

The Golden Thread of Truth Presents:

Interfaith Programs for Kids & Teens



A Twelve Month Program Volume 2

Welcome to The Golden Thread of Truth Annual Curriculum, Volume 2! The intention of this material is to teach our children that all the world's religions support a consistent message about the truth of who we are. Stories from Judaism, Islam, Buddhism, Christianity, Native American traditions and contemporary authors support the same underlying messages and values. Love thy neighbor. You reap what you sow. We are stewards of the earth and each other. Treat others as you would like to be treated. Parents around the world, from all religious beliefs, cultures and lifestyles, teach these values to their children through timeless stories.

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March 2016

Week #1: Self-propelling power of Spirit

Main Message: We do not see Spirit but we do see what it does, within ourselves and in the world around us. Spirit is always propelling us through life just as we see creatures in our planet being propelled. Propelling can feel like nothing is occurring but we are always being propelled forward by Spirit. Each idea contains a Unique pattern of action to sustain it once it takes form.

Readings:

“The Spirit is activity, and creation and freedom.” ~ Nicholas Berdyaer

When the Kingdom of God is perceived and the Will and Nature of God understood, then shall the Power within us re-create and control our environment after the pattern of wholeness and abundance. ~ Words That Heal Today by Ernest Holmes: page 154

Lesson: The Self-Propelling Power of Spirit

Power is that, within a thing, which makes it go. We say that an airplane is self-propelling. Ask the class to name other man-made things which are self-propelling. (a man in a parachute, birds through the air, seeds expanding through the earth.) The self-propelling power of Spirit (mind,god) expresses in various ways. Although man is Spirit's most highly developed expression, there are creatures which have senses and superior abilities for mobility and survival. Many of man's inventions are a result of his observations of these creatures

A water shrew, for instance, can flip himself clear of the water like a breaching whale to swim 20 times his own length in one second. The elephant shrew of Africa can glide on outstretched skin flaps for 200 feet from tree to tree and can submerge, until out of sight, in firm soil in one second of frantic digging.

A second is quite a long time for a shrew and even longer for a humming bird. Since a warm-blooded animal's metabolic pace must be in inverse relation to its length, a hummingbird's metabolism is about 12 times faster than that of a pigeon and 100 times faster than that of an elephant. The hummingbird's food requirement is so high that it would starve to death at night except for the fact that its metabolism shifts into low gear at shutdown causing it to hibernate each night.

Most hummingbirds remain in warm latitude and do little migrating. It is believe that, since none are found in Europe, Asia, Africa or Australia, all hummingbirds evolved to the western hemisphere long after it ceased to have any warm weather land connection with eastern hemisphere.

When we understand the power of nature propelling amazing creatures on this planet, we know that

Questions and Answers:

Q1. Has anyone here flown in an airplane?

A1. Yes - tell us about your experience

Q2. How does it feel to be propelled through the air with no effort on your part?

A2. It feels simple. Like I am standing still.

Q3. How is this feeling similar to being propelled by Spirit?

A3. The propelling is occurring without any effort from me. And, I am always moving through life without even thinking about it. Remember, God's power in you makes you grow.

Activities:

Symbolism of Craft: Spirit chooses to do, chooses what It does and does that which which It has chosen. We do not see Spirit, but we do see what It does, within ourselves, and in the world around us.

Craft: Self-propelling power of Spirit

Materials:

Toy Airplane with propeller, or paper airplane, and balloons

Directions:

Hold the toy airplane high enough for all to see. Point to, or spin, the propeller and ask: "who knows what this is? (a propeller) What does it do? (makes the airplane go forward into the air.) Yes, the word 'propel' means to push ahead, to push forward. The word propeller means the thing that makes something push ahead. However, things move forward without propellers, also, don't they?

(yes) "What kind of plane moves ahead without a propeller? (a jet)



Inflate the balloon, or have all the children inflate balloons. Hold them up and release the. What make the balloon push forward? (it works on the jet-propulsion principle. The rush of air out through the opening sends the balloon in the opposite direction. Could you see the air? (no) No, but it caused the balloon to go forward, and we COULD SEE the balloon go forward.

Can you see Spirit (God) or Mind (God)? (No) No, but Spirit pushes Itself forward and makes Itself into many things, and when these are living things, Spirit within them keeps right on making them go forward.

Advanced Material for 4th & 5th grade:

When it is realized that no physical power can equal that of Mind, that of thought., it makes it a worthwhile personal project to learn more about our own use of the One Mind. No better way can we do this than by self-observation.

