

# JOHNNIE COLEMON THEOLOGICAL SEMINARY

## Life Is For Living

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### LESSON 1

A New Dimension of Life

Attitudes or Platitudes

A New Look at Tension

#### I. A New Dimension of Life

This is the object of our quest in Truth—the realization of the fullness of life, the unbroken circle of eternal experience.

##### A. What is Life?

1. Life is an idea in the mind of the Infinite.
2. Life is not physical, but simply flows through the physical as a vessel.
3. Life is the evidence of a Divine Idea, which is the Christ finding its expression in us and as us.

##### B. How do we account for age, sickness, deterioration and death?

1. Many doctors have long held that age, sickness, deterioration and death is caused by a congestion or strangulation of the flow of the life forces through the body, with the stress-producing factors of fear and worry and tension.
2. There are about three billion people in the world that are all supplied by the same spiritual life blood. They all use the same Mind and live by the same Spirit. If something could remove every concept of fear, of lack, of insecurity, of sickness and death, the Spirit would flow into every mind and body unobstructed.

##### C. In the Revelation of John, what did the following verse mean, “To him that overcometh, to him will I give to eat of the tree of life...”

1. To overcome means to come up over the old mortal beliefs, to correct the thoughts that fall short of the divine ideal.

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2. Every time you speak the word of Truth, you take a step in overcoming and you eat of the tree of life.
  3. The very act of rising to a higher state of consciousness is overcoming.
  4. Eating of the tree of life and overcoming are one and the same thing. One is the key to the door of life; the other is the will to turn the key in the lock.
- D. Why did Jesus place great emphasis on Prayer?
1. Prayer is the appropriation of the fullness of life, eating of the tree of life, and opening our eyes to a new dimension of life.
  2. The prayer-conditioned life is the life of vitality and joy and confidence.
  3. When we live by the Spirit, we enjoy better health and we experience increasing longevity.
- II. Attitudes or Platitudes
- “As a man thinketh within himself so is he.” A man is constantly being molded and shaped by the mental attitude he holds.
- A. What is an attitude? What is a platitude?
1. An attitude is a state of mind in relation to some matter or situation.
  2. An attitude of mind toward an environment determines the nature of man’s environment.
  3. A platitude is a flat, trite, or weak remark.
- B. What is pharisaical attitude that Jesus condemned?
1. They prayed to be seen of men.
  2. They used “vain repetitions” in prayer.

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3. They make broad their phylacteries, and love the chief place at feasts, and the chief seats in the synagogues. But they have no change of heart.
- C. We should seek to eliminate prayer platitudes.
1. The great objective in prayer is to “Be still and know: that God is our Father, the one universal life, substance, and intelligence.
  2. Know that we are His expression, and through us He comes into visibility.
- III. A New Look at Tension
- A. What is tension?
1. A state of mental or physical strain.
  2. The physiologist talks about “body tone.” This is an ideal state conducive to health and physical well-being. To release all tension would cause a breakdown of the orderly functioning of the body.
- B. What causes physical strain and mental tension?
1. Often the physical strain and mental tension we experience come because, although we have the desire for something we need, we center our thought on lack and on the memory pattern of what the lack has meant to us and what it could mean to us again.
  2. We are visualizing hardship and privation instead of knowing that there is an all-sufficiency of all things.
  3. You may still get wound up over things you sincerely want to do or be, but you will carefully transfer that tension to poise and power of the Christ Mind. You will cast your burden on the Lord.

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### LESSON II

#### The Divine Law of Adjustment Handicaps Can Help From Fretting to Letting

#### I. The Divine Law of Adjustment

“God’s law of adjustment regulates all the affairs of my life, and all things are in divine order.”

#### A. What is the divine law of adjustment?

1. It is that force in life that works incessantly to resolve conflicts, to heal ills, to establish peace and fulfillment.
2. It is the intelligence of God that ever works to inspire each individual to right action.
3. It is the life of God through which the life of man is forever biased on the side of health and healing.
4. It is the substance of God through which man’s efforts are influenced in favor of success and prosperity.
5. It is the activity of God that works through the affairs of man to establish that which is right and just and orderly.

#### B. When we pray, is this a means of getting God to attune to us?

1. No. Prayer is the means by which we get “in tune with the Infinite.”

#### C. Is there something to be feared about God’s will for us?

1. No. God’s will for us is wise and practical for any person faced with a crisis or need. We let go of tension and fear when we pray. “Father, let Thy will be done in and through me.”

