Be still, and know that I am God: ... Psalm 46:10

But the anointing which ye have received of him abideth in you, and ye need not that any man teach you: but as the same anointing teacheth you of all things, and is truth, and is no lie, and even as it hath taught you, ye shall abide in him. I John 2:27

... Let every man be fully persuaded in his own mind. Romans 14:5

Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? I Cor 3:16

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, ... 2 Corinthians 13:5

... I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people: And they shall not teach every man his neighbour, and every man his brother, saying, Know the Lord: for all shall know me, from the least to the greatest. Hebrew 8:10-11

For this commandment which I command thee this day, it is not hidden from thee, neither is it far off. It is not in heaven, that thou shouldest say, Who shall go up for us to heaven, and bring it unto us, that we may hear it, and do it? Neither is it beyond the sea, that thou shouldest say, Who shall go over the sea for us, and bring it unto us, that we may hear it, and do it? But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. ... Deut 30:11-15

But as touching brotherly love ye need not that I write unto you: for ye yourselves are taught of God to love one another. I Thes 4:9

And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the

first commandment. And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these. Mark 12:30-31

If ye love me, keep my commandments John 14:15

This is my commandment, That ye love one another ... John 15:12

Love worketh no ill to his neighbour: therefore love is the fulfilling of the law. Rom 13:10

He that loveth not knoweth not God; for God is love. I John 4:8

... God is love; and he that dwelleth in love dwelleth in God, and God in him. I John 4:16

Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Matthew 7:21

And why call ye me, Lord, Lord, and do not the things which I say? Luke 6:46

Wherefore by their fruits ye shall know them. Matthew 7:20

... ye know that every one that doeth righteousness is born of him. I John 2:29

... God is no respecter of persons: But in every nation he that feareth him, and worketh righteousness, is accepted with him. Acts 10:34-35

He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him. I John 2:4-5

For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ. 2 Corinthians 4:6

For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: Ephesians 5:8

For every one that doeth evil hateth the light, neither cometh to the light, lest his deeds should be reproved. But he that doeth truth cometh to the light, that his deeds may be made manifest, that they are wrought in God. John 3:20-21

... for whatsoever doth make manifest is light. Ephesians 5:13

... ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light; 1 Peter 2:9

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love ... Col 3:12-14 (NIV)

In Thee do I trust, cause me to know the way wherein I should walk, for I lift my soul unto Thee. Psalm 143:8

Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth. Psalm 31:5

Lead me in thy truth, and teach me: for thou art the God of my salvation; on thee do I wait all the day. Psalm 25:5

For as many as are led by the Spirit of God, they are the sons of God. Rom 8:14

For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Titus 2:11-12

And the Lord direct your hearts into the love of God, and into the patient waiting for Christ. II Thes 3:5

For with thee is the fountain of life: in thy light shall we see light. Psalm 36:9

As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: ... Psalm 42:1-2

There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. God is in the midst of her; she shall not be moved: ... Psalm 46:4-5

From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. Psalm 61:2

Truly my soul waiteth upon God: from him cometh my salvation. He only is my rock and my salvation; he is my defence; I shall not be greatly moved. Psalm 62:1-2

O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; To see thy power and thy glory, so as I have seen thee in the sanctuary. Because thy lovingkindness is better than life, my lips shall praise thee. Psalm 63:1-3

They that sow in tears shall reap in joy. Psalm 126:5

And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance for ever. And my people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places; Isa 32:17-18

Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a

bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. Isa 58:4-8

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CS:

It is oftenest a demand upon our sincerity and thoroughness, not upon our powers of introspection

if we will but attend to the Divine influences in our own hearts, is the cardinal doctrine of Quakerism.

Everything which tends to hinder obedience to it is abandoned and discouraged.

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we may and must trust God first and unreservedly

a resolute fixing of the heart upon that which is unchangeable and eternal

we must steadily resolve to secure for ourselves, quietness enough not only to know our own minds, but to listen to the still small voice of conscience, or of God, speaking in our own hearts.

The one cornerstone of belief upon which the Society of Friends is built is the conviction that God does indeed communicate with each one of the spirits He has made, in a direct and living inbreathing of some measure of the breath of His own Life; that He never leaves Himself without a witness in the heart as well as in the surroundings of man; that the measure of light, life, or grace thus given increases by obedience; and that in order clearly to hear the Divine voice speaking within us we need to be still; to be alone with Him, in the secret place of His Presence; that all flesh should keep silence before Him.

