

With the exception of the Lord's Prayer, there is probably no other single bit of writing in the Bible more familiar and more loved than the Twenty-third Psalm. I feel strongly that even Jesus, who quoted very often from the Book of Psalms, must have had a very special fondness for this literary gem of artistic and spiritual beauty.

In fact, I do not think it at all improbable that it may have been from the Twenty-third Psalm that Jesus took the idea for his parable of *The Lost Sheep*, when he said, "I am the good shepherd."

This Psalm has even greater spiritual value when we remember, as we repeat it, that Jesus probably repeated it many times, too.

---Edward Jennens

# SPIRIT in ACTION

A Divine Science Federation International Newsletter  
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Mary Eckard, Secretary

## November 2006

We Welcome You

### The Good Shepherd Song

**Edward Jennens**

(former minister of the Divine Science Church of Truth, San Jose, California.)

Let us now prayerfully consider this beautiful Song of the Good Shepherd.

#### ***The Lord is my shepherd:***

This must imply that we are sheep and want to be counted as such--- sheep meaning "followers." Sheep have within them the instinct to follow, but *we* must *acquire* this virtue and learn through discipline to try not to be "out in front." Remember that before we can be led by God we must be *willing* to be led by Him, to be shown the way. Let us humbly accept the spiritual truth that we are not created to take the lead. Let us know that the way of the one true Shepherd is the right way and gladly follow it.

Modern metaphysical teachers arouse our sense of dominion and mastery over impatient impulses. This is good, but some persons accomplish this, only to become something other than what they were created to be. We have heard of people who tried to play God and who wound up destroying themselves. Let us follow Him willingly, and pray: "He leads, I follow; He knows, I trust."

#### ***I shall not want:***

No sheep goes hungry when he has a good shepherd walking up ahead. Our Good Shepherd knows our needs--- spiritual, mental, and physical--- and all these needs His love anticipates and satisfies.

***He maketh me to lie down in green pastures: he leadeth me beside the still waters:***

Here, I love the word *maketh*. He maketh me to lie down. God has a very blessed way of gently urging us to do what He wants us to do. When we, out of willfulness, approach a foolish or dangerous situation, He tries to draw us back to safer ways. If we resist, we feel mental or physical pain; and the longer we resist, the more pain we feel. At such times we pray: "Show me, Lord, where I am resisting Thee."

At least once every single day we should bring every part of our being to the place of absolute rest, trust, and faith in God. Let go of everything and lean back in His everlasting arms. The daily practice of putting yourself in His loving hands will restore your soul, and thus, your strength, your health, your peace of mind, and your proper relationship to God and all those around you.

***He leadeth me in the paths of righteousness for his name's sake:***

Of this we can rest assured: the Lord is leading us in the right path for the growth of our soul. However, to be led we must be careful to avoid the pitfall of feeling superior, the feeling that "my way is the right way and the only way." Follow where His is leading and do not be concerned about where He is leading someone else. If we keep looking to set that other person straight, we miss our own directions from the Lord. The only "preaching" we should do is to encourage others to follow the guidance of their own indwelling Christ, even if their way is not our way.

I have somehow always loved Jesus' answer to Peter, who was so concerned about John, and asked, "Lord, what will this man do?" Jesus wisely answered, "If I will that he tarry till I come, what is that to thee? Follow thou me."

***Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me, thy rod and thy staff they comfort me:***

Sheep are very timid little creatures. They become frightened when they find themselves in deep ravines where the light has been shut out, or where great shadows move across their path. The shepherd knows when the sheep are frightened and makes certain vocal sounds that calm the sheep. He calls their names. He does everything he can to remind them that he is there.

Our Good Shepherd also calls to us, saying, "I am here with you, so stop looking at the high cliffs and the shadows and put your eyes on me. Remember, I know the way." We must remember to keep our eyes on the Good Shepherd.

***Thou preparest a table before me in the presence of mine enemies:***

Before the sheep graze in a new pasture, the shepherd goes ahead of them, parting the grass with his staff, looking for snakes and scorpions. He covers holes into which the sheep might trip or fall, and he pulls up any plants that might not be good for them.