#### D. What is the function of an affirmation?

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1. To lift your consciousness to the level of the answer.
2. An affirmation does not make something true. It declares that which is true and, by the harmonious adjustment of that declaration with God's answer, it releases the imprisoned splendor.

### II. Handicaps Can Help

This chapter is designed to challenge you, no matter what your present state or station, to accept the fullness of life.

#### A. Do the challenges of human experience inhibit life?

1. No. They provide us with opportunities to develop the ability to be a good conductor for even a greater life than we might otherwise know.
2. Handicaps can prove to be actual blessings.

#### B. Why seemingly is the will of God more evidence in so called "Handicaps?"

1. Because God's will is the ceaseless longing of the Creator to perfect Himself in that which He has created.
2. Never forget this great truth. God's will for you now is for you to succeed, regardless of the experiences or seeming limitations with which you find yourself bound.

#### C. What is our objective in Life?

1. Life is for living and growing and overcoming.
2. To grow and develop as a person and release your potential.
3. To live in peace and happiness and fulfillment in terms of growth and outer achievements.
4. What you can do depends only upon your faith to believe that God is your all-sufficiency in all things.

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### III. From Fretting to Letting

“Choose you this day whom ye will serve.” Every day of our life we have to decide whether we are going to curse the darkness or bring a light, whether we are going to be mourners or masters, whether we are going to engage in fretting or letting.

#### A. What does it mean to fret?

1. It is an interestingly descriptive word. It is the half-cry, half-whine of a disturbed child.
2. It may begin in anger or fear or discomfort, but it relentlessly continues, feeding on itself, until in the end there is little awareness of what the fretting is about.

#### B. How can we find a way to dynamic living?

1. Renew your mind.
2. Re-shape your attitudes.
3. Re-educate your entire thought processes.
4. Denials and affirmations.

#### C. What is the key to Jesus' power?

1. His willingness to let go of the human self.
2. Let God do His perfect work through Him.
3. Let God take charge of our life.
4. We must make room by letting go and letting God.

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### LESSON III

#### The Anatomy of a Miracle

#### Ten Golden Minutes

#### Health and Renewal

#### I. The Anatomy of a Miracle

Man is an individualized expression of God. (Our true business is the “express” business.) Let life be made full in you.

##### A. Is there such a thing as a miracle?

1. No. There is no miracle.
2. There is only the possibility of laying hold on divine law on higher and higher levels of using it.
3. All that was made was made by Divine Law. Jesus used the Divine Law, but it was too fast for the human mind to comprehend.

##### B. Why do we think Jesus was a great spiritual scientist as well as a great teacher?

1. Because He discovered an inner key to what had been called supernatural law.
2. He had discovered that divine law becomes a natural capacity to spiritually awakened man.
3. “Looking up to heaven,” Jesus looked beyond the appearance, thus erasing the thought of shortage or lack, or the magnitude of the need.
4. He turned to Principle.

##### C. What does food represent?

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1. Food is a symbol of appropriation, an outer form of inner substance.
2. In a spiritual sense food represents a receptacle of millions of seeds of abundance.

Your substance does not all have to be mountain high before your miracle is complete. The real miracle is in the mind when you begin to give and serve and act as if you were already fully supplied. When you go forward on faith, you find that the purse is not depleted, the cruse of oil does not become empty.

This is the anatomy of a miracle—the formula that we can use in our life today. Whenever persons come to you saying, “The place is desert, and the time is past,” remember these five clues.

Page 110 – the last five paragraphs in the chapter.

### II. Ten Golden Minutes

Learn what the two five-minute periods of each day are about, and how to turn them to our advantage, so that we can enjoy all the living that each day brings.

- A. What is the key to righteous thinking and emotional control?
  1. Letting the Mind of Christ express itself in us and have its way through us.
- B. Our whole day is conditioned in two five-minute periods: the last five minutes before we sink into sleep at night, and the first five minutes after we emerge from sleep in the morning.
- C. Idea for prayer conditioning technique is called: “Ten Golden Minutes.” Pages 117-118.
- D. How do I turn to God?

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1. Imagine a deep peace sweeping over your soul. In this moment of peace, speak a few prayerful words of Truth; i.e., Lord's Prayer, 91<sup>st</sup> Psalm, Prayer for Protection or any other affirmation that you like.

