others that our Father is love, and I believe it but don't act like it; I'm a false prophet.

If I say I'm a Christian and I'm unforgiving I'm a false prophet. How about you?

"I must stand up for my rights," is too often heard, as one is defending their selfish self-centered opinion. I demand my way or the highway. The broadcast news along with the Social Media is often the platform for false prophets. If our Father is Love, what would Love do?

We must walk our talk – beware we may become a false prophet. "By their fruits ye shall know them."

If we are not joyous, happy and free we have not been practicing spiritual principles long enough, or we are doing something wrong. You will know by your fruits. "There is no such thing as undemonstrated understanding. As within, so without." Where do you stand?

Is your way of life passing the acid test? "Does it work?"

Affirmation: Growing up my heroes were the "Avenger of Blood" type, those who punished the wrong-doers. When I was introduced to the spiritual principles and began living by them, my heroes and heroines changed dramatically, and I had to stop fighting everyone and everything. I had to address my addiction to the "drug" guilt and punishment, of which I continue to fall far short; it is so deeply ingrained. Signs of growth are; it doesn't come up as often, and it is not as intense, and it doesn't last as long before I turn it over to the Boss. Knowing I am poor in spirit; that is powerless, alone and unaided. Accepting that simple fact I am open to ask for help. I'm willing to seek our Father's Love and His Will. Is that working? Yes. By Grace in the image and likeness of our Creator, we have an infinite capacity. However, as humans we have a finite ability. By living the spiritual principle we can expand our ability.

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34a Fox's reading assignment [10mins] is **Chapter 7 – Matthew 7:21-23**

Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

Many will say to me in that day, Lord, Lord, have we not prophesied in your name? and in thy name have cast out devils? And in thy name done wonderful works?

And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

34b Workbook assignment is to write your response to **Chapter 7:21-23**

Have you come to believe that the Will of our Father is always best for all of us?

Who or what are you relying on for you spiritual nourishment? Are you open to ongoing upgrades?

How do you respond when someone uses pain, fear, guilt or punishment to motivate you or others?

Today use love, act of kindness, forgiveness, look for good in all even enemies.

"He [Jesus] saith unto them, But whom say ye that I am?"

Who do you say you are? Are you willing to do whatever it takes to be on our Father's Team?

Affirmation: I fall far short of my heart's desire, to do and to be our Father's Love and Will 24/7 consciously known and unknown. I've used the drug, guilt and punishment on myself for not being perfect. I fear I may be one who my Hero Jesus says – depart from me; I never knew you. I have bought the idea that our Father knows best for you and me, and all His creatures. Once again, I remind myself that I am blessed because I know that I am poor in spirit, alone and unaided I am powerless to care out what I believe I was created for. I do look to our Father as my only Source and all the rest channels. With each verse, I am more convinced the first Beatitude is the primary message of the Sermon on the Mount. Having had a spiritual awakening, I understand my partnership with our Father and His Spiritual Team. I am a servant of His Love and His Will. As individuals He created, we are here to express Him in this human world. Our Big Brother came to this world to show us the way, truth and light. When we make up an illusion of separation, most likely Jesus would say, I never knew you, because you never knew yourself. "He [Jesus] said unto them, But whom say ye that I am? And Simon Peter answered and said, thou art the Christ, the Son of the living God. And Jesus answered and said unto him, blessed art thou, Simon Bar-jona: for flesh and blood, hath not revealed it unto thee, but my Father which is in heaven."

35a Fox's reading assignment [4mins] is **Chapter 7 – Matthew 7:24-27**

Therefore whosoever heareth these saying of mine, and doeth them, I will likened him unto a wise man, which built his home upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not; for it was founded upon a rock.

And everyone that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand:

And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.

35b Workbook assignment is to write your response to **Chapter 7:24-27**

Are you building your foundation on Spiritual Principles?

Who or what do you turn to when you are faced with a crisis?

Affirmation: Many years ago I had failed in every way a human can fail. I was bankrupt mentally, emotionally, socially and financially. My physical health was on the brink of death. Suicide seemed like my only way out. I had burned everyone out. I was in a self-imposed prison. I had no relationship with a Higher Power. I had hit my bottom. By our loving Father's mercy and grace, I was given a new way of life, its foundation, without a doubt spiritual. My heart's desire is to do and to be His Love and Will.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

36a Fox's reading assignment [3mins] is **Chapter 7 – Matthew 7:28-29**

And it came to pass, when Jesus had ended these sayings, the people were astonished at his doctrine: For he taught them as one having authority, and not as the scribes.

