

HOLY COMMUNION

By Robert Applegate, Jr.

Jesus Christ said: "Unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. He that eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day." (John 6:53)

The "flesh" of Christ is the Word of God. The Apostle John wrote: "The Word was made flesh and dwelt among us." This Word is man's true nourishment; for "man shall not live by bread alone, but by every word that proceeds out of the mouth of God." It is quite possible to eat the Word of God and be nourished by It physically, mentally, and spiritually. Jesus proved this during His forty days in the Wilderness. Anyone can prove it for himself.

"Blood" represents life. "The blood is the life," we are told; and this idea was the basis for the whole system of animal sacrifice. So the "blood" of Christ is the Life of God.

Therefore the true communion, the true partaking of the body and blood of Christ, is the receiving of the Word and the Life of God. It is a holy communion, because it is received within the pure heart, in the silence. In this partaking of the One Word and the One Life, we are one with all those who are similarly partaking of it. This is the "communion of the saints." So Paul wrote:

"I do not want you to be ignorant, brothers, that our fathers all ... ate the same spiritual food and all drank the same spiritual drink, ... (which) was the Christ."

There is no division of time or space in the holy communion, for there is no time or space in God.

"We many are one body, for we all share in the one Bread. ... We are all one in Christ Jesus."

Every meal that we eat should remind us of what has been given to us, of the atoning work of Jesus Christ (and of His Presence within us.) When Jesus passed the cup at His last supper with His disciples, He said:

"As often as you drink it, do it in remembrance of me. For as often as you eat this bread and drink this cup, you announce the Lord's death until He comes (i.e., until He, who is always present, comes into your awareness)."

To take these words of Jesus Christ seriously will make every meal a sacrament.

(It is quite literally true that every time we partake of material food we declare the Lord's death. For unless Christ had "died" in us, we should not be material beings, needing material food. The Christ is our life; His "death" in us was our losing consciousness of Him. This is what made us material beings. We are told that when this process is reversed, when we have again become conscious of Christ in us, we shall once more be as God made us. Paul wrote:

"When Christ, who is our life, is revealed, then we also shall be revealed [as being] with Him in glory.")

In Paul's writing it is sometimes hard to tell whether he is talking about the Christ that is the eternal Word of God, or the Christ that was incarnated in the Man from Nazareth, or the Christ that is in us. The reason for this confusion is simple: it is all the same Christ. This is the message of Christianity. We are told to believe this, and to remember it. "Remember Jesus Christ risen for the dead."

To remember the Christ continuously is the hardest work there is. It requires a complete turning around of our thought and our desire. We have for years looked outward to the world for satisfaction. Whenever we do this, we deny Christ. We forget Him; we deny what He has done for us and what He has taught us. We must turn our attention - our thought and our desire - back to Him and keep it there. Then our whole life will become a sacrament. But the natural man does not want to do this. He would much rather continue his old way of living, and perform a religious ritual that eases his conscience and gives him a pleasant sense of having done his religious duty. This is why the holy communion gradually became a ritual.

Originally every meal that the disciples and their followers ate was a holy communion. "They continued enthusiastically in the teaching of the apostles and in the communion: i.e. in the breaking of bread and in prayer. ... With one heart ... they continued in the breaking of bread in different homes, taking their nourishment with joy and purity of heart, praising God and having favor with all the people." (Acts 2:42-46; my translation) This was as it should always be.

Everything external is a symbol, or reflection, of something spiritual (i.e., of something real and eternal). Everything should remind us of its spiritual counterpart. Eating together has always represented friendship and communion. It should remind us of its spiritual counterpart: eating the Word of God, communing with Him. Every meal should be a holy communion, a pure fellowship with God and with one another, as it was for that earliest band of disciples at Jerusalem.

Many of the incidents of Jesus' earthly life were connected with meals with His friends: with Matthew the Publican; and Simon the Pharisee; with Zaccheus; with Mary, Martha, and Lazarus; with the Twelve just before His arrest (and on many other occasions); and again with the seven disciples beside the Sea of Galilee, after His Resurrection.

Every one of these meals was a holy communion - a pure fellowship with the Holy Lord. The same Lord will be with us at every meal if we make every meal an occasion to remember Him.

"Our fellowship (communion) is with the Father and with His Son Jesus Christ."

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SPIRITICITY October 1963

GOD CALL US

By Alden Truesdell

Many times we are asked to help people who are awakened in the night and then have difficulty in getting back to sleep. Inability to sleep is considered a malady, which it does become if anyone becomes obsessed with it.

