

DIFFERENT LOOK AT "LIGHT" CHILDREN OF LIGHT "EPHESIANS" ①
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In the 5th Chapter of St. Paul's Letter to The Ephesians...the 8th verse he advises them as follows:

"For ye were sometimes ~~in~~ darkness, but now ye are in the light of the Lord: walk as ~~in~~ "Children of Light."

OLD Testament

He continues ~~in the 14th verse~~

"Wherefore he hath saith, "Awake thou that sleepest, and arise from the dead and Christ shall give thee light."

In the days when these words were written darkness signified lack of knowledge, being lost, danger and a number of other sinister and unhealthful things. Whereas LIGHT denoted knowledge, a feeling of well being and in harmony with God, and the teachings of Jesus. Tell about Ephesians

St. Paul told the Ephesians to "walk as Children of Light... to live, ~~as if they were made of living, moving energy-like light.~~ as if they were made of living, moving energy-like light."

OUR BODIES ARE ENERGY A few centuries ago we would have thought this to be some kind of fanciful idea, but now, thanks to modern day science, we know that this is really true. Scientists tell us that our bodies are not composed of hard, solid matter, but ~~made~~ of millions and millions of specks of energy. These bits of energy attract and repel each other causing tiny explosions of light. So, in a very real sense our bodies are ~~all~~ composed of light.

The oldest story of creation tells us that God created light before He created the sun and the earth. Scholars of long ago said that this was impossible because there could have been no light before the sun was made.

But, today we know that light is a form of energy and that all created things are made of energy. St. Paul said, → " Things that are seen ~~were~~ ^{ARE} not made of things which appear!" What he meant was that this primal light vibrates at too high an intensity and too fine a wave length for the human eye to see. We can understand this. We can't see the light of the X-ray machine, yet we know it is more powerful than sunlight.

"God made first of all...LIGHT...and the Spirit of God moved upon the face of the deep". These ancient historians were trying to put into words something that even our modern term "inter-stellar space" does not adequately express.

So, we are not made of solid, ~~impervious~~ ^{impenetrable} matter, but of living, moving energy. The very chemicals and minerals contained in ~~our~~ ^{our} bodies---the dust of the earth...live by the very breath of God. Therefore it is not at all strange when we establish a closer connection with God in prayer, ~~that~~ ^{that} we should receive more abundant life--an increasing flow of energy. The creative force that sustains ~~is~~ ^{is} increased within our bodies as we remain in an attitude of prayer...sending, and receiving messages from God, our creator.

POWER

The ~~power~~ ^{power} that causes light to shine within the electric light bulb is part of the electric light. In fact, we can't see this power...this force, but it is as much a part of the electric light as the filament and the glass which form the framework of the electric light bulb.

The spiritual force...the light that flows through us is the "breath of God" breathed into the "dust of the earth" of which our bodies are made. Our bodies are comparable to the light bulb...it is God...the Eternal being dwelling in our light bulbs of flesh.

"Ye are the light of the world" said the amazing carpenter whose light still shines down through the centuries. This is, literally true. We are the light bulbs through whom the Light of God reaches the world. We are a part of God.

Knowing that we are a part of God...that His life within us is an active energy...and that he works through the laws of our bodies, we must constantly be alert to adjust and conform ourselves to those laws. When this is done with common sense, we can even speed up the natural healing forces within our bodies.

Agnes Sanford in her book "The Healing Light" tells of visiting a soldier in an Army hospital while doing volunteer work there. He told her that he had been there six months with a shattered leg that would not heal. He told her that they were going to X-ray his leg the next day.

to see if the latest bone graft had taken. He was really depressed about the whole thing. He had been in a cast or in traction for over six months and every bone graft had failed.

He continued by telling her that they would probably operate again, put in another two or three inches of bone, put the cast and traction back on and wait another eight weeks, then take another X-ray to see if that graft had taken. He concluded his story with the comment that nature had been falling down on the job.