The religion they preached was one which enforced the **individual responsibility of each one for his own soul; it was a portable and verifiable religion** - a religion which required truth in word and deed, plain dealing and kindness and self-control, ..." and "commends itself to the unchanging sense of truth in the human heart ..."

Let me not be understood to mean that the process of 'keeping the mind' (in Quaker phrase) 'retired to the Lord' is an easy one. On the contrary it may need strenuous effort. But the effort can be made at will, ...

... the duty of looking for and of obeying this guidance is a principle which may be inculcated and transmitted from generation to generation ...

I believe that the difficulty of distinguishing between the will, or the voice, or the light of God, and the wills and voices and lights of a lower kind from which it is to be distinguished, is not only not to be ignored, but that the very first step towards learning the lesson is to recognize that it is a lesson, and a hard one - nay, a lifelong discipline.

we may and must trust God first and unreservedly

"**The silence we value is not the mere outward silence of the lips. It is a deep quietness of heart and mind, a laying aside of all preoccupation with passing things yes, even with the workings of our own minds**; a resolute fixing of the heart upon that which is unchangeable and eternal. This silence of all flesh appears to us to be the essential preparation for any act of true worship.

It is also, we believe, the essential condition at all times of inward illumination. 'Stand still in the light', says George Fox again and again, and then strength comes and peace and victory and deliverance, and all other good things.

The possibilities of inward silence can be but distantly referred to in words. The **clearness of inward vision** which sometimes results from it must be experienced to be fully understood; the things revealed to that vision are rather to be lived in than uttered. But the fact that a strenuous endeavour to lay aside all disturbing influences, and to allow all external vibrations to subside, is an important, if not an essential, preparation for the reception of eternal truth, ..."

Silence and resolution, indeed, seem almost like different aspects of the same thing. And silence is assuredly an art to be acquired, a discipline to be steadily practised, before it can become the instinctive habit and unfailing resource of the soul.

The connection between our **practice of silence** and our belief in inspiration is, I think, obvious. **How can we listen if we do not cease to speak?** How can we receive while we maintain an incessant activity?

Everything, all beauty and rightness, seems to turn upon a right subordination of the outward to the inward, the transient to the permanent, in our lives and thoughts. Yet this right subordination cannot be achieved in a hurry. If we are to learn to assign to the weightiest matters their true place and predominance, we must allow ourselves, or rather we must steadily resolve to secure for ourselves, quietness enough not only to know our own minds, but to listen to the still small voice of conscience, or of God, speaking in our own hearts.

It is, I hope, hardly necessary to repeat that it is not Quakerism, but Truth, that I desire to serve and promote; the sect may no longer be what is needed, and may be destined for extinction for all I know. But that view of Truth which has found in Quakerism its most emphatic assertion- that purely spiritual worship and that supremacy of the light within which were set forth with power by Fox and Barclay and Penington- these things are of perennial value and efficacy, and the need for their fresh recognition seems to be in our own day peculiarly urgent

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DS:

Now is the time to know That all that you do is sacred.

Now, why not consider A lasting truce with yourself and God.

=
That I may draw nearer to her, draw me nearer to Thee than to her;
That I may know her, make me to know Thee more than her;
That I may love her with the perfect love of a perfect whole heart,

Cause me to love Thee more than her and most of all. Amen, Amen

That nothing may be between me and her, be Thou between us every moment.
That we may be constantly together, draw us into separate loneliness with Thyself.
And when we meet breast to breast, my God, let it be on Thine own. Amen, Amen

Temple Gairdner 1873 - 1928, before his marriage

*
Remain ever before me, Oh Living Presence for in Thee am I safe.
Thee is my beloved; in Thee I can do all things

I look to those who are at one with Thee and learn from them of thy ways;
My delight increases each time I sense thy presence within me;
Songs of praise well up from my heart

Love is my chosen food, my cup, holding me in its power.
Where I have come from, where're I shall go,
Love is my birthright my true estate.

I bless the Counselor who guides my way;
in the night also does my heart instruct me.
I walk beside the Spirit of Truth;
I celebrate the Light.

Thus my heart is glad, and my soul rejoices;
I shall not be afraid, nor fall into the pit of despair;
In Love's presence there is fulness of joy.

Thee is my Beloved; in Thee will I live!

Psalm 16

*
It is from introspection or self-reflection that spiritual work or discernment progresses toward becoming as fully present to God as possible.

Are we taking the extra step to move toward spiritual intimacy with one another? This is often more challenging than responding to the physical needs of others.