Recently a woman came to me for help. She said she had been unable to sleep for eight years and wanted to know if I could do anything about it. Assuring her that God could help her, I prompted her to relax, to be receptive to treatment. The treatment was comparatively brief; but long before prayer was over, she had dropped off into a deep sleep. So I took a coffee break for the better part of half an hour. I came back to find her still sleeping. She could hardly believe she had slept for half an hour or so when she was awakened. This was a chronic case that could have been arrested early if understanding had been applied.

If we have been attentive to things spiritual, the response from Spirit is apt to come when we are prone upon a bed and about to drop off to sleep. The spiritual action alerts the consciousness, and if recognized for what it is, will yield some sort of spiritual instruction. If we could be wise enough to know this is the Father prompting the son, and would say, "Speak, Lord, for Thy servant heareth," we would receive invaluable benefit. God is constantly calling us.

God seems to be almost lying in wait for us, waiting for an opening, as an experienced boxer attempts to catch his opponent off guard. We would be wise to agree with this Adversary quickly. But we are apt to consider His probing an irritation. This is true especially when we are set for sleep, but are kept awake.

Sleep is desirable when needed, but Spirit is more valuable than sleep. When the disciples were on the Mount of Calvary with Jesus, the emanation of spiritual energy was so great as to stun them and render them unconscious. Jesus did not commend them, but chided them for not being able to pray with Him for one hour. So while sleep is good, and healing often takes place during sleep, still it is good to be awake and alert when God is calling us to our place of spiritual instruction. We can be healed while we sleep, but should stay awake in school.

We do not go too far in the consideration of Christ Truth before we realize definite departments within the structure of Divinity. We find that, by being receptive to the ministering nature of the Presence of God, we can be healed of disruptions in mind and body. Then we find that, by being alert to spiritual instruction, we add to our store of wisdom and become more mature in Spirit. We find too that there is instruction in healing and healing in instruction. The two are interdependent. In Scripture we find the invitation:

"Come, My people, enter thou into thy chambers, and shut thy doors about thee. ... For, behold, the Lord cometh."

It seems man has his own inbuilt clinic, where he may have all his diseases diagnosed and healed, whenever he puts himself in the hands of the Head

of the healing department. Or if the need is for wisdom, he may be directed to the classroom of the Holy Spirit, the only Teacher that can teach all things and guide in the Way of Truth.

As children are reluctant to go to school, and are difficult to get into the house for meals, study, or even sleep, so are the children of God reluctant to heed the call: "Come, My people." God calls us, "Come into My house" - - much as a parent calls the children in from their play. Mothers know the importance of getting the children's attention, saying, "Look here!" and, "Come here this minute!" The attention is the important thing for God's children, as it is for all children.

I read recently of a man who had hired an expert to train a mule. He had heard that the expert trained animals with patience and kindness, and so he was surprised when the first thing the expert did was to pick up a piece of two-by-four and hit the mule on the head. He said that he thought the training would be done with kindness and understanding. The expert agreed that was his method. "But first," he said, "I have to get that mule's attention." So is God trying to get our attention.

God calls us, so that He can give us Himself. As Jesus said: "If a man love Me, he will keep My words: and My Father will love him, and we will come unto him, and make Our abode with him."

Adults are working daily to provide everything for the youth which must be served. How often have we heard the complaint, "We have given this child everything, and get no appreciation or cooperation"? Could it be that the adults are not appreciative of the many services, blessings, and provision they have had from God from the beginning of their lives on earth? They did not bring anything with them; everything they have, has been given to them. They have been prisoners of God, and God hears from some of them only when the pension check seems to be delayed.

They say, "Oh, we worked hard for what we have." And that is true. But even their work has been given to them; and had they been more appreciative, their work would have been lighter. For work is a gift and carries with it always its own reward. "The labourer is worthy of his hire." The object of work should be to "labour to enter into that rest"; or into right relation with God. "For we which have believed to enter into rest. ... He that is entered into His rest, he also hath ceased from his own works, as God did from His."

"The Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely."

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SPIRITICITY October 1963

SALUTATION

By H. B. Jeffery

Each day is a new beginning. We look up and give thanks to the Eternal One, the Creator of heaven and earth, the One who gives life to all, the Author of all being. We salute the day with gladness; we rejoice.

As we look unto the One and keep our vision steadfastly fixed upon the One, we discover capabilities of which we were not aware. As the Self unfolds It self to us, as It reveals Itself to us, we rise up, praising It and glorying in It. This is what the Easterners call "upraising the self by the Self." That Self within is what we know as "Christ in you, your hope of glory."

We may touch the Father; we may be aware of the Presence of the Father, if we have accepted the Son -- Jesus of Nazareth.

Jesus said: "I have finished the work which Thou gavest Me to do." Jesus' work is done. We can't do it. We are not called upon to do His work; it is finished. We are called upon to make acknowledgment of the fact that He completed His work, that is done.