~~AGNES~~ ~~Mrs.~~ Sanford said, "I can tell you a way of getting nature back on the job if you want to hear it." And, naturally the soldier was skeptical, but he asked her what it was. ~~Mrs.~~

So, ~~Mrs.~~ Sanford explained to him that there was healing energy within his body that the doctors called "nature" and that this same healing ~~life~~ ^{light} was all about him in the world outside his body...and he could receive this energy infusion by simply asking for it.

The soldier said, "Who do I ask?"

~~Mrs.~~ ~~Mrs.~~ Sanford said, "Ask God."

But, ~~Mrs.~~ the soldier said he didn't know anything about God. But, ~~Mrs.~~ Sanford said, "You know that there's something outside of yourself, don't you? After all you didn't make this world. There is some kind of being outside of you. Yes, the soldier admitted that when he was scared enough he felt ~~that~~ that there must be something.

"Well ask that ["]Something to come into you and help heal your leg, then thank it and believe that your leg is being healed. And, after that carry in your mind a mental image of your ~~leg~~ strong and well again. "

The boy seemed to take this healing message to his heart, and as ~~Mrs.~~ ^{AGNES} Sanford suggested he began asking this unseen source of healing light to come into his body and heal his leg. Whether he knew it or not, he was praying... communicating with God several times a day to heal his leg.

Three weeks later the boy was still in traction, but there was a pleased smile on his face. He confided ~~that~~ to

~~Mrs.~~ ~~Mrs.~~ Sanford

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that in the night, after lights were out in the ward, he was unfastening the traction device on his leg and rolling over on his side and that he felt no pain as he had in previous bone graft operations.

Mrs.
Quickly ~~Miss~~ Sanford admonished him that he should not do anything ~~like~~ like that until the doctors had told him he could. But, he kept praying and in a week he ~~was~~ was in a wheel chair. X-rays showed the graft had taken. Within a month he was walking with a cane and a brace, then with just the cane. When ~~Miss~~ Sanford last saw him he was still praying and knowing in his heart that he would soon discard the cane and walk normally.

Now, you may say how can I do what that soldier did? You can. But, in order to receive God's healing light in ~~your body~~ *our bodies* we must quiet the mind and concentrate on the Spiritual Energies of the Light of God.

Praying ~~is~~ is a very personal thing. It's between you and God. If you wish to kneel and bow your head, fine, Some people find it easier to concentrate on God sitting in a chair with their eyes closed. Others lie down on the bed to pray. The main thing is to place ourselves in a mental and physical attitude that is conducive to talking to and listening to God.

Now *you* relax. Talk to ~~your body~~ *your body* with ~~your~~ *your* conscious minds telling it, part by part, to unwind, slow down and prepare for a conversation with your Creator. Nerves are funny things. You can't speak sharply to them because they are controlled by the unseeing subconscious mind, and the subconscious mind responds only to soothing suggestion. So, as you soothingly suggest to your body to relax, your subconscious mind responds accordingly by slowing you down and placing you in an attitude of meaningful communication with God. ~~Now~~ *you have* - BATTLESHIP - *you* ~~reached the point where~~ *you* are ready to open ~~your~~ *your* spirit to receive the abundant light and life of God.

Prayer takes practice, but it becomes more meaningful when we realize that we are communicating with God within ~~ourselves~~ us. God is not some far away sovereign. He is actually the medium in which we live. He is our father. We are His children. He is our very breath of life. And as we tune in our thought vibrations to the thought vibrations

OF GOD, we expose our souls to His eternal, shining, healing light.

We receive God into ourselves by forgetting ourselves and thinking only of Him. We begin our conversation ~~not~~ not by clamoring for this and that but ~~in~~ thinking of Him ~~in~~ in a way that makes Him most real for us.

Jesus gave us the model prayer... "Our Father who art in Heaven... Hallowed be thy name"... This is most practical because it immediately creates an image of His Holiness in our lives.

Few of us would think of speaking to a friend on the phone before the connection was made, yet being mortals we cry out our wants and needs before really establishing a meaningful contact with our Lord.

It cheers and cleanses the soul to give thanks to God for His glory. It lifts us out of our everyday hum drum. It allows us to rejoice in the everlasting light of his ~~the~~ purity and power. It is a resting place for our striving spirits. It is a time of renewal.