There are times when we find ourselves in circumstances where we feel completely inadequate. We feel, perhaps, that we are in the presence of enemies or opponents whose keen grasp of things may cause them to take advantage of us or injure us. Do not panic. Stand still, until the Shepherd goes ahead and removes all the harmful things.

When the children of Israel, guided by Jehosophat, found themselves completely outnumbered by the enemy, Jehosophat cried unto God: "O our God ... we have no might against this great company that cometh against us; neither know we what to do, but our eyes are upon thee." And the Lord answered: "Jehosophat ... be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's. ... Set yourselves, stand ye still, and see the salvation of the Lord with you." 2 Chronicles 20:12-17  
If a new and difficult situation seems to have you at its mercy, do not rush in impulsively, or run away fearfully. Just stand still, right where you are, and let the Good Shepherd go before you to prepare the way, in the very presence of your enemies, and as the prophet Isaiah said, "No weapon formed against thee shall prosper."

***Thou anointest my head with oil:***

At evening when the sheep are brought into the fold to rest, as the sheep file past him, the shepherd carefully examines each one and pours soothing oil on any bruises, cuts, or scratches.

Grace is the healing balm and oil of the Spirit. At the end of every day our Good Shepherd anoints our wounds and hurts with His healing balm. Every night, before we sleep, as we sleep, as we ask the Lord's

forgiveness for our willfulness and selfishness during the day, He anoints our soul with His all-forgiving grace. And we are at rest.

***My cup runneth over:***

Always God gives; when we can receive, our cup of life overflows.

***Surely goodness and mercy shall follow me all the days of my life:***

In the beginning of this psalm we have the Lord leading us, and now, at the end, we find His goodness and mercy following. Not only does God lead us, but He pursues us with His love. As the shepherd went out lovingly in search of the one lost sheep, God seeks us too when we go astray. He leads us when we trust Him, seeks us when we lose our way, and follows lovingly behind us when we go our willful way, to be there when we stumble and fall.

The Lord's goodness and mercy leads us and follows us all the days of our lives. ***We do dwell in the house of the Lord forever!***

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**STUDY IS ONE THING ...**

***Treatment is Something Else***  
**Emmet Fox**

Studying metaphysics is one thing, but treatment is quite another. The rules for one cannot be applied to the other if success is to be attained.

When you are studying--- reading a metaphysical book, listening to a lecture, or thinking over the Truth that you know, you should be open-minded, wisely critical, taking nothing for granted but weighing and considering--- being as analytical as you please. You should not take someone's word for anything, but prove all things, holding fast to that which justifies itself by demonstrating. "By their fruits ye shall know them."

When you are treating, the exact opposite policy is the right one. Then you must be dogmatic, insistent, arbitrary, cocksure, and mentally closed to anything but the Truth about the problem. You heal by knowing the Truth about the condition, and quietly refusing to recognize the reality of the error for a single moment. You must not in any way be tolerant toward it. Do not analyze the condition that you want to heal; that is only flattering it with attention. Do not waste any time considering your doubts. Think, "God in me is stronger than all my doubts put together, so I shall not waste any time on them. The Truth is true at all times everywhere. The Truth is true about this apparent problem--- and that is the end of the matter."

**LOOK UP**

**Lynn Field**

Early last fall I was writing a book and wanted uninterrupted solitude; accordingly, I decided to accept the invitation to visit a friend who conveniently lived in a desolate area of New Mexico.

Mobile homes had been brought in and placed in a basin surrounded by a group of high mesas--- those wonderful, majestic, red, treeless rock formations of the Southwest. Our trailer home had no phone, no television. I knew none of the few neighbors and we were miles from civilization. Result: aloneness.

The days were glorious, and to relieve my eyes, mind, and hands from writing, I took lengthy walks. By the end of the first week it occurred to me that I always unconsciously chose a path upward; up to a bush framed by the turquoise sky atop the mesa; up to a cluster of interesting-looking rocks crowning the other rocks! There, on top of this unique world, I could survey the vast solitude of New Mexico. The quietness and remoteness filled me with excitement and a newness of life.

