

Soul Food Unity Ministry

*"And you shall know the truth
and the truth shall set you free"*

March 2007 Issue

A Message From the Bible

"In the morning a great while before day Jesus rose and went out to an isolated place and there he prayed."Mark 1:35

The historical Jesus used spiritual practices, including meditation in the silence and affirmative prayer to receive inspiration and deepen his relationship with God. We are told in the gospels that Jesus spend long hours in prayer accompanied by solitude. This implies that his prayer went beyond verbal prayer to a deeper level called contemplative prayer or meditation distinguished by internal silence for lengthy periods of time. Luke's Gospel in particular, emphasized the important role this prayer practice played in his life: Luke 3:21, 5:16, 9:18 and 9:28-29 to cite a few examples. This practice of meditation in the silence moved him into mystical union with God.

Jesus also prayed affirmatively in socially interactive situations. Prayer fragments that can be traced back to the

authentic words of Jesus have been put together and are now known as the Lord's Prayer. Once these fragments are placed in the historical situation in which Jesus spoke them, their affirmative power becomes vibrant with meaning.

Let's look, as an example at the prayer fragment, 'Give us this day our daily bread' it is set in the historical Jesus' lifestyle as an itinerant teacher who relied on the hospitality of those to whom he took his ministry for his support. This prayer fragment was an affirmation of his faith in the care of God rather than depending on accumulated wealth. It was also was an affirmation of his radical trust in God for all that he and his disciples needed on a day-to-day basis. His spoken word generated the creative energy that brought it into full manifestation.

Continued on next page

Message from the Bible

continued from first page

Jesus prayed meditatively in the silence and affirmatively through the power of his spoke word. As these prayer practices demonstrated the good He prayed for in his life 2,000 years ago, our practice of them will demonstrate the good we desire today.

There's a deeper meaning to our scripture when we metaphysically interpret it. Metaphysical interpretation means we see in it symbolic representations of aspects of our own consciousness.

"In the morning, a great while before day, Jesus rose and went out to an isolated place and there he prayed."

Morning, metaphysically interpreted means the beginning time of any creative effort, no matter what time the clock indicates. In the beginning (or morning) we must seek God in silent inner prayer. For many of us, inner silence is difficult to experience because the thoughts in our mind and the voices in our head have taken over. We have identified with them so much we are unable to stop them. The chattering of our *thought people* is an inner noise which prevents us from experiencing inner quiet.

Metaphysically interpreted, Jesus represents the 'I Am' Presence in each and all of us. The I Am Presence listens and observes *without* identification. When we hear the voice without identifying with it, the voice shuts up and the noise subsides. We experience a quiet inner stillness. In the consciousness of the *I Am* Presence in

Soul Food Unity's Bible Resource Ministry

Our Mission: *To promote Unity's tradition of metaphysical and historical Bible study by providing Bible resource materials to Unity and other New Thought ministers, teachers & students*

Our Vision: *Soul Food Unity's Bible Resource Ministry aspires to be a Spiritual education center where the principles in the Bible are interpreted, modeled and thought in a relevant and practical way*

Our Identity Statement: *Soul Food Unity's Bible Resource Ministry is a link in the chain of the great spiritual educational movement which was begun by Jesus Christ.*

We are bringing a bold new understanding of scripture that blends the best of biblical learning and metaphysical interpretation with practical concern for how it can be lived today.....Blessings!

*****Message from the Bible continued below***

us (Jesus), we are isolated from *our* thought people. This, metaphysically speaking, is the isolated place within us where we can experience the silence and our own mystical union with the Presence of God.

"All power has its birth in the silence."
("Talks On Truth")
Chas. Fillmore pg. 8