Prayer is not ~~for~~ just ~~the~~ ^{FOR} ministers, or for lay speakers. It's for all Children of Light... all of us. Even though He knows our needs and desires before we ask Him, it is fitting and proper to let them be known to God.

Now that we, as "Children of Light" have communicated to God, we stop and listen to His reply. We remember Jesus and translate this divine love into human terms. We know Jesus as a brother... ^{AND LORD} friend. He has said to us... "Ask anything of the Father in my name and it shall be given unto you." He has given us His name to use, as a ~~the~~ friend might allow us to use his name as an introduction to another person when applying for a job, ~~on getting an introduction~~. By uniting our hearts with Him, we ask, in His name, that the light and life of God may be increased in us.

This being done, we should then rejoice in the real, definite, perceptible increase of light and life in us. As we progress in spiritual power, this perception increases. We may feel it as a cool breeze sweeping through our minds. We may feel it as an intrushing flow of energy, like electricity. We may feel it in the form of renewed strength. We may feel pain and ~~soreness~~ disappear, consumed by the steady, burning

Power of God's light.

TRAILING

Model Prayer

Our Father who art in Heaven

Prayer is like a good cleansing shower or a relaxing bath.

Listen for reply

Physical Results

+ Prayer

AWARE!

But even before we have learned to perceive these physical sensations. We ~~will be~~ ^{are} ~~of~~ an inner peace. We ~~will~~ know this peace by the stirrings of hope within our souls...in our minds...and we ~~will~~ rejoice and give thanks for the gifts, the blessings and the healings that ~~are~~ both His will and his nature to give us...for He is our father...and we are His children.

Then, we give thanks to Him for these bountiful gifts. We give thanks to Him for them because we believe that as soon as we ask for them in Jesus name we begin to receive them. We may not realize that our prayers are being answered, but God's time is reckoned in eons...not seconds or minutes. So, we believe that God is answering our prayers in His time frame...not ours.

Our thanksgiving testifies to our faith...and through the doorway of faith He enters our lives. Countless Christians down through the ages have failed to perceive answers to their prayers because they did not take the last step in prayer...thanking God. God stands before us with the answer in His hands, but unless we reach out to Him and take His offering and thank Him for it, we are apt not to receive it. For while love is the wiring that connects our souls with His, faith is the switch that turns on the light...the power.

Our homes are full of ~~electric~~ appliances that run on electricity. We know that the electricity is all around us. But, just knowing that electricity is here is not enough to make any one of them work. Everytime we want one of them to work we must ~~push~~ or turn the ~~switch~~ that releases the electrical power to make it work. Just believing about God does not necessarily turn on a single one of our prayer objectives. We must ~~believe~~ believe that we are receiving answers to our prayers. If we truly believe this, then we will naturally rejoice and give thanks. We will praise God for His goodness by our words and our deeds. - IN CONCLUSION - let me ~~say~~ SAY THIS -

We must be continually thankful for His life in our bodies. How easy this becomes when we realize that our bodies are made of His own energy and full of His light. How comforting it is to know that we can expose our souls to this light in prayer and absorb His life as easily, and simply and naturally as a leaf absorbs sunlight. He made the leaves with infinite care. He made us with the

**SAME CARE SO THAT EVERY CELL CAN
ABSORB HIS LIGHT AND POWER.**

Jesus said, "I will not leave you comfortless." When He died on the cross the Holy Spirit remained within each of us. We give thanks to God that ~~the~~ Holy Spirit is restoring harmony and order within our bodies. We rejoice that this healing light is rushing through us restoring us, refreshing us to a point where we can say "Amen". Let everything within me praise the Lord!"

As God's "Children of Light" we can do nothing ~~less~~ less.

AMEN

Now, ^{may}

the Lord bless you and keep you
the Lord make His face to shine
upon you - and be gracious
unto you.

The Lord lift up His countenance
upon you - and give you peace.
AMEN

~~Remember~~ Let us remember the words
of our Lord, Jesus when He said, ...
You are the light of the world - - -
Let your light so shine before
men, that they may see your
good works, and glorify your
Father which is in heaven."

~~AMEN~~