



Good News from ...

# Soul Food Unity Ministry

“The Word of God is true Soul Food”

~ Charles Fillmore

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*Shining the Light of Truth on Contemporary Issues*

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## The Golden Key

Recently I was working with the spiritual practice called **The Golden Key**. It is found in the teachings of Emmet Fox where he calls it “a practical recipe for getting out of trouble.” He wrote that no amount of study and research will get us out of a concrete difficulty. Nothing but practical work in our own consciousness will do that. **The Golden Key’s** method is to stop thinking about the difficulty—whatever it is—and think about God instead. This doesn’t mean to go into denial about the problem, just that we redirect our thinking away from it.



In making the effort to *think about God*, an aspect of God, (talked about in my youth but rarely, if ever, talked about in New Thought) came to mind. That aspect is the **Providence of God**. The soul folks of my childhood talked about the Providence of God demonstrating as the three “L’s” – the *Limits*, the *Leavings* and the *Last End*.

The **Limits** mean that God is in charge of the limits built into every situation of our lives. It means that our lives are protected from extremes beyond our ability to cope. It assures us that God will not let more come upon us than we can handle. The biblical basis for this belief is found in

I Corinthians, 10:13. “*God is faithful, and he will not let you be tested beyond your strength, but with the testing he will provide the way out so that you may be able to escape.*”

Paul writes these words about 54 C.E. to a congregation that he had founded several years earlier. Corinth was a large and prospering urban center with an ethnically, culturally and religiously diverse population. The congregation was predominantly gentile, and it probably mirrored the diversity of the city’s population. Living by their Christian values in a culture of greed, excess, and idolatry was challenging. Paul’s words encouraged and inspired them to remain faithful to God knowing that God had placed limits on the challenges in their lives.

A gospel song, written during the depression by Roberta Martin, imparted this message, “He Knows Just How Much We Can Bear.”

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Like the words of Paul to his congregation 2000 years ago, the words of Roberta Martin's song deepen our faith that our lives are protected from challenges beyond our ability to cope.

The **Leavings** mean that no matter what we lose, life always has enough good left over to make it worth living. When we complain about what we don't have, we are forgetting about the abundance of good we do have. The biblical basis for this belief is the teaching by the prophets regarding the remnant of Israel that would return from exile in Babylon to the Holy Land. *"On that day, the remnant of Israel and the survivors of the house of Jacob will lean on the Lord, the Holy One of Israel, in truth. A remnant will return."* (Isaiah 10:20-21)

The prophet known as First Isaiah spoke to the people of Judah before the Babylonian exile. He warned them that their violation of the Covenant and Divine Law would have dire consequences. They would be forced into exile a long way from home. Many of them would be lost, but a remnant would remain and would return to the Holy Land.

And for us too, there is always a remnant of good remaining and it is enough good to make our lives worth living.

Many Gospel songs give voice to this aspect of the Providence of God. "His Eye Is on the Sparrow" and "Thank You, Lord" both are helpful when we are dealing with the Leavings. They help us center in God, through gratitude for the abundance of good that is ours.

The third "L" refers to the **Last End**. This means we are assured that God's will for us is good, it is *absolute* good; God's will of good will triumph when we keep our

focus on God and not the appearance of things in the outer. God is willing our good and is able to turn whatever may occur into "good ends. In other words, **bad news is never the last news for us when we are aware that God works in everything for our highest good.** The biblical basis for this belief is found in the story of Joseph and his brothers in the book of Genesis 37-50.

Joseph's brothers were jealous of the favoritism shown to him by their father. So, when he started bragging about dreams of his superiority over them, they plotted against him. Not wanting his blood on their hands, they did not kill him but sold him into Egyptian slavery. Many years later, Joseph's brothers went to Egypt seeking help because of a famine in Canaan. They wanted to buy grain and were shocked to see Joseph in charge of dispensing the grain. Afraid of what Joseph might do to them now that he had the upper hand, they went to see him privately. Joseph's words to them are a beautiful example of the Providence of God as the Last End. *"Have no illusion about your intentions at the time you did wrong to me. But, although you meant it for evil, God meant it for my good."* (Genesis 50:20)

Many Gospel songs celebrate the truth of the Providence of God as the Last End. A favorite song of mine when I need to nourish my realization of this aspect of God is "Precious Lord."

These are some of the ways I learned to think about God in my youth; they have helped me to expand my God thought in working with *The Golden Key*. This method of thinking about God rather than thinking about the problem sounds simple but it is not easy. However, as we become absorbed in these concepts of God—or—other God thoughts that inspire us, we can forget

awhile about the problem and the Providence of God will begin its work within us. Soon we will know the Truth and be able to respond to the situation in a

positive, creative way. From this state of consciousness, the good our heart desires will be demonstrated. ~ Sallye Taylor



### *Talks on Truth, Charles Fillmore*

*“God is Spirit, infinite Mind, the immanent force and intelligence everywhere manifest in nature.*

*“Life is a problem solvable by a principle whose essence is intelligence which the wise person always consults.*

*“A belief prevails that God is somewhat inaccessible...But these are mere opinions that have been taught and accepted by those who perceive the letter instead of the spirit. For as God is Spirit, the principle of intelligence and life everywhere present at all times, He must be just as accessible as a principle of mathematics...When a*

*mathematician finds his answer to a problem is not correct, he consults the principle and works out the correct solution.*

*“Jehovah God, infinite Mind in expression, is the way, and this Mind is always within reach of every man, woman and child.*

*“It is not necessary to go in state to God...God is your higher self and is in constant waiting upon you. God loves to serve and will attend faithfully to the most minute details of your daily life.*

*“God knows everything you do, and you might just as well have His advice.”*

Visit our web site at

[www.UnityTruthSeekers.com](http://www.UnityTruthSeekers.com)

Watch Sallye's class –

**The Bible on Money, Sex,  
Power and Homosexuality**

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# Soul Food Unity Ministry

## *Our Mission*

To promote Unity's tradition of metaphysical and historical Bible study by providing Bible resource materials to Unity ministers, teachers and students.

## *Our Vision*

Soul Food Unity Ministry aspires to be a Spiritual education center where the principles in the Bible are interpreted, modeled and taught in a relevant and practical way.

## *Our Identity Statement*

Soul Food Unity Ministry is a link in the chain of the great spiritual educational movement that was begun by Jesus Christ.

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

**NOTE: If you would like to receive your copy of this newsletter by email, please send your request to [l.miller1209@att.net](mailto:l.miller1209@att.net) and include your name and email address.**

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