### III. Health and Renewal

To live life. Life is for living. Living fully means living healthfully. Health is the normal condition of man.

#### A. Is Spiritual healing an attempt to gain favor with God?

1. No. Spiritual healing is possible simply because man is a spiritual being, and health "is the normal condition of man."

#### B. In spiritual healing do we not employ a different set of laws from those used in medical or surgical healing?

1. No. Life is the acting principle of Being.
2. It is the energy that propels all forms into action.
3. Whether the life principle's energy is activated by meditation or by medication makes no difference.

#### C. Why do some religious leaders lack confidence in the healing power of God in man?

1. Religious philosophies show that what has passed for religion has been formulated out of the prevailing thoughts and fears of man.
2. Early worship was a form of sacrifice and appeasement of the gods.
3. Most Christians today are taught the rationalistic doctrine that misfortune of any kind is God's will, and should be stoically accepted.

#### D. Does letting go mean to retreat in the face of danger or run away from the problem?

1. No. Our first step in doing something about a problem is to let go.

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2. Get you mind off the side of the problem and onto the side of the solution.
3. Don't think about the problem; think about God.
4. The next time you find yourself fretting over the challenges of your life, use this affirmative treatment.

Page 95—6 last short paragraphs in text book.

### LESSON IV

#### Age Is None of My Business Life and Death

##### I. Age is None of My Business

Not in sighing, aging, dying, is the measure of the man.

But in growing, building, living, Life fulfills the Master plan.

##### A. We need to "wise up to the realities of life."

1. Man is an eternal being and is in the midst of eternal life right now.
2. Eternal life is a quality of life.
3. Life does not, cannot grow old.
4. Life is eternally vital and vibrant.
5. Life is the eternal flowing forth into visibility of the illimitable energy of Spirit.

##### B. So-called age is not the deterioration of life, but the deterioration of our faith, our enthusiasm, our will to progress.

1. You don't grow old. When you cease to grow, you are old.
2. The law of life is growth, not aging.
3. To think about age is to become a slave to it.

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4. You can make a personal declaration of independence from the race belief of age by proclaiming "Age is none of my business.
5. Life is for living.

### II. Life and Death

The only certainty is that despite any experience of death, life goes on. It is life and not death that should occupy our attention because life is for living.

#### A. What is life?

1. Life in a universal sense, is the activity of God.
2. It is principle, the animating force, the every-where present potential of livingness.
3. Life is not involved in time; it has no beginning and no end.
4. It may have shape, it may have body, it may appear to function in and even be limited by the movement of time.
5. The question, "what is life?" may depend on the focus of attention.
6. God is life, but in another sense you are life!
7. You are the activity of life that is expressing as you.

#### B. What are we in relationship to life?

1. You are the infinite life of God expressing as the life which you manifest and reveal.
2. In your present life experience, at this moment, life for you is your body, and the particular cells of life that make up the organs and functions of your body.

#### C. Is it true that life is an experience in growth and unfoldment?

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1. The difficulties we experience at the circumference, the conflicts in relationships, the financial and the physical challenges, the injustices are all opportunities to grow.
2. As we begin to accept this truth, we find resistance to life's changes and challenges decreases, until we see every problem as a wonderful opportunity to unfold more of the infinite potential that is in us.
3. No matter what the outer condition may be, nothing can keep an individual from expressing that which makes for joy and peace and fulfillment.

Most of man's physical and mental problems come from the boredom and despair and hopelessness that result from simply existing instead of truly living.

Lack leads to frustrations and tensions and a great array of illnesses that are emotionally induced.

D. What is our great need?

1. To look up to the heights of God consciousness, to sense a life that is not a matter of time or a collection of things or experiences or even people, to awaken to a greater purpose in life than mere existence, to know that life is for living.

We may as well face it. It is not possible to understand life unless we are willing to look squarely into and through this concept we call death.

Even as life is not finished at death, life has not just begun at birth.

Death, then, is not an ultimate, not a goal, not a final experience. It does not settle anything, and there is no escape from problems or limitations through its portals.

In time, "life" and "death" as opposite sides of each other will fade into nothingness. Neither have any reality in that context. Life is but the prelude

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to death, and death that is but the postlude to life, have existence only in consciousness of man.