36b Workbook assignment is to write your response to **Chapter 7:28-29**

What does it mean when you speak with authority?

Who do you know that does speak with authority?

Do you believe that the life of Jesus is too good for you to demonstrate?

Have you witnessed the Christ Truth within yourself, and others?

Affirmation: I awakened to the realization that I projected onto my Heavenly Father, the characteristics of my earthly dad, and other authorities. I had to forgive our Father for the illusions I had made up. Today, I'm blessed with Spiritual Discernment. It's clear that I've had an invisible means of support all my life. I should have been locked up or in a grave, long ago. In my heart, I know that we all are created with a purpose. As long as we are alive in this world, we have not finished our mission. When I experience a peace within, and my heart is overflowing with love, that is deeper than words, for our Father and Jesus, I am in conscious union with our Father's Will for me. I am a man with limited talents. I need not expect my purpose in this world to be a great contribution to mankind. However, I do make some good difference to those I am given to share with. For me, to share my experience, strength and hope I've been given by grace, is to speak with authority. When I hear anyone tell his or her life's story from their heart and experience, I believe they are speaking with authority. Much like a parable, their sharing, speaks to the listener's heart, mind and soul. I am speaking with authority, when I pray with an open heart and mind, "Thy Love and Thy Will be done and not mine, unless mine is also; Yours, Father."

37a Fox's reading assignment [4mins] is – ***The Lord's Prayer- An Interpretation***

Luke 11:1 "***Lord teach us to pray***"

37b Workbook assignment is to write your response to –

The Lord's Prayer

THE LORD'S PRAYER

An Interpretation

<p>He prayeth well who loveth well Both man and bird and beast;</p> <p>He prayeth best who loveth best All thing both great and small: For the dear God who loveth us, He made and loveth all. COLERIDGE</p> <p>This is a very useful affirmation. It reminds me to look for the good within us all. And that</p> <p>Our Loving Father is my/our only True Source</p>	<p>Our Father, which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, In earth as it is in heaven. Give us this day our daily bread. And, forgive us our debts, As we forgive our debtors. And lead us not into temptation; But deliver us from evil: For thine is the kingdom, And the power, And the glory, For ever. Amen</p> <p>Matthew 6:9-13</p>
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Do you agree that the Lord's Prayer is the most important of all Christian documents? Why or why not?

Do you use the Lord's Prayer daily? If not how often do you use it?

Have you experienced a real change of your soul by using the Lord's Prayer?

Affirmation: The only time Jesus' disciples ask Him to teach them to pray is found in Luke 11:1 – He taught them what we call The Lord's Prayer. I use it daily. It addresses my needs most often at my present level, which is ever awakening and evolving. This prayer is used by the spiritual advanced and the simpleminded. I find that even non-Christians use it. As I say this wonderful prayer I think [most of the time] about what each word means to me, presently.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

38a Fox's reading assignment [4mins] is - *The Lord's Prayer - An Interpretation*

Our Father

38b Workbook assignment is to write your response to – *Our Father*

Do you accept the idea that all humans have the same Father/Creator?

Do you accept that all humans are brothers and sisters? If not in a earthly body, how about in Spirit?

How would you describe your relationship with your earthy father?

How well did you – do you get along with authorities?

How do you react to the statement – “You're just like your Father?” Earthly? Heavenly?

Do you believe there is a chosen or superior race or group? If so – are you an insider or outsider?

Affirmation: I greet our Father within us, Who is doing the works. If only we celebrated Our Father's Day every day, what a world, this would be. “This simple statement [Our Father] in itself constitutes a definite and complete system of theology.” I accept my/our relationship between Creator and humans as His children. As His offspring, we must be in His image and likeness. The belief in the superiority of one's group or herd is an illusion. The underlying cause of all trouble is fear, and fear is caused by the illusions of separation from Our Father; we made up or went along with. I repeated the word Father at each beginning or shift in my attention, and it became a habit. At some point, I realized I should be saying Our Father, instead of Father, which unintentionally excluding others. Using *our Father* reminds me that we are all brothers and sisters, the children of one Father, I need reminding, often.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

39a Fox's reading assignment [3mins] is - *The Lord's Prayer- An Interpretation Which Art In Heaven*

39b Workbook assignment is to write your response to – *Which Art In Heaven*

What is the kingdom of heaven and where is it?