On top of the world, and feeling "on top of the world," I remembered other days and other heights: a horseback ride up a mountain in Yellowstone Park to the top of the alpine meadow, looking down across the canyon and the rushing river; climbing Mt. Rainier, as far as the novice can, to look over into a bank of solid clouds; packing up a hill in Montana to view a pure, round mountain lake below; climbing up crumbling towers in Europe to look down at relic towns.

Perched high, mentally and physically, a person is afforded a new perspective of his/her life. Our society tells us to "rise to the occasion," or to "rise above that problem." Our spiritual leaders talk to us about "rising above it in consciousness." Jesus gave his sermon "on the mount."

Coming down from a "high place" in mind or body brings with it a "let down" feeling. When we are not "up" to what we want our day to be, we say, "Oh, I'm a little down today." The Bible says, "Yea, though I walk through the valley of the shadow of death. ..." Symbolism? Maybe, but with good reason. Do we not need the high places of life, the high levels of consciousness to refresh our souls?

Look up and find the divine perfection, symbolically, mentally, and consciously in yourself.

Challenge yourself to accept you goals, to accept the potential of the Christ in you. Stretch your mind and your soul upward to become what you are supposed to become.

Be a hero to yourself by being what you know within you that you should be. Heroes are achievers, winners, people one can identify with and admire. You and I have within us the natural urge for up-ness. You may think your potential is buried deeply, but the point is, it is there. Discover it, extract it, polish it, and give it to the world with satisfaction.

*Look up*--- past the outer appearances. Look up-- to a high place in consciousness. Look up--- to the Spirit of God within you.

*Pray.* Prayer is knowing now that you dwell in the high place, and such prayers are fulfilled.

*Realize your divine inheritance.* Your divine inheritance is that God loves you, His qualities are in you, and His will for you is only good.

*Set your goals.* Set them high. Do not be afraid of them.

*Do everything you can to work toward your goals.* Remember that your goal is a journey. Whether it takes a long or a short time is not important. What is important is that you are working toward that goal. You are a co-creator with God.

Look up, look up!  
Let high your vision be;  
Follow in the footsteps of  
Him who shepherds thee.

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### ***A Thanksgiving Psalm***

How green are Thy gentle hills  
and sturdy forests!  
How lovely Thy wild flowers.  
My thirsty heart is satisfied  
with the beauty of  
Thy sparkling waters.  
How infinite is Thy azure sky---  
How eternal Thy granite mountains!  
My weary soul is ever refreshed at  
Thy fountain of Love.  
My eyes and ears behold also  
every small wonder of  
Thy bountiful handiwork  
And my lips sing songs of Praise and  
Thanksgiving without ceasing.  
To Thee be all honor and glory forever  
and ever,  
My God, my Rock, my All.

---Ferne M. Taylor

The Divine Science Federation wishes to thank the Board members of 2004-2006 for giving of their time and talents to serve **you**, the public, on behalf of the Federation.

A new Board is now in place to serve **you**. To keep your Federation and this Movement proactive, we need your input. Those in New Thought are independent thinkers and any and all suggestions will be thoroughly investigated and discussed, so become a part of this, **your** Divine Science.

### **Your New Divine Science Federation Board Members**

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“One of the best Divine Science Conferences I have ever been to.”

“Wonderful Conference, so inspirational!”

“I have never been to a Conference that was so inspirational.”

The above were just some of the comments made at the 2006 Divine Science Federation Conference recently held in Chicago.

It is always good to get together with old and new friends. It is always a joy to receive uplifting messages. It is always our pleasure to receive gifts of Truth from different points of view.

For the first time in many years this was a Conference of New Thoughters. Not only were Divine Science people invited to attend, but also Unity and Religious Science people were invited to attend. Several expressed an interest in staying connected.

Energy came from all directions.

We had delicious food for the body and two waiters that met our every need.

We shared personal stories and what takes place in our communities and how we “practice the principle of Omnipresence.”

New avenues and new approaches were opened to stretch the mind and consciousness.

Our new found friends from other denominations were invited to share their thoughts.

There was meditation to feed our souls.

There was music to raise our spirits and allow us to interact.

