BIBLE LESSON

The Unity Interpretation of the International Sunday School Lesson

The Word of Truth.—Exod. 20:16; Prov. 12:17; Matt. 12:33-37; 26:69-75

16. Thou shalt not bear false witness against thy neighbor.

17. He that uttereth truth showeth forth righteousness;
   But a false witness, deceit.

33. Either make the tree good, and its fruit good; or make the tree corrupt, and its fruit corrupt: for the tree is known by its fruit.
34. Ye offspiring vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.
35. The good man out of his good treasure bringeth forth good things: and the evil man out of his evil treasure bringeth forth evil things.
36. And I say unto you, that every idle word that men shall speak, they shall give account thereof in the day of judgment.
37. For by thy words thou shalt be justified, and by thy words thou shalt be condemned.

69. Now Peter was sitting without in the court: and a maid came unto him, saying, Thou also wast with Jesus the Galilean.
70. But he denied before them all, saying, I know not what thou sayest.
71. And when he was gone out into the porch, another maid saw him, and said unto them that were there, This man also was with Jesus of Nazareth.
72. And again he denied with an oath, I know not the man.
73. And after a little while they that stood by came and said to Peter, Of a truth thou also art one of them; for thy speech maketh thee known.
74. Then began he to curse and to swear, I know not the man. And straightway the cock crew.
75. And Peter remembered the word which Jesus had said, Before the cock crew, thou shalt deny me thrice. And he went out, and wept bitterly.

Questions and Answers

What does the term "false witness against thy neighbor" include?

It includes not only false testimony in court, but any untrue report or statement privately or publicly made by one person against another, as well as negative remarks attributing to another person sickness, weakness, or evil of any kind. To say that a person is poor, sick, unhappy, unfortunate, or in danger of death or disaster is to speak contrary to what is true of him in Spirit, and is therefore to bear false witness against him.

Why should it be easy for us to speak the truth concerning others?

Because we are commanded to love our neighbor as ourselves, and we find it easy to think and speak the truth about ourselves when it is at all favorable to us. Even when it is not altogether favorable we are inclined to put a favorable construction on our words and acts. We should be as ready to extend the same consideration to others.

Interpret the statement "The tree is known by its fruit."

The quality and degree of our thought is revealed by our speech and actions. Words and actions are the fruit of thought.

How is good and evil treasure accumulated?

Both good and evil are laid up in the heart or subconscious mind through the thought habits that one forms and keeps.

What are idle words?

Idle words are words spoken with no underlying constructive purpose, but only for the pleasure or convenience of the passing moment. They are spoken from personal consciousness, and any good they may express is ephemeral.

How are we justified or condemned by our words?

The words we choose justify us by bringing good into manifestation in our life, or they condemn us by causing the opposite result. Justification or condemnation can be controlled at the will of the speaker when he makes his choice.

In the Spirit of the Christ is the truth easily spoken?

The Spirit of the Christ is the Spirit of truth. The testimony of Jesus when questioned by the high priest is an example of the truth spoken in wisdom. He denied teaching any secret doctrine, and called for the corroborative testimony of witnesses who had heard it and who could testify to its content. Under the Mosaic law, He was entitled to this testimony.

What is signified by Peter's denial of Jesus?

When faith in divine principle or the I AM (Christ) is not firmly grounded or is yet unstable, it may weaken under the pressure of adverse circumstances. Peter's denial of Jesus symbolizes immature faith that wavers in the face of human fears.

What is required to recall faith to its allegiance?

A word of Truth is sufficient. "Peter remembered the word which Jesus had said ... And he went out, and wept bitterly."

To Be Held in the Silence

I act in accord with the principles on which life rests, and all is well with me.


Unity's Graded Sunday-School Material

Are you acquainted with the Sunday-school material that Unity has available for all age groups? There is a wide range of graded lessons plus supplementary material prepared by persons actively engaged in Sunday-school work. You may order these supplies from a catalogue describing them and which gives details of the advisory service Unity provides to teachers.

From the advisory service you learn how to make the best use of the Graded Lessons, the Sunday School Leaflets, the various types of Classroom Material, the Flannel Board Lectures, and the necessity of being always well informed on the lesson if you are the teacher.

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UNITY SCHOOL OF CHRISTIANITY

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condemned by his words and the thoughts that prompt them.

Jeremiah speaks of eating the words, the true ideas of God, and he rejoices in making God’s Truth a part of his being.

At another time, when Jesus’ apostles urged Him to eat some food. Jesus said He was nourished by food of which His companions did not know. The apostles questioned among themselves whether anyone had brought food to their Master. They were not ready to understand the spiritual food to which Jesus referred, nourishment gained through prayer and understanding and living by God’s will.

Our Practical Application

Ours is a diet-conscious world. While segments of the world’s population literally have not enough to eat, millions of others are fighting the “battle of the bulge.” An additional number would be healthier and happier if they joined the “battle.” Invariably these persons are overfed and undernourished.