God is always the first cause. Humans can at best be a secondary cause because he or she is an expression of God. What is your understanding of "Which art in heaven?"

What is your understanding of being a co-creator?

It is our destiny to express our Father's Will – How are you doing?

Jesus said – "Don't call me good it is the Father within me doing the works." What's your part?

Affirmation: I did not create myself, nor do I maintain myself, alone and unaided, by transforming what I eat into flesh, bones, energy, in other words, everything we call life. There is an infinite intelligence, and indwelling Presence within each of us doing that. The kingdom of Heaven is within you and me. Heaven means the Omnipresence of our Creator. It is by His grace that you, and I are expressing some tiny part of His Will and His Love. I am consciously and consistently seeking to practice the Presence of our Father. I fall far short of my goal. When I fail, I am quick to forgive myself, dust myself off, and get back on the path.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

40a Fox's reading assignment [2mins] is - *The Lord's Prayer- An Interpretation*

Hallowed Be Thy Name

40b Workbook assignment is to write your response to –

Hallowed Be Thy Name

What does the word "Hallowed" mean"

What is the nature or character or attributes of our Creator?

If our Creator is Hallowed, and humans are created in His image and likeness, where do you stand?

How can we express Hallowed in our daily life?

Affirmation: I accept that our Father is all good and cannot bear bad fruit. We are created in His image and likeness. The question is, why don't we live like it 24/7? Why do we do harmful things to others and to ourselves? Our Loving Father/Creator does not punish us or bring negative stuff into our lives. They are the consequence of our misuse of our free will. When we do, say, think or feel anything other than His Nature, we are making up illusions. When we practice the spiritual principles, we've been freely given we are co-creating. We can expel our misuse, and our wrongful doing, and become happy and usefully whole.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

41a Fox's reading assignment [5mins] is - *The Lord's Prayer- An Interpretation*

THY KINGDOM COME THY WILL BE DONE IN EARTH AS IT IS IN HEAVEN

41b Workbook assignment is to write your response to -

THY KINGDOM COME THY WILL BE DONE IN EARTH AS IT IS IN HEAVEN

We all have a purposeful life, If you don't know what that is for you – ask our Father what His Will for you is, with all your heart, mind, and soul believing and He will reveal your heart's desire to you.

We are to express God's limitless destiny here on earth. Who or what is limiting you?

Are you accepting your creative power? If so what are you co-creating?

Do you believe that we are all an individualized expression of one whole, never separated in reality?

Are you part of the establishing of our Father's Kingdom on earth?

We are partners with our Father in His business. We are to bring our whole nature into conformity with His Will, ASAP. Can you believe that He is showing us the way? What are you willing to do, and to be?

Affirmation: To be poor in spirit is the key to my sharing the mission I am given. I have a willingness to own and surrender my too limited and harmful beliefs, to detach from them, making room for our Father's Love and Will. I am asking in Jesus' name for what I need from our Father. I know alone and unaided I am nothing of real value to myself and others, without my union with our Father and His Team. I see now it truly is our Father within doing the works. One primary purpose for the Sermon on the Mount is to bring us into Divine Union with our Father's Love and Will. To be poor in spirit as a human is to understand my only real Source is, our Father, which is the Kingdom of Heaven, within around and through us all. My true labor of love is done within the Kingdom of Heaven; Our Father's Omnipresence. Through the eyes of faith, His kingdom has already come, and His Will is already being done. We are just one grace away.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

42a Fox's reading assignment [10mins] is - ***The Lord's Prayer- An Interpretation***

GIVE US THIS DAY OUR DAILY BREAD

42b Workbook assignment is to write your response to -

GIVE US THIS DAY OUR DAILY BREAD

Do you look to your Higher Power to fulfill all your wants and needs, from the least to the most demanding , or to other channels: people, job, government, etc?

Which of your channels do you count on for your wants and needs instead of your Higher Power?

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Do you believe that inner and most important meaning, our daily bread signifies the realization of the Presence of God?

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Realization, which is experience, is the thing that counts. What is your understanding of this principle?

We could read 1000 menus and starve to death. Can you see the correlation between spiritual nourishment and physical food?

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To seek a realization by will power is the surest way to miss it. What about one of your experiences?

What happened when you tried to live on yesterday's bread?