The excellence of mind is judged by its wisdom.
The excellence of speech is judged by its truthfulness.
The excellence of friendship is measured by love.

~ Tao-Te-Ching

The Tao Te Ching is a Chinese classic text. According to tradition, it was written around 6th century BC by the sage Laozi (or Lao Tzu, Chinese: 老子; pinyin: Lǎozǐ, literally meaning "Old Master"), a record-keeper at the Zhou dynasty court, by whose name the text is known in China. The text's true authorship and date of composition or compilation are still debated, although the oldest excavated text dates back to the late 4th century BC.

The Power of Spirit is propelled by the Power of Mind. Through the years, through the centuries, this truth has endured.

An example is in the behavior of cats on ships as reported by Russell Cameron (of the England's Royal Navy)
"They had a most uncanny awareness of impending danger, whether from aircraft or surface attack, and often their swift retreat to their own special hideouts was our first hint of approaching trouble. Their skill in selecting these safe holes for hiding was almost miraculous - although they were immediately up on deck and ready for the boats if we had to prepare to abandon ship. They seemed to have some strange telepathic power that ranged from beyond the ship, enabling them to detect enemy thoughts directed against us; for they were usually quite unconcerned by the approach of friendly planes or submarines. They certainly knew well enough what was in our minds - but it is hard to account for the times when they knew before we did.

A cat can have an idea in form possessing a unique pattern of action. What about man? How does man differ? (by thinking, accepting different ideas, he can change his pattern of action)

How would you seek to become more aware of the protectiveness of God-love? (through prayer and quiet meditation)

Tween & Teen Activity

There is a term in Science of Mind and Spirit called 'Race Consciousness'. This is an understanding of a 'truth', at a certain time and place in the world, that may not have always been present. Consider the following excerpt from a news story.

Costa Mesa, CA - An investigation has been launched by the city attorney's office to determine if suspended high school teacher Donal Miller violated any criminal law when he stepped on the American Flag during a classroom lecture.

Miller, 36, who has taught in the Costa Mesa High School for eight years, was suspended Friday.

His action of stepping on the flag resulted in a wave of public opinion that was divided in seeing his immediate dismissal or in supporting his intentions as a teacher.

Miller, who was teaching class in psycho-drama (an emotional responses) on symbols, said his action was to illustrate a point and show that in terms of judging others, it's best not to judge them by the symbol.

The United States Flag, as a symbol, has gathered power in the race-consciousness to bring about the above reaction and incident. We have also seen the power in the pilgrimage to Mecca, or a Swastika.

Share Together:

1. Examine your conscious mind and the power of a symbol and people's recognition of it. How can you explain the power of a symbol that only has power because of the power given it by humanity?
2. What is the impact of symbols that have long since lost their meaning? (i.e. pyramids, Stonehenge)
3. What are the conscious awareness that have endured? (prayer)

Affirmation: I am the power of Spirit within me enables me to accomplish anything.

Week #2: St Patrick's Day - Faith, Hope and Love

Main Message: March 17th is St. Patrick's Day, a day rich with symbolism, lessons, fun and meaning. St. Patrick is revered in Ireland, a land with a rich history of honoring the earth and all people. The day is celebrated with Shamrocks, each of the leaves representing a spiritual truth that St. Patrick followed, faith, hope and love. And, some times you can even find a fourth leaf on a Shamrock - symbolizing luck and good fortune!

Readings

Three things will last forever--faith, hope, and love--and the greatest of these is love. ~ 1 Corinthians 3:13 (Bible)

Whoever seeks knowledge and finds it will get two rewards; one for seeking and the other for finding. If he does not find it, he still has one reward. ~ Muhammed (Quran)

Lesson: St. Patrick and the Shamrock

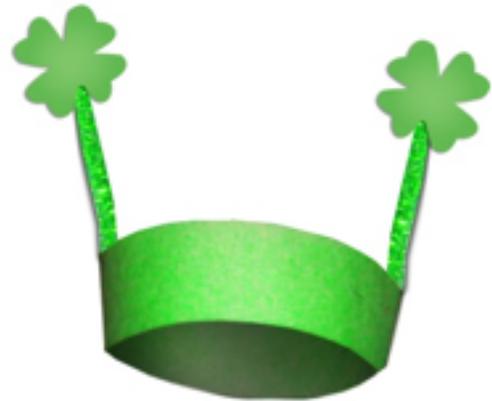
There once was a boy named Patrick who was born in England. When he was 16, he was captured by a group of pirate and taken to Ireland where he was forced to work as a slave for six years. While he was in captivity, he started asking questions about his role in his life and discovered that he was a powerful spiritual being. At that time, he heard a voice telling him he could soon go home, that his ship was waiting. He fled that very night and walked 200 at which point he found a ship and sailed back to England.