If we make acknowledgment of the complete, perfect work of Christ, we shall be able to enter the Realm of completed things. There will open unto us the hidden possibilities of our own Self. And so we rejoice and are glad.

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SPIRITICITY October 1963

LETTER FROM A FRIEND

By Ellen Kelley

"We enjoyed our trip to Fort Worth so very, very much. It is always a privilege and a pleasure to visit with all of you there. To visitors such as ourselves who are familiar with the work of the Ministry, we know there is a surge of Spiritual Activity going on at all times plus the physical, human activity that goes into the maintaining of the place, the writing, and so forth; and, spread over all this intense activity, or perhaps, underlying it, is a "peace that passeth understanding."

One can "feel" the peace the minute one turns onto Canton Drive and even more so as the car crunches up the gravel driveway.

To us weary travelers, this peace is rest and refreshment, a recharging of our physical-mental-spiritual batteries. As my husband said as we drove away, "I'm ready to face the world again."

The children are happily started in their respective schools. The older girl is in the Second Grade -- praise the Lord -- she was placed with one of the best, and best-loved teachers in the school! There are three Second Grade classes, so we were consumed with curiosity to find out which teacher she would have. Her teacher is firm - hard so far as the quality of work demanded from each student, but so kind and understanding that the children absolutely adore her and can't help giving their best effort. Oh, these things are so important to all mothers!"

SPIRITICITY October 1963

APOTHEGMS

By Nell Truesdell

The Soul is the living Substance that encases the Spirit.

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All desire for things must be sacrificed if you hope to ascend the Celestial Heights.

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Faith in God obscures the understanding;
Hope in God clouds the memory;
Love for God cancels the human will.

When you have faith in God, that faith blots out whatever it is you are trying to understand; for whatever you try to understand is always less than God.

"And now, Lord, what wait I for? my hope is in Thee." (Psm. 39:7)

Hope, when it is transfixed before the Almighty, obliterates memory. there is nothing to remember when hope is centered in God.

"Not my will, but Thine be done," prayed Jesus.

God's Will is the only directive power that leads into full attainment of spiritual sonship. Love for God overrides the personal will and frees the consciousness from needless bondage.

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Self-discipline for a fault often stimulates indulgence in the fault. When you reach this critical state you may pamper the fault rather than decide to overcome it.

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A material demonstration serves to whet your desire for a larger material demonstration rather than to satisfy your desire for things.

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Use your awareness of God to make Him your Companion, your Advisor, your Friend who is always with you as a supporting Presence.

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Any desire, no matter how seemly, strains the soul.

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"If with Christ you died to the elemental spirits of the universe, why do you live as if you still belonged to the world? Why do you submit to regulations, 'Do not handle, Do not taste, Do not touch' (referring to things which all perish as they are used), according to human precepts and doctrines? These have indeed an appearance of wisdom in promoting rigor of devotion and self-abasement and severity to the body, but they are of no value in checking the indulgence of the flesh." (Col. 2:20-23 RSV)

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Stand free, strong, and secure in your Spiritual Integrity.

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Signs (demonstrations) always follow your awareness of God's Presence with you. Keep your attention on Him instead of rejoicing overmuch in a demonstration. It is He that gave you the sign.

Alphabet of
DAILY MEDITATIONS
For Every Week Day of the Month

October 1960

1. Lord, who shall ABIDE in Thy tabernacle?
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3. BECAUSE He is at my right hand, I shall not be moved.
4. I will bless the Lord who hath given me COUNSEL.
5. DO good.
6. The Lord my God will ENLIGHTEN my darkness.
7. In Thy Presence is FULNESS of joy.
8. Holy my GOINGS in Thy paths.
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10. My HEART is glad.
11. The Spirit maketh INTERCESSION for us.
12. We also JOY in God, through our Lord Jesus Christ.
13. He that KEEPETH thee will not slumber.
14. I shall be satisfied, when I awake with Thy LIKENESS.
15. MIGHTY works are wrought by His hands.
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17. We have NOW received the atonement.
18. We know not what we should pray for as we OUGHT.
19. Seek PEACE, and PURSUE it.
20. Study to be QUIET.
21. The Lord RECOMPENSED me according to my RIGHTEOUSNESS.
22. I have SET the Lord always before me.
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24. Do all THINGS without murmuring.
25. With an UPRIGHT man thou wilt show thyself UPRIGHT.
26. God hath VISITED His people.
27. It shall be WELL WITH thee.
28. We bless YOU in the name of the Lord.
29. Be glad, ye children of ZION (peace).
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31. Give unto the Lord glory and strength.

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"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."

SPIRITICITY is the Working Power of the Spiritual Principle
as electricity is the working power of the electrical principle.