Affirmation: Every time I asked our Father with all of my heart, mind and soul for His Will for me, and for everything I need to carry out that purpose; He has given me what I really needed; I get the perfect result for the moment. It may not look like I thought it should. However, later I realize He blessed me with the ways and means to carry out my heart's desire; I've dreamed of. I am so deeply grateful for this day's Divine nourishment. I had two delicious "meals" today with dessert. I was blessed with the grace of our Father, taking care of two things, which were way beyond my pay-grade. I call those miracles. I am fasting from spiritual junk food, and quick fixes. I am feasting on our Father's diet, that helps maintain and improve a healthy lifestyle to fulfill my human experience, and awaken to the indwelling Presence, within me.

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

43a Fox's reading assignment [14mins] is - *The Lord's Prayer- An Interpretation*
FORGIVE US OUR TRESPASSES, AS WE FORGIVE THEM THAT TRESPASS AGAINST US
43b Workbook assignment is to write your response to -
FORGIVE US OUR TRESPASSES, AS WE FORGIVE THEM THAT TRESPASS AGAINST US

Forgiveness is one of the most important principles to follow in any relationship with others and ourselves. We cannot have love without forgiveness. Give both a positive and negative example.

Forgive-less-ness is the root cause of selfishness and for the illusion of separation from our Father, other humans, and our higher- self. Give an example.

Jesus does not say for us to try to forgive, but tells us we must forgive if we want forgiveness. Example.

If we are unable to forgive, we can turn to our loving Father, ask Him to cause the needed forgiveness to be done through us. Our responsibility is to do what we can, all the rest is our Father. Ask Him.

Forgiveness is your choice. Are you willing to forgive everybody for everything, even yourself?

Holding resentments or grudges keeps us in a self-imposed prison. Example.

What if they will "do it" to us again? How many times will we need to forgive them? Seven times – no seventy times seven – in other words until we are free. Do it and watch the prison door open.

Affirmation: My hero, Jesus repeated the importance of forgiveness after He told us how to pray the Lord's Prayer. Don't let the sun set before you are forgiving or seeking help to forgive. Start by responding to the suggested statements and questions, and by taking action ASAP. "Just Do it." "Hatred ceases not with hatred." "Never surrender to error. But it is the sin and not the sinner that is to be condemned."

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

44a Fox's reading assignment [5mins] is - *The Lord's Prayer- An Interpretation*

LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL

44b Workbook assignment is to write your response to –

LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL

Have you become more sensitive since you began this workbook?

When some of us get a great idea or a negative one we are tempted to spend far too much time and energy dwelling on it. How about you?

Evil is live spelled backward. When we put someone, something or event before our Father, that's putting the effect before the cause. Example.

Affirmation: After over sixty-three years, working the Twelve Steps and Twelve Traditions with others and myself, I cannot find a type of wrong or harm I haven't done or thought about doing. The majority was done due to my not knowing how to live and get along with others and myself. Blaming others kept me from taking responsibility for my part; therefore, no chance for healing. I had an obsession; to punish bullies or any unfair person or group. Wrong-doers had to be punished, which accounted for most of my violence. The more I applied the spiritual principles I was freely given, the more sensitive I became. Temptation became an early-warning signal. Telling me I was off the spiritual path, which had become a way of life.

45a Fox's reading assignment [2mins] is - *The Lord's Prayer- An Interpretation*
THINE IS THE KINGDOM AND THE POWER AND THE GLORY FOR EVER AND EVER
45b Workbook assignment is to write your response to –
THINE IS THE KINGDOM AND THE POWER AND THE GLORY FOR EVER AND EVER

How can we consciously, and consistently live in our Father's Kingdom?

How are we empowered with our Father's Power?

How are we able to express our Father's Glory in our daily life?

Affirmation: The Kingdom of Heaven is the Presence of our Father and He is Omnipresence, and we are told the Kingdom of Heaven is within you and me and every other being. I truly believe His indwelling Presence is within us. If our Father was not omnipresent you, and I would not be alive. If He was not expressing Himself, His Holy Spirit, The Spirit of Truth, He would not be Omniscient, All Knowing. If He was not Omnipotent, All Powerful, you and I, the universe, all outer expressions, could not be. Our Father/Creator created each of us as individuals, one-of-a-kind, as part of the undivided, one life. We have no real competition. We only compete with ourselves, and the illusions we made up. We are created in His Son's image and likeness; called many names throughout the world.

Let us remember even for an instant, to listen to the Voice of our Father and follow all His Ways.