Patrick's belief in the good of God was important to him and he shared it with all he encountered. As he started to create opportunities during hopeless times, more and more people discovered the good of God through his teachings. One time, he walked with a group of people for 28 days, becoming faint from hunger and fearing death, when suddenly they encountered a herd of wild boar and their lives were saved.

Patrick continually sought ways to share the excitement of knowing God was within. He was the very first person in the history of the world to say that slavery was bad. It would take his church another 1000 years to also say that people should not be kept as slaves and forced to work. Patrick was also one of the first people to say that women were equal to men. Through his compassion and love, he gave a voice to people who did not have a voice and was made a saint upon his death, March 17th. This is the day we celebrate St. Patrick for his love of people, his faith in God and his hope for the future.

Activities:

Symbolism of Craft: St. Patrick's Day is often celebrated with Shamrocks. According to tradition, the leaves on a Shamrock bring good luck to their finders, especially one with four leaves. Each leaf is believed to represent something: the first is for faith, the second is for hope, the third is for love, and the fourth is for luck.



Craft: Four Leaf Clover Hat

Materials:

Construction Paper
Green pipe cleaners
scissors
Stapler

Directions:

1. Take a piece of construction paper cut it in half lengthwise. Now staple it into a loop to the right size for your head.
2. Staple 2 pipe cleaners to either side of the loop
3. Now cut out 2 four leaf clovers out of craft foam or construction paper. Now glue them to the top of the pipe cleaners. Let dry and then wear for St. Patrick's Day.

Advanced Material for 4th & 5th grade:

We have seen that the gift of the Spirit is Love. To say it another way: "Spirit within me is love." Today we take note of the fact that it is the nature of Spirit to keep on pouring Itself out, as love, to heal and make whole.

Spirit is another name for God. God, Love Spirit must give Itself away.

Discuss how keeping the mind occupied with things to the exclusion of consideration for other people and their needs might impede the outpouring of the Spirit.

What are some of the things we ourselves can do to encourage the outpouring of Spirit?
(Recognize It, Identify with It and learn to love our own awareness of It.)

Discuss this outpouring of love as it occurs in play (team spite) and in creativity (making things for ourselves and for others.

Love is the device man has within himself which he can learn to use as the key to Universal harmony. We are not speaking of love as a sentimental aspect used in the term "falling in love," although this is not excluded; but of a higher love - love of doing the right thing in the eyes of all.

Tween & Teen Activity

Relating the lesson of luck and love to your Life:

Have you ever known someone who it seems that life always goes their way? They forget their lunch on the day the cafeteria is selling pizza instead of fish. They receive a surprise card in the mail with money inside. Many times, the luck we experience is when 'preparation meets opportunity.' One of the main areas of your life you have control over is your inner dialog. What you continually tell yourself can shape your life.

Control over your inner talk, and the ability to ascent to a sincere relationship with yourself, takes honesty and courage. Why is this true? Pretending to be something you're not, vanity (obsession with your outer possessions and looks), and self-conceit (concern only for yourself), are inventions of our own thinking; they are not real but illusory. Nothing can grow from such a false personality but increasing falseness. For instance, a person who is overly concerned with how she dresses or how she looks to others may have the reward that particular moment gives him, but feeling nothing real, he will be compelled to continue to look to her attire in order to produce an effect. Such a person then becomes enclosed in a cocoon-like psychic vanity and, after a time, cannot make contact with anything real, even though she wishes it. Her own creations, pretense and self-absorption, has rendered her important to understand or to be anything real.

People who take themselves very seriously all day long, day after day, may not appear to be so, but never the less, are vain in their own seriousness. They enclose themselves in their vanity of seriousness.

Can you see why self-observation is the creator of luck? We have so many "I's" of which we are not aware. To become aware of them enables us to die to them and to be resurrected in that area of consciousness, so that we may continue our ascent toward our highest good.

To have inner sincerity means you must be able to detect, by self-observations, when you are not genuine so that you may release and refuse to identity with that which is fake. With inner sincerity in mind, grade yourself on:

- I examine my behavior with teachers
- I examine my behavior with friends
- I examine my behavior with family
- I examine my thinking when I am alone

When you create your own luck by releasing the pretense, you also make room for more love in your life.

