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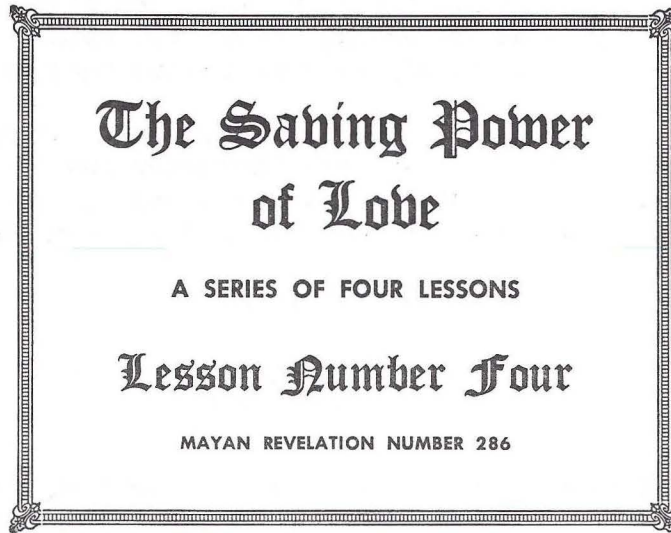
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## Finding Peace and Power Through Love

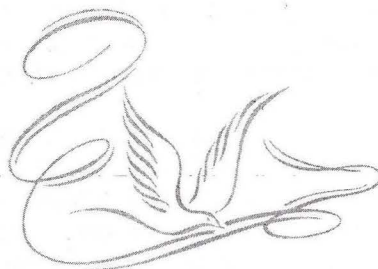
What is Peace

Base Your Love in Understanding

How Love Promotes Peace

Claim Peace and Power Daily

### Affirmation



Beloved Perfector:

We now come to the fourth Lesson of the Series: THE SAVING POWER OF LOVE. As we review the principles previously outlined we will strive to see how they can be applied effectively to the problems with which we must cope daily.

We realize that life is empty without Love, yet we know that too many of us are willing to settle for satisfactions which are dependent entirely upon the gratification of primitive desires. Even a child instinctively loves those who love him.

As we grow to maturity it is possible to grasp the nature of the Love which our Creator pours upon us - Love far beyond what we expect or deserve. We become noble as we let this Divine Love bring us security, direct our thinking, and control our actions.

When God-like Love dominates our lives we are freed from the shackles of self-interest. Much of the misery caused by misunderstanding or pettiness will be eliminated as we gain more compassion for others.

To avoid hurting our fellowmen is not enough, however. We need to learn to share our knowledge, our material goods and our kindly concern.

Whenever that Love, which is characterized by generosity, prompts us to give gladly without any calculation of the reward we will receive, we find greater peace of mind. When we show mercy, hate evaporates and we become aware that there is no longer a leak in our store of energy. Then all our physical and spiritual resources can be directed into useful channels.

Life is precious. It is futile to allow discord to dominate our thinking and drain our reserves. Lack of harmony is a destructive force; but God-like Love increases our capacity for enjoyment and our ability to endure strain. It can bring the answer to war. It can also bring the healing balm for personal wounds.

Join me asking God for wisdom to claim the peace and the power that will come into our lives when they are controlled by unselfish Love:

#### PRAYER

Dear Lord, we blunder and stumble whenever we forget Thee. Save us from the temptation to center our attention upon our own desires, or to rely upon our own strength.

Daily make us aware of Thy Presence. Help us to be truly grateful for Thy blessings. Grant us the peace and the power which are promised to all who walk in Thy way. Help us to reflect Thy Love and to become co-workers with Thee. In the Master's name we pray, Amen.



#### WHAT IS PEACE?

Whenever a nation stands on the brink of war there are those who cry, "Preserve peace at any price." But conciliation is not the equivalent of a policy that builds mutual trust and understanding, and coercion only buries antagonism and resentment, making future conflicts inevitable.

All efforts to keep nations at peace by force have proved ineffective. Napoleon thought his armies could unite Europe and maintain order throughout a vast empire, but his hopes were crushed at Waterloo. Hitler told his followers that, by the might of supermen, peace could be maintained for a thousand years,



but his dream evaporated at Stalingrad and Normandy.

Now powerful blocks of nations that are driven by diverse ideologies face each other in a struggle for supremacy. They are attempting to use force to maintain peace, but one shudders as he thinks of the possible outcome. Sometimes we wonder: "Would expressions of Love be a more effective means of defense than atom-powered missiles?"

Scientists now out-shout theologians in calling for us to put our trust in spiritual power. Steinmetz said: "Some day people will learn that material things do not bring happiness and are of little use in making men and women creative and powerful. When that day comes the world will see more advancement in one generation than it has seen in the last four."

This is possible because when Love frees us from hate, energy is released that can be used for creative endeavor and for happy, healthy living.

Poverty and hunger follow in the wake of war, as we well know. But it is just as true that men and women are beaten, confused, and enervated when they live under a roof where there is constant tension and conflict.

I think of a pathetic woman who is seeking a divorce because her husband frequently comes home intoxicated. I think of a young man who says, "I would like to quit my job. It is intolerable because the boss creates tension by his carping criticism." I think of a widower who, since his wife's death, frequently says, "I wish I were in the grave."

These, and countless others, know no peace. It is natural for them to long to escape torment, but what they need - what each one of us needs - is not to find a way to avoid tension or frustration, but to learn how to live triumphantly in the midst of conflict.

The Bible tells us: "Thou wilt keep him in perfect peace whose mind is stayed on thee: because he trusteth in thee." (Isaiah 26:3) "Great peace have they which love thy law." (Psalm 119:165) There is a difference between the peace which comes from escaping conflict and the peace that comes from accepting and giving Redemptive Love.

Studdert Kennedy's definition of PEACE takes on added meaning when we remember his own anguish.

"Peace does not mean the end of all our striving,

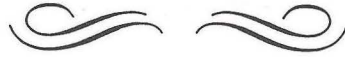
Joy does not mean the drying of our tears;

Peace is the power that comes to souls arriving

Up to the light where God Himself appears."

Surely you do not want to run away and hide from life! But never assume that the only alternative is to stoically grit your teeth. You can make a better approach to any trying situation. See how, with God's guidance, even misfortune can be made to serve some useful purpose.

The wind of adversity can toughen the fiber of your soul. Faith can bring the inner calmness that will keep you from cracking up when you are under strain. Remember the promise: "Blessed are the peacemakers, for they shall be called the sons of God." (Matthew 5:9) Hold fast to your heritage as a child of God. Let Divine Love fill your mind and guide you into ways that will create harmony wherever you are. Then you will know true peace.



### HOW LOVE PROMOTES PEACE

Naturally your first efforts to promote peace should be made where you live and work. Don't be blind to wrongdoing, but be charitable to those who are in the grip of evil habits. Stifle any inclination to make a criticism that is biting. Be generous with words of praise. No finer touchstone for your Love can be found than the words which Paul wrote to the Christians at Corinth. Having told them that without Love he could achieve nothing, he said: "This love of which I speak is slow to lose patience - it looks for a way of being constructive. ...Love has good manners. ...It is not touchy. Love knows no limit to its endurance, no end to its trust, no fading of its hope: it can outlast anything. It is, in fact, the one thing that still stands when all else has fallen." (I Corinthians 13, Phillips Translation)

This patience of which Paul spoke does not refer to an attitude that prompts one to be silent, or lethargic, when conditions need to be improved. Rather, it calls those who know God to be patient with people. Such patience is not a sign of weakness, but a sign of strength. It is a manifestation of the Love which trusts God to lead the way to victory.

There are many individuals who pride themselves on their sense of right and wrong, and their willingness to be just to all. Paul said that if we are to let our lives be controlled by a Love which is like the Love of Christ, we must be kind as well as good. Phillips expressed this by saying that Love requires "good manners". Origen, the eminent Christian scholar of the third century, said, "This means that love is sweet to all."

The Love that promotes peace needs to be free of all envy, and not contaminated by any touch of pride. The person who has this Love is neither covetous of the possessions of others, nor filled with a sense of his own importance.

When you are not "touchy", and never fly into a fit of temper, and you are not snobbish, or ever express Love as if you were conferring a favor, you contribute to the atmosphere that makes for peace. When you are tactful and gracious you promote a spirit of harmony.

The Psalmist tells us that God forgives our transgressions. This means that He lifts the burden that they place upon us. Then he adds that God "covers" our sins, that He wipes off all record of them. (See Psalm 32:1) When we have the Love which contributes to peace we, also, are willing not only to forgive those who have trespassed against us, but to actually forget the offenses.

The Love that makes for peace never says: "I will be patient up to a



point, and then I will assert my rights." Love knows no limit to its endurance. Even when people act in a suspicious manner, if our thoughts are controlled by Love we will still believe the best about them, and our trust will make them more trustworthy.

Jesus of Nazareth exemplified this Love that sees the best in each person and counts upon him to act honorably. In the Master's life we see how limitless Love makes possible undying hope and the courage to endure hardship. We see how it brings the ability to bear all things triumphantly, and not with passive resignation but with endless fortitude, to establish the ways that lead to peace.



### BASE YOUR LOVE IN UNDERSTANDING

An immature or poorly balanced individual may seek satisfaction in some form of pseudo-love. He may confuse sentimentality with true Love. He may day-dream about his idol without being willing to make any of the adjustments that are involved in the fusion of two personalities, or he may assume that if Love is real there will be no conflicts. Those who are dominated by the Love that is sincere do not continually stir up antagonism, nor do they find it necessary for one or the other to subjugate his essential self.

While Love on a high level does require us to "give up" some of our preferences to please the one for whom we care, we should not confuse this with sacrifice. Love raises the level of our desire so that we really do not feel that we are being deprived when we forego personal satisfactions in order to bring pleasure to others.

The same principle applies in our broader relationships. Love lifts our standards and extends our outreach.

An ancient sage taught: "He who understands nothing is worthless. But he who understands, also loves, notices, sees. The more knowledge, the greater the love."

The more knowledge you have of the ability and longings of your husband, or wife, or child, the more intelligent will be your manifestations of Love. When you become acquainted with your neighbors - then you see their talents and their handicaps, and you want to extend both praise and assistance. When you learn of the environment and culture of distant people then you have some appreciation of their struggle, and you are prompted to show your concern for their well-being.

The person who is dominated by Love is challenged to reach out and try to relieve misery. He is never blind to cold, hunger, and disease. Even a boy or girl can be sensitive to human need, so he will attempt to give sympathy and comfort. Sometimes an awareness of the suffering endured by his family prompts a child to give his life searching for some way to relieve the cause of the pain.

A young man in India, with the long name of Yellapragada, experienced intense grief when his brother died of the wasting disease called Sprue. With his

mother and father he went to seek counsel from a Brahman priest, who told them that the way to find peace was to withdraw from the world. Yellapragada decided that as soon as he was old enough he would become a "holy man". A year later he met a Christian missionary who said to him, "You don't need to go apart from men to find relief from your grief. Think of the greatest thing you can do to help others and then dedicate your life to Christ-like service."

Yellapragada pondered the question: "What is the greatest thing I can do?" Then he thought of how his fine, healthy brother had grown emaciated by digestive disturbances as the doctors shook their heads and said, "There is no cure for Sprue." He wondered if he could discover a cure for the dread disease. "I'll devote my life to trying to find one," he resolved.

He studied at the University of Madras, and his consuming desire for knowledge drove him to feverish effort. When he was graduated at the top of his class he was given a scholarship in tropical medicine at the University of London, and later was granted a fellowship at Harvard University. Winning the high regard of his teachers, he was appointed a full professor and for fifteen years he taught in the Harvard Medical School while he carried on research in the field to which he felt called. During those years he not only found a drug that could cure Sprue, but he discovered Teropterin, which is used in the treatment of Cancer. He directed, also, the program that brought forth the wonder drug, Aureomycin, which has made possible the recovery of many victims of virus infections.

Although his research brought him wealth, his Love for others was so great that he kept little money for himself. He aided many young men who were struggling to become ministers or physicians, and he gave large sums to relief programs. Dr. Yellapragada Subbarow found peace, not by withdrawing from the world but by using his life in the service of others. His Love relieved his anguish, even as it inspired him to supreme effort.

While you may not be able to match the greatness of this man's achievements, you can acquire the spirit that inspired and sustained him. By unselfish devotion to some worthy cause, or by extending kindly help to some individual who needs assistance and encouragement, you can escape the grip of personal frustration, disappointment, and heartache.

Fill your mind and heart with the Love that "suffers long and is kind." As you endeavor to bring peace to others, you will find that peace creeps into your own life. Use your talents - one, or many - in unselfish devotion and you will discover that you have power for the tasks you attempt. Your mind will become tranquil and you can accomplish "the impossible" when your life is controlled by Love.



#### CLAIM PEACE AND POWER DAILY

While it is beneficial to periodically make an evaluation of your attitudes and re-direct your ways, you will need to claim, each day, the peace you long to



possess. Frequently - hour by hour, or minute by minute - draw upon the power of Divine Love so you can have the fortitude to be continually courageous, patient, and kind in whatever circumstances confront you.

You will gain peace of mind as you turn away from selfish desires and seek to align your personal plans with God's great purposes. Our first Lesson in this Series on THE SAVING POWER OF LOVE brought instruction in how to accept God's limitless Love. Never forget that you take the first step toward achieving peace and power when you thank God for His goodness.

Each morning let your first waking thought be one of gratitude. Join the Psalmist in exclaiming:

"This is the day which the Lord has made.

Let us rejoice and be glad in it." (Psalm 118:24)

Or pray:

"O Lord, I thank Thee for this new day and for all the opportunities it will bring. I thank Thee for the assurance that I do not struggle alone. Help me to trust Thee completely. Make me ever conscious of Thy merciful Love. Help me to convey Thy spirit to all whom I meet in the coming hours. Amen."

Avoid the temptation to worry over yesterday's failures. If there is anything you can do to rectify your mistakes and re-establish goodwill, resolve to do