I've come to believe that the Sermon on the Mount is a commentary on the first Beatitude. *Blessed are the poor [powerless alone and unaided] in spirit [consciousness]: for theirs is the kingdom of heaven [The Omnipresence of our Father, our only True Source].* The rest of the Sermon on the Mount tells us how we can overcome our powerlessness and how to come into Divine Union with the Omnipresence of our Father. How to practice the Spiritual Principles Jesus taught us in all our affairs.

FOLLOW UP: Write the changes in your relationship with your Higher Power, with yourself and others, and your understanding of Spiritual Principles, and any other change.

APPENDIX

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THE GOLDEN KEY

(From Power Through Constructive Thinking – by Emmet Fox)

SCIENTIFIC PRAYER will enable you sooner or later, to get yourself, or anyone else, out of any difficulty on the face of the earth. It is the Golden Key to harmony and happiness.

To those who have no acquaintance with the mightiest power in existence, this may appear to be a rash claim, but it needs only a fair trial to prove that, without a shadow of doubt, it is a just one. You need take no one's word for it, and you should not. Simply try it for yourself, and see.

God is omnipotent, and man in His image and likeness, and has dominion over all things. This is the inspired teaching, and it is intended to be taken literally, at its face value. Man means every man/woman, and so the ability to draw on this power is not the special prerogative of the Mystic or the Saint, as is so often supposed, or even of the highly trained practitioner. Whoever you are, wherever you may be, the Golden Key to harmony is in your hand now. This is because in Scientific Prayer it is God who works, and not you, and so your particular limitations or weaknesses are of no account in the process. You are only the channel through which the Divine action takes place, and your treatment will really be just the getting of yourself out of the way. Beginners often get startling results at the first time of trying, for all that is absolutely essential is to have an open mind, and sufficient faith to try the experiment. Apart from that, you may hold any views on religion, or none.

As for actual method of working, like all fundamental things, it is simplicity itself. All that you have to do is this: *Stop thinking about the difficulty, whatever it is, and think about God instead.* This is the complete rule, and if only you will do this, the trouble, whatever it is, will presently disappear. It makes no difference what kind of trouble it is. It may be a big thing or a little thing; It may concern health, finance, a law-suit, a quarrel, an accident, or anything else conceivable; but whatever it is, just stop thinking about it, and think of God instead – that is all you have to do.

The thing could not be simpler, could it? God Himself could scarcely have made it simpler, and yet it never fails to work when given a fair trial.

Do not try to form a picture of God, which is, of course, impossible. Work by rehearsing anything or everything that you know about God. God is Wisdom, Truth, inconceivable Love.

God is present everywhere; has infinite power; knows everything; and so on. It matters not how well you may think you understand these things; go over them repeatedly.

But you must stop thinking of the trouble, whatever it is. The rule is to think about God, and if you are thinking about your difficulty you are not thinking about God. To be continually glancing over your shoulder, if it were, in order to see how matters are progressing, is fatal, because that is thinking of the trouble, and you must think of God, and of nothing else. Your object is to drive the thought of the difficulty right out of your consciousness, for a few moments at least, substituting for it the thought of God. This is the crux of the whole thing. If you can become so absorbed in this consideration of the spiritual world that you really forget for a while all about the trouble concerning that which you began to pray, you will presently find that you are safely and comfortably out of your difficulty – that your demonstration is made.

In order to “Golden Key” a troublesome person or a difficult situation, think, “Now I am going to “Golden Key” John, or Mary, or that threatened danger”; then proceed to drive all thought of John or Mary, or the danger right out of your mind, replacing it by the thought of God.

By working in this way about a person, you are not seeking to influence his conduct in any way, except that you prevent him from injuring or annoying you, and you do him nothing but good. Therefore he/she is certain to be in some degree a better, wiser, and more spiritual person, just because you have “Golden Keyed” him/her. A pending lawsuit or other difficulty would probably fade out harmlessly without coming to a crisis, justice being done to all parties concerned.

If you find that you can do this very quickly, you may repeat the operation several times a day with intervals between. Be sure, however, each time you have done it, that you drop all thought of the matter until the next time. This is important.

We have said that the Golden Key is simple, and so it is, but of course, it is not always easy to turn. If you are very frightened or worried it may be difficult, at first, to get your thoughts away from material things. But by constantly repeating some statement of absolute Truth that appeals to you, such as *There is no power but God, or I am the child of God, filled and surrounded by the perfect peace of God, or God is Love, or God is guiding me now*, or perhaps best and simplest of all, just *God is with me* – however mechanical or dead it may seem at first – you will soon find that the treatment has begun to “take,” and that your mind is clearing. Do not struggle violently; be quiet but insistent. Each time that you find your attention wandering, just switch it straight back to God.