Affirmation: I am a channel for right ideas.

Week #3: The Will of Spirit ... Palm Sunday

Main Message: Palm Sunday was an important day for Jesus and understanding his journey. His journey was a Divinely Guided and Inspired. Our Guidance is always present. The Guidance for each seed is built right into it. The seed does not have to learn one thing. Guidance for each of use is built right into each of us also. We have the wonderful opportunity to seek what our Guidance is and learn what the Guidance is within each of us. This Guidance is also called our purpose or passion. It is a wonderful gift that we each get to uncover our passion in our own time and way. Enjoy the journey!

Readings:

Nature is man's teacher. She unfolds her treasures to his search unseals his eye illumines his mind, and purifies his heart; and influence breathes from all the sights and sounds of her existence. ~ Street

I let Life flow through me into all that I do, say or think, I shall let my Life be what it is, and shall not worry nor complain. I am now entered into the Secret Place of the soul where complete quiet reigns supreme and where God talks to me. - Ernest Holmes

Lesson: Palm Sunday

It was Sunday in Jerusalem. People were pouring into the city from every direction for a week of preparation for the Passover. There was a feast in celebration of freedom. Long ago, the ancestors of these people had been captured and taken as slaves to a country called Egypt. There they had remained until a man named Moses led them back home to be free again. They were so grateful they never forgot, and they taught their children to remember. In the spring of each year, they celebrated in remembrance. The celebration, which included a feast, was called Passover.

Today, Jesus was coming to the city and people were very excited. Some of the leaders did not want him to come. Jesus had become so popular and so loved that the leaders were afraid of him afraid that all of the people would begin to follow Jesus instead of following them. These leaders could not keep it a secret. Many people knew of Jesus - how he healed the sick and how he taught about love, and they knew he was coming the Jerusalem today. They wanted to see him. When they heard which way he was coming, the all ran to meet him. They carried branches of blossoms and palms. When they saw him, he was riding on a beautiful, young donkey. Some other people were with him, following along on foot.

The people from Jerusalem rushed forward and put the branches down on the road for the donkey to walk upon. They sang for joy, they were so happy to see this wonderful man Jesus. Some shouted, "Hosannah!" that word meant 'save now.' That was to indicate to Jesus that they understood it was through him and his teachings that they could have a better way of life than the one they were now living.

Q1. This Sunday turned out to be a day in history which all people who loved Jesus would want to remember. A name had to be found for it. What do you suppose they called that day?

A1. Palm Sunday

Q2. We can experience the will of Spirit in many of the activities, juggling, ski jumper, diver, pole vaulter. What do all of these have in common?

A2. Gravity

Q3. Why would it be good to be 'meek' and release to the truth of Spiritual Law?

A3. If we are open-minded to new ideas and are patient enough, we can always find a way to experience our own good without bringing harm to another

Activities:

Symbolism of Craft: Play with the truth of gravity!

Craft: Juggling

Materials:

Balls for juggling - could be soft balls or Hacky Sack balls or anything that is easy to juggle.

Directions:

Start by tossing one ball between your two hands

Then, toss one ball in one hand

Once you have accomplished this, toss one ball up and down in EACH hand

Finally, toss the two balls between your two hands.



Advanced Material for 4th & 5th grade:

The laws of the Universe are already established when we are born. We can accept the ways things are and be molded by them or we can rebel.

Suppose one doesn't like round worlds and blue skies. there really is nothing one can do to change it, for world are round and skies are blue.

When we do not learn to be governed by laws of God and rebel againsts them, it does not change the law. When the scriptures state, 'blessed are the meek: for they shall inherit the earth,' we need to understand that 'meek' is translated from a Hebrew word meaning 'to be molded.' For example" the farmer learns the laws of the season and he becomes governed by them. His knowledge causes him to plant his crops when they should be planted, and he reaps when he should be reaping. Should he rebel and plant his crop out of season, it would not change God's law concerning the proper time to plant and to reap; it would only mean crop failure for the farmer. "meekness" in this

sense means that farmer's planting when he should plant. God's will for the farmer is good and is within the farmer's reach.