There are food fads to feed every fancy. But promiscuous dieting, without proper guidance, can be harmful to health. Furthermore, without a right mental attitude, even a well-balanced diet will produce only a temporary benefit. Those who understand the importance of original causes know also that spiritual inspiration and realization are requisites of a well-regulated mental life.

If you are too thin, or if you need to reduce your weight—if you are too often fatigued, frustrated, or unhappy—if something in you is vaguely but perpetually unsatisfied—then it is likely that you need a special diet. While this may or may not include a physical diet, no problem is strictly physical. We must be conscious of the mental, emotional, and spiritual factors involved.

It is not our purpose here to prescribe a physical diet for anyone. But in this lesson and ensuing ones we shall work together toward a clear idea of the value of diets—spiritual, mental, and physical. We shall work to the glory of God as we learn to respect and improve the body temple.

We shall consider the influence of thoughts, words, emotions, and prayer—not only on weight and appearance but on our health, vitality, happiness, and general well-being. We shall discern the difference between appetite and hunger, shall learn why we overeat, and how to solve physical problems from a Truth standpoint.

In his reference to eating the words of God or good words, Jeremiah shows the affirmative approach to solving physical problems in Truth. To eat something mentally is to appropriate the substance of ideas through thinking about them. We eat our words every day, to our advancement or otherwise. Eating our own words is good dieting when these words are true of God and His Spirit in man.

As an example on the simplest level, we see the relation between mental and physical diets when an overweight person says: “I just can’t help gaining. Everything I eat turns

In Matthew’s Gospel we find Jesus reproofing some hypocritical Pharisees. He wanted them to understand that they could not cover up their evil intentions by pretending to be pious. Just as a tree is known by the fruit it produces, so a person’s inner thoughts and motives are revealed by the “fruits” that become manifest in his life. One who treasures the good in his heart and keeps his faith in God will surely demonstrate good results in his life. Even so-called “careless words” have their influence; for a man is either justified or

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to fat.” This person is working against himself by disclaiming responsibility for his well-being, and by focusing faith on the image of excess weight.

On the other hand, the overweight person might better pray for control of his appetites and resolve: “I will want and eat only the food necessary for energy and health. God helps me to do this by providing me with spiritual food that is soul-satisfying. I obtain spiritual sustenance through positive prayer, meditation, and constructive thinking.”

Questions and Answers

Metaphysically, what is the significance of eating?

Eating is symbolical of mental appropriation of thoughts of substance. We “eat” spiritual things when we affirm that we are strengthened and sustained by spiritual substance.

What did Jesus mean when He said that everyone is “justified” or “condemned” by his own words?

Our words and the thoughts behind them are formative. They are the vehicles through which ideas make themselves manifest. Constructive words work for our well-being. Negative words are destructive and harmful.

(Next Sunday’s lesson, “Diet for a New You.”—Gen. 1:27a; Matt. 9:14-17; Rom. 12:2; John 6:35.)

PRAYERS ARE ANSWERED

Your Help Brought Happiness!

Dear Friends at Silent Unity: Almost a year ago yesterday I asked for your prayers in finding a position for my husband. He took a much less important post and a salary cut in order to keep employed after his department was phased out. A year later God has answered the combined prayers of Unity and us.

My husband is being transferred to Houston and will be working on an exciting new project. As though this were not enough to be thankful for, we have still another added joy this month. Our daughter, for whom we asked your prayers in the Spring of 1968, has stabilized physically and emotionally.

Our happiness knows no bounds. With the kind and loving help of Unity our prayers have been answered.

Your help has brought us to this happiness. Thank you, all our friends at Unity. May the enclosed “love offering” help to promote your wonderful work. Love—A.B.H., Texas.

Wonderful Blessings Come

Dear Friends at Silent Unity: It is difficult to put into words all the gratitude I feel for the wonderful blessings which have come into our daily lives through the study and practice of Unity principles and Truths, and also as a result of the work of Silent Unity in answer to my requests.

I wish to thank you especially for the most helpful response to a request for prayers for understanding and help during a recent bereavement. The little leaflet by James Dillet Freeman entitled “Another Dawn” is a treasure chest of ideas that comfort and inspire and that give one a glimpse of the larger idea of man’s place in eternal life. Gratefully—E.A.K., New York.

ANNOUNCEMENT

Brand New Booklet to Study for Lent

SPIRITUAL PREPARATION FOR EASTER 1971

Lent is the ideal season to resurrect our thinking. The meditations in this new booklet are designed to help meet the challenges of daily living, and to learn to face life victoriously. There is a meditation for each day of Lent.

Join with the thousands of other Truth students who will be studying the thoughts in this booklet for new ways to grow in the Christ consciousness of overcoming.

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