Do not try to think out in advance what the solution of your difficulty will probably turn out to be. This technical called “outlining,” and will only delay the demonstration. Leave the question of ways and means strictly to God. You want to get out of your difficulty – that is sufficient. You do your half, and God will never fail to do His.

Whosoever shall call upon the name of the lord shall be saved.

THE GOLDEN GATE

(From Power Through Constructive Thinking – by Emmet Fox)

God is love, and he that dwelleth in love dwelleth in God and God in him. Love is by far the most important thing of all. It is the Golden Gate of Paradise. Prey for the understanding of love, and meditate upon it daily. It cast out all fear. It is the fulfilling of the law. It covers a multitude of sins. Love is absolutely invincible.

There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open; no gulf that enough love will not bridge; no wall that enough love will throw down; no sin that enough love will not redeem.

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world.

BLESSING and CURSING

(From Power Through Constructive Thinking – by Emmet Fox)

Life is a reflex of mental states. As far as you are concerned, the character that things will bear will be the character that you first impress upon them. *Bless a thing and it will bless you. Curse it and it will curse you.* If you put your condemnation upon anything in life, it will hit back at you and hurt you. If you bless any situation, it has no power to hurt you, and even if it is troublesome for a time it will gradually fade out – if you sincerely bless it.

We are told, you remember, that whatever name Adam gave to an animal – that was its name; and of course you know that the name of a thing means its character. Adam say to one animal. "You are a tiger, ferocious," and so it was. To another, he said, "You are a gazelle, gentle and kind," and so it is. Now, Adam is every human, and until we learn to give good names, to "christen" everything, we shall have enemies of various kinds to deal with.

Bless your body. If there is anything wrong with a particular organ, bless that organ. (Of course, you must bless the organ and not the disease.) Bless your home. Bless your business. Bless your associates. Turn any seeming enemies into friends by blessing them. Bless the climate. Bless the town, and state, and the country.

Bless a thing and it will bless you.

SOWING AND REAPING

(From Power Through Constructive Thinking – by Emmet Fox)

WHATSOEVER A MAN SOWETH THAT SHALL HE ALSO REAP.

There is no such thing as luck. Nothing ever happens by chance. Everything, good and bad, that comes into your life is there as the result of unvarying, inescapable law. And the only operator of that law is none other than yourself. No one else has ever done you any harm of any kind, or ever could do so, however much it may seem that he did. Consciously or unconsciously you have yourself at some time or other produced every condition desirable or undesirable that you find in your bodily health or your circumstances today. You, and you alone, ordered those goods; and now they are being delivered. And as long as you go on thinking wrongly about yourself and about life, the same sort of difficulties will continue to harass you. For every seed must inevitably bring forth after its own kind, and thought is the seed of destiny.

Yet there is a simple way out of trouble. Learn how to think rightly instead of wrongly, and conditions at once begin to improve until, sooner or later, all ill-health, poverty, and in-harmony must disappear. Such is the Law. Life need not be a battle; it can, and should be a glorious mystical adventure; but living is a science.

This is one way of stating the Great Law. Read and reread it at regular intervals, and it will inevitably change your outlook on life.

THE WORD OF POWER

(From Power Through Constructive Thinking – by Emmet Fox)

Pray regularly for the ability to pray the right way: I am Divine Spirit. In God I live, and move, and have my being. I am part of the self-expression of God, and I therefore express perfect harmony. I individualize Omniscience. I have direct knowledge of Truth. I have perfect intuition. I have spiritual perception. I know God is my Wisdom; so I cannot err. God is my Intelligence; so I am always thinking rightly. There is no waste of time, for God is the only Doer. God works through me; so I am always working rightly. There is no danger of my praying wrongly. I think the right thing, in the right way, at the right time. My work is always well done, for my work is God's work. The Holy Spirit is continually inspiring me. My thoughts are fresh, and new, and clear, and powerful with the might of Omnipotence. My prayers are the handiwork of the Holy Ghost – powerful as the eagle and gentle as the dove. They go forth in the name of God Himself, and they cannot return unto me void. They shall accomplish that which I please, and prosper in the thing whereto I send them. I thank God for this.

WHAT IS SCIENTIFIC PRAYER?

(From Power Through Constructive Thinking – by Emmet Fox)

SCIENTIFIC prayer or spiritual treatment is really the lifting of your consciousness above the level where you have met your problem. If only if you can rise high enough in thought, the problem will then solve itself. That is really the only problem you have – to rise in consciousness. The more “difficult,” which means the more deeply rooted in your thought, is the problem concerned, the higher you will have to rise. What is called a small trouble, will yield to a slight rise in consciousness. What is called serious difficulty, will require a relatively higher rise. What is called a terrible danger or hopeless problem, will require a considerable rise in consciousness to overcome it – but that is the only difference.

Do not waste time trying to straighten out your own or other people's problems by manipulating thought – that get you nowhere – but raise your consciousness, and the action of God will do the rest.

Jesus healed sick people and reformed many sinners by raising his consciousness above the picture they presented. He controlled the winds and the waves in the same way. He raised the dead because he was able to get as high in consciousness as is necessary to do this.

To raise your consciousness you most positively withdraw your attention from the picture for the time being (The Golden Key), and then concentrate gently upon spiritual Truth. You may do this by reading the Bible or any spiritual book that appeals to you, by going over any hymn or poem that helps you in this way, or by the use of one or more affirmations, just as you like.

I know many people who have secured the necessary elevation of consciousness by browsing at random through the Bible. A man I know was saved in a terrible shipwreck by quietly reading the Ninety-first Psalm. Another man healed himself of a supposedly hopeless disease by working on the one affirmation, “God is Love,” until he was able to realize something of what that greatest of all statements must really mean.

If you work with affirmations, be careful not to get tense; but there is no reason why you should not employ all these methods in turn, and also any others that you can think of. Sometimes a talk with a spiritual person gives you just the lift that you need. It matters not how you rise so long as you do rise.

“I bare you on eagles' wings, and brought you unto Myself.”

Workbook Based on Emmet Fox's Book – The Sermon on the Mount
At Each Beginning I Affirm That Divine Wisdom Is Enlightening Me And I Act On What I am Given

FIFTEEN POINTS

(From Power Through Constructive Thinking – by Emmet Fox)

I AM REALLY ON THE PATH:

If I always look for the best in each person, situation, and thing.

If I resolutely turn my back on the past, good or bad, and live only in the present and future.

If I forgive everybody without exception, no matter what he or she may have done; and if I then forgive MYSELF whole-heartedly.

If I regard my job as sacred and do my day's work to the best of my ability (whether I like it or not).

If I take every means to demonstrate a healthy body and harmonious surrounding for myself.

If I endeavor to make my life of as much service to others as possible, without interfering or fussing.

If I take every opportunity wisely to spread the knowledge of Truth to others.

If I rigidly refrain from personal criticism, and neither speak nor listen to gossip.

If I devote at least a quarter of an hour a day to prayer and meditation.

If I read at least seven verses of the Bible every day.

If I specifically claim spiritual understanding for myself every day.

If I train myself to give the first thought on waking to God.

If I speak the Word for the whole world every day, say, at noon.

If I PRACTICE the Golden Rule of Jesus instead of merely admiring it. He said, "Whatsoever ye would that men should do to you. Do ye even so to them." The important point about the Golden Rule is that I am to practice it whether the other fellow does so or not.

If above all, I understand that whatever I see is but a picture which can be changed for the better by Scientific Prayer.

If you want to demonstrate, ask yourself once a week how far you are observing these points in your life.

EPILOGUE

Our Father is Love, and so are we. He created each of us so that we have to share our life with other beings. Sharing is love, so we were created in a way we need others. Come let us love and worship our Father in spirit and truth with all of our heart, mind, soul and strength and love all others as our Hero Brother Jesus taught us, by His example. I am poor in spirit [consciousness]. I look to our Father for all I need, as my only true Source. I mourn when I lose conscious contact with our Father, His beloved Son Jesus and the Holy Spirit; The spirit of Truth. I am meek and humble because I am unable alone to provide myself with my needs. I now know and see with eyes of faith that I have an abundance of everything I need to carry out the purpose He gave me. I hunger and thirst to do and to be our Father's Love and Will consciously and consistently. Those things I want to receive and expand I must share with others. Giving and receiving mercy is one of those valuable gifts. To practice what we believe is the love and will of our Father and His commandment in all our affairs the best we can, is striving to experience a pure heart. In doing so we can see with the eyes of faith some of our Father's Attributes. I have a burning desire to be at peace within myself and my dealings with others. I am coming to believe at many levels, that we are all His children. My decisions and actions are my persecutors, which caused me to hit my bottom; revealing my powerlessness. Owning my defects and the willingness to surrender them to our Father to be transformed into a workable asset, is indeed the kingdom of heaven.

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24-Hour Pharmacy - Timothy Koock

Over 800 years ago, St Thomas Aquinas observed that you cannot have a feeling without a corresponding change in your body. Do you know you have a 24-hour pharmacy open seven days a week inside your body? This is how it works. As you think, your thoughts are transformed into molecules called neuropeptides. Of course, as you will see, this is not the usual kind of transformation contemplative pray for. Do you know those interior conversations with yourself that never shut-up? Well, you may be shocked to learn this, but somebody has been eavesdropping on your private and most intimate conversations. It's your body! Not only has it been eavesdropping but also your body has been participating in the conversation along with you. Your interior conversation, kind and gentle as it may be, has been transcribed as faithfully as a medieval monk by your hypothalamus into a chemical manuscript. It is estimated the average human thinks about 15,969 thoughts per day. Not bad, except, about 90 percent of the thoughts you had today are the same ones you had yesterday and the day before. If you are 50 years old, there is a very good chance part of your inner conversation is that of a two year old toddler. Besides endless repetition, what is the content of your inner tête-à-tête? Let's peek inside and see. Let's say today you didn't get something you wanted. (That must occur at least a hundred times a day, provided of course, you are not totally brain-dead). Starting this morning, let's say, your beautiful soft-boiled egg turned rubbery, you could not open your email attachments, you had to park at Wal-Mart in order to walk to Sears, your cat left thousands of fresh footprints all over your freshly washed car, your daughter still has not returned your urgent phone call, your kids right and they are all going to hell via the state penitentiary. If freshness is not to your liking, relax; you can always warm up some old leftover wounds for your mental dining pleasure. As your body listens in to your reactions to these precious little events, your local 24-hour pharmacy is busy mass-producing neuropeptides in the flavor of your frustration, insult, lust, fear, anger or rejection. In seconds these flavors of negativity saturate each cell of your body via tiny receptors. In other words, you get to marinate in your own stuff. As you probably know, your mind is the subjective experience of consciousness and your body is the objective experience of consciousness. But which of these, mind or body, do you listen to? You have been told the body never lies but, unfortunately, you overly depend on your mind, which creates scripts and videos, a phantasmagoria of what you think is happening to you. Are you somebody who always seems angry? Or someone who is easily offended? Or overly apologetic or fearful? It may be you have become chemically addicted to a flavor of negativity. The addiction is mostly unconscious, but your body, which is conscious, knows. And your pharmacy remains open 24 hours a day. Remember, 90 percent of your thoughts today will probably be repeated tomorrow and the next day. Your mind is filled with returns and instant replays. The word for this is resentment. It means to re-feel or re-live the insult, hurt, fear or whatever. Each time you do this you 're-fresh' the marinade with perhaps a twist of revenge or a pinch of low self-esteem. Medical research warns this excessive stress is very toxic to your body. These chemical mimes define your life and co-create your identity. You may even secretly like them. While soaking, smugly in your warm peptide bath you feel very justified. After all, life is unfair, you say, as you swig another jigger of detest and play that tired old song "If Only" in the jukebox of your imagination. Neurobiologists calculate your brain alone contains 100 billion neurons with over 100 trillion connections. At least 65 percent of the cells in your heart are composed of additional neurons just like those in your brain. Normally you use only a tiny fraction of these connections. In deep negativity, however, you have access to even fewer connections because the most traveled, tired and habitual pathways are congested in a traffic jam of repetitious negativity. It is the acid reflux of the mind-body disconnect. Like the mighty Mississippi, the river of negative emotions continue to flood your banks, day after day, year after year. Perhaps you have forgotten how to move to higher ground? Practicing Prayer and meditation you can build new pathways to higher ground with deeper connections to God. Prayer and meditation also helps to erase some of the old tapes. Perhaps you can then have a better chance to produce in your 24-hour pharmacy molecules of exquisite beauty such as compassion, forgiveness and love. These make for a simply divine marinade. Why not begin to think love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control? These are all peptides too. They all lead to forgiveness.

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatever is gracious, whatsoever things are of good report, if there is any virtue, and if there be praise, think on these things." Philippians 4:8

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