One of the greatest examples in history of meekness is found in the life of Mahatma Gandhi. A small man in a loin cloth, he set out March 12, 1930 from Sabarmati with a bamboo walking stick and a 'salt march.' It seemed absurd for this little man to go against the British Empire to free his people to make salt against the government monopoly; but as he understood it, the Will of God was for his people to be free. He was committed to follow God's Will and, therefore, had no fear. Seventeen years later he had won independence for his people without committing violence. Strong faith, plus the courage to be patient, won him his goal.

Do you think this is the meaning Jesus had in mind when he said "Blessed are the meek; for they shall inherit the earth"?

Encourage discussion of instances in the class members' lives such as reaching a personal goal when 'meekness' (patience, determination and faith) might bring about God's Will.

Tween & Teen Activity

Using the following outline as the basis for a discussion, relate the Biblical phrase "Thy will be done in earth as it is in heaven" to "Blessed are the meek; for they shall inherit the earth"

- I. Open-Minded
 - A. Seeking richer and fuller meaning of life.
 - B. Keeping the window of the mind open to new light
 - C. Willingness to learn from others
 - D. Continual quest for meanings that give life, beauty and purpose
 - E. Absence of the 'know-it-all' attitude
 - F. Observation of human experience (uncritically), its failures and successes in order to arrive at decisions that are worthwhile
 - G. Giving up opinions that hinder the quest for truth
- II. Appreciative
 - A. Recognizing that the other person may be longing for something higher
 - B. Trying to discover reasons for the other person's actions
 - C. Sharing with another the values which one has observed in him
 - D. Keeping a constant lookout for new values
 - E. Seeing beyond the activity to its purpose
- III. Cooperative (to act jointly with others, participating and lending one's efforts to the welfare of the group)
 - A. Cooperative spirit grows out of thorough understanding of purpose

- B. Cooperation rests upon one's willingness to fit into the plans of those in charge.
 - C. Cooperation is not based upon likes and dislikes, but it is a quality of the Spirit
 - D. Cooperation for the welfare of the group, may necessitate thanking the bitter with the sweet
- IV. The "Meek" shall have;
- A. Greater insight into life because of willingness to learn and to share with others
 - B. Greater ability to get along with others through a give-and-take attitude
 - C. Greater influence through mutual respect and goodwill
 - D. Greater leadership, because of "teachableness" sincerity and loyalty to purpose.

Affirmation: I am open and receptive to life.

Week #4: Wake Up! It's Easter

Main Message: In Spiritual Love, we have no fear for the future. Let's learn to live in the eternal present - getting the most out of life that we can, and giving the most back to life - in the full knowledge that together we are on a pathway which leads to the everlasting unfoldment of the Christ Self within each of us.

Readings:

"Thales said there was no difference between life and death. "Why, then," said some one to him, "do you not die?" "Because," said he, "it does make no difference."
~Diogenes Laertius

Lesson: Easter Morning

One day the disciple asked Jesus to explain to them the hereafter and what would happen to Jesus if he left this expression of life. They loved him very much and they were afraid - afraid that they would never see Jesus again. Jesus said "In my father's house are many mansions: if it were not so, I would have told you." (John 14:2) That was his way of saying that life goes on and on, that it never ends; and that it is always good. To Jesus, "Father" meant God; "Houses" meant God's universe - the place where God lives: "Mansion" meant a place of beauty, love and plenty.

Jesus said the hereafter is like a door opening into a beautiful room - a mansion; but the disciples were afraid. They were afraid of what was on the other side of that door.

Jesus taught them that perfect love gets rid of fear. Jesus loved everyone. He loved the disciples, and he love all people. He loved animals and plants. The love of Jesus for his father was so real he knew the Father would reveal through him that death is non-existent; so that was exactly what he decided to prove. After the crucifixion he was placed in a stone cave called a tomb, and someone placed a heavy stone in the door of the cave. However, on Easter morning, Jesus was not in the cave. He had risen. Another work for 'risen' is 'resurrection.' After Jesus had risen he made himself known to his disciples which opened to them the understanding and to us that no one need be afraid when it comes time for this Easter. Everyone who leaves this life expression still lives, only in a different and beautiful place which Jesus called "Paradise" After Jesus had gone through the door and then showed the disciples he was still alive, he told them he would be with them and with all people always. In love and in Spirit. Today we celebrated Easter in the joy and knowing we shall always live; also, to remember Jesus taught that perfect love casts out all fear.

Everything in nature seems to help us celebrate Easter. Blades of green grass grow high and wave to each other - "See, we were in a tomb (in the roots), and now we are alive!" A flower blooms and calls out to the world, I am alive." Everyone can see for

himself that the flower is now very much alive and more beautiful than it was when it was a seed. When the flower lay hidden in the seed, it was probably so warm and cozy it simply wanted to stay right there, never dreaming it could be so beautiful when it pushed out of its seed self into a bright new world.

Activities:

Symbolism of Craft: As we read and expand our knowledge, we expand our world and our lives.

Craft: Pipe cleaner Earthworm Bookmark

Materials:

Several easter colored pipe cleaners
Beads
Google eyes
Glue



Advanced Material for 4th & 5th grade:

The Tapestry of My Life

I wonder what the other side will be when I have finished weaving all my thread. I do not know the pattern nor the end of this great piece of work which is for me. I only know that I must weave with care the colors that are given to me, day by day, and make of them a fabric firm and true., which will be of service for my fellow man.

Sometimes those colors are so dark and gray I doubt if there will be one line or trace of beauty there. But all at once there comes a thread of gold or rose so deep that there will always be that one bright spot to cherish or to keep and maybe against its ground of darker hue it will be beautiful!

The warp is held in place by the Master's hand. The Master's mind made the design for me: if I but weave the shuttle to and fro and blend the colors just the best I know, perhaps when it is finished He will say, "Tis good," and lay it on the footstool of His feet.

We do not have to wait until leaving this expression to experience those things symbolized by the word "heaven." Those things that we have the potential to experience are explained to us in the scriptures as the kingdom of heaven, which is within. We have only to seek. We have the potential to destroy or give up wrong thinking - envy, hate and fear - that we may realize now a life of love and understanding. The power to do this lies

within each one of us. The risen Christ Spirit is already within but cannot rise until those weights of envy, hate and negativity are crossed out (crucified).

Just as the ugly duckling was already a swan, he had to hear his call to know it. Already we are 'sons of God' and we cannot hear our call to life on a higher level (receive our guidance) until we cross out our negative feelings. When we do this, we are truly observing the resurrection principle taught by Jesus.

Tween & Teen Activity

It is impossible to study the words of Jesus without realizing that his whole teaching was a symbolic presentation of our relationship to the universe. He was the great example, and not the great exception. Therefore, he said "I do this as an example unto you." and he added, 'If ye know these things, happy are you if ye do them.' It is useless to have knowledge unless we use it. Jesus taught the exact parallel between the physical laws of nature and the laws of mind in relationship to the spiritual worlds. The key to his teaching is an understanding that for every physical law there is a parallel law in mind and spirit.

Lesson: The Story of Easter

The cross is a universal symbol that has been used in various forms throughout the ages. In New Thought the central point represents Deity which flows out into humanity as humanity. The perpendicular line represents the discount of Spirit, and the horizontal one represents Soul - that which receives and acts upon Spirit.

Man, as he stands with outstretched arms, is the very cross itself - Spirit caught up in form - Spirit manifested in matter. Through understanding that his real Self is a son of God, man is resurrected - released from the cross and raised to a higher level of consciousness.

We teach that the resurrection is a principle in life, and that crucifixion must precede every resurrection. As we give up the old, we are born to the new everyday. Thus man is on the pathway of an eternal evolution, forever becoming more and more himself, never less himself. He passes from one experience to another. In mental or physical anguish he has his cross to bear, so to speak. However, he may end his suffering by identifying with the Spirit and declaring that 'God is present.'

Man earns or invites everything that comes to him. So it was with Jesus. His love was greater than the mental and physical crucifixion which he invited. He invited it for the purpose of showing man the way from crucifixion to resurrection. When man recognizes the Christ within himself, he releases the greatest power in the Universe - Love. Love then resurrects him from his problem to a higher consciousness.

Sin is missing the mark, a mistake. The Christ within - Spiritual Love - saves us from our mistakes. Jesus understood this. He realized that the masses of people did not

understand. So, he chose to go through the crucifixion in order that people might understand the redeeming grace of Spiritual Love.

This was the climax to his years of teaching. He had tried to show that 'eternal life' was more than immortality; that it was a quality of living rather than a quantity. When asked by the disciples, what is God's relationship to the dead? he answered, '... he is not a God of the dead, but of the living; for all live unto Him.' (LUKE 20:38) "In my Father's house are many mansions; if it were not so, "would have told you. " (John 14:2). He code the crucifixion that the people could understand his teaching to show that man can rise from defeat from that which appears to be final.

Following his example, let us recognize our troubles for what they are and declare, "This is only a lesson. I, too, can rise"

Affirmation: I am always awake to my highest good.