An important part of being fully present to God is having the faith, **taking the risk, to talk to God.**

I believe that God is intimately involved in my day-to-day movements. I believe in the possibility of heaven on earth - the possibility of moments of perfection. I attempt to live in an attitude of prayer without ceasing. In the morning I offer up that intention and then I trust that the intention will be honored.

there are more mysteries and questions than there are answers

I give thanks to thee, O God, for the universe and for my part in it. Guide, guard, and direct my thoughts, my words, my actions and my deeds. Let my feet tread the paths of righteousness. Let everything I do be about the building up of thy peaceable kingdom. Let unceasing prayer accompany my day.

*

a bunch of lovely older programmed Quaker bubba's - who testify to God with every move!

thank thee, thank thee, for thy faithfulness and for sharing with me.

*

very palpable sense of being 'held' in prayer by thee and others while i spoke - continue to be a sweet refreshment to me...

*

delighting over God's meticulous care of us in our first meeting! I so appreciate the prayer cover

*

Your description of your first year of "laying aside baggage" is so in line with the Quaker approach of "stripping away everything" that gets in the way of our relationship with God. There is always something to be moved or removed!

*

but I have felt steady in the Lord throughout and have tried to be faithful and obedient in all that I am about. As you know, God is always ready to work with and in us at every opportunity if we but turn ourselves to Him in submission

*

journey is an inspiration to me - I am humbly grateful to hear of your growth in Grace and to see the ways the Lord is ministering to you.

*

in and through that Greater Love

*

we hope to accomplish (if in accordance with Divine Will) an article for Friends Journal

*

thy leading to pray for me was absolutely on target. meticulously timed as only our heavenly and loving parent can orchestrate.

i thank thee for the mirror thee holds up for me of the time at yearly meeting sessions. i know that as long as i step aside and give all glory to God that i will be able to continue in the work untiring and joyful. (which does not mean that i can neglect myself!)

thee comes mind in prayer daily

thy message below - and the bond we experience in and through prayer and in and through God's love - has buoyed me up considerably since i received it. i marvel over how carefully we are held and tended.

thank thee so much for thy obedience in prayer, dear brother in Christ. i know that it helps me to do what God is calling me to do.

*

with no less appreciation and love for my sweet brother in Christ,

*

so thee sees that God has opened to thee exactly my condition. thank thee for thy faithfulness.

i have appreciated every word thee has sent me, and long for the rest that

is promised. i know that thee does not expect me to answer, but i desire
to be in that outer verbal communion with thee, even as much as i
experience the prayer communion that we share.
thank thee for sharing thy daily prayer with me. thank thee for not giving
up on me. please keep writing as thee is led and i am in prayer that way
may open for me to be more responsive.
dear and true friend - a blessing on thy day.

*

may i say again how very much i am refreshed by receiving thy writings?

thank thee so much for thy companionship and our communion in the Spirit.

*

over the past several days i have been feeling an upwelling of
gratitude to God for placing thee in my life.

thee has been in my heart of prayer

i felt the same refreshment and uplifting and rest that i did when i received them initially!
so thank thee for that. i was reminded of the many times that thee responded faithfully
to God's invitation to hold me in prayer - and how each time thee told me about
that call, it was clear that we had experienced and continue to experience
the 'unity of the Spirit in the bond of Peace.' Alleluia! never doubt
that the words thee sends me are precious to me - they evoke the Spirit in
the way that reading the journals and letters of early Friends does for
me...

thank thee, beyond words, for thy faithful witness and thy prayers.
thy sister in Christ,
deborah

*

thank thee for thy ongoing prayers. i have been laid low with a
Lingering sinus infection for many weeks - have been out of work for many days
and so am a good bit behind in my work - but trying to stay easy with that and

Not allow myself to accelerate into a state of tension!

with love and appreciation,
in and through that Greater Love,
Deborah

*

I, too, am extremely grateful for the opportunity to have spent so much time with thee - it was a gift in my life.

*

Thank thee for this wonderful message - of witness - of encouragement - of testimony to God's presence.

Deeply grateful for the discernment of Rich Square Friends!!

Please give my loving greetings to 'thy' wife - that I look forward to meeting her as way opens...

in and through that precious Love and Light,
deborah
*
Dear Tommie, beloved brother in Christ,

thank thee for letting me know of thy safe arrival home. i, too, am exceedingly grateful that thee has been put into my life - a tender, caring spiritual sibling. what a blessing in my life!

my love to Kathy and to thee - and prayers for thee and thy entire family.
thy sister in Christ,