It was hard to say goodbye, but we all left invigorated and ready for the promises and challenges that lay ahead.

A good time was had by all.

(your editor)

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## How to Distinguish a Metaphysical Bear

L. Mila Warn

A man was overheard explaining to children about the habits of bears. He explained how these animals live in the forest, and how, all summer long, they stuff themselves on berries, nuts, and wild honey, and other delicacies that make a bear's coat beautiful and sleek and a bear's disposition sunny.

He went on to say, when the bear can eat no more, it is winter. He proceeds, therefore, to find himself a comfortable hollow log, curl up in it, and go sound asleep. Soon the forest is covered with snow; the icy winds blast and howl through the tree tops, but after several cold and frozen months, the magic of spring begins to show again in the twittering of birds and the beauty of the first green shoots and the new leaves.

Then our bear, once more lean and hungry, lumbers from his hollow log, which has become very unsatisfactory by now, and begins to eat again.

There are bears and bears.

There are cinnamon, polar, and grizzly bears.

But there are also *metaphysical bears*---  
how do we distinguish those?

Begin by asking if we know someone who has gone continually to church and to lectures on Truth, and has taken classes and read books which nourished him by their lessons on understanding, tolerance, love, joy, and all good? After long continued “stuffing” on these spiritual delicacies, this person thinks he is completely “on the beam.” He demonstrates. He becomes prosperous. His health improves. Harmony reigns in his affairs. Like

the forest variety of bear, he presents a sleek coat, and his disposition is sunny.

Presently, we do not see him any more at church or at the lectures that used to be his regular haunts. His habit of turning to God for guidance in all his actions has been discontinued. Too content, he has curled up and gone to sleep.

Then, not too long after, we happen to meet our friend once more, wending his way back to church or to a lecture. With a lean and hungry look in his eye, he complains, “Truth doesn't seem to work for me any more. Everything is wrong in my life!”

Why is this? It is because it is winter for him; and it will continue to be winter just so long as his mind forgets the spiritual Source that provided him with all the good which previously came into his life. He has grown thin and gaunt, through dependence upon himself instead of upon the Christ within. Because he is spiritually asleep, he is not aware of the beauty and zest and joy of being about his *Father's business* which had at one time made his life successful.

Yet, at any time, the winter may be over for this metaphysical bear. He needs only to make the decision to return to the Secret Place of the Most High, to be momentarily one with God, the Source of his health, supply, love, and peace. Let us keep good watch, lest we, too, become *metaphysical bears!*

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## BEARING WITNESS

Adeline W. Nelson

*“To this end was I born, and for this cause come I into the world, that I should bear witness unto the Truth.”*

In these words the Great Teacher has expressed not only the purpose of his own life, but the privilege and purpose of your life and mine--- *bearing witness*.

When the individual realizes that every word bears witness to the degree of his spiritual consciousness, he begins to understand that awareness of Truth brings its responsibilities as well as its rewards.

We are to bear witness, not occasionally, but moment by moment, and with joy. We are to bear witness with our whole lives, not only the present with its glorious opportunities, but the past which has contained, perhaps, many mistakes and disappointments. Instead of clinging to these, indulging in vain regrets, we bless every step of our unfoldment, rejoicing in the lessons we have learned through difficult experiences.

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**A Divine Science Federation International  
Newsletter**

**L** ove  
**I** ntegrity  
**F** reedom  
**E** xcellence

**We Welcome You!**

Education in constructive thinking, not force, will make our world a better place to live in.

We need to use spiritual propaganda; we need to persuade the nations of the world that it is not through any political philosophy that the Kingdom of Heaven will come to earth, but through reform within each individual.

When man accepts the truth that all spring from the same universal Cosmic Source, he will understand the meaning of unity and of right relationships with his fellow man.

---Henry Knaust

“God has chosen you to live in these challenging years.

He has chosen you for a purpose. That purpose is to love more and more and more--- to love enough so that you will cooperate lovingly to help bring the brotherhood love lived by Christ into manifestation---

Oh, the glory of it--- to live in this age! You are chosen to open the door to the new age of man.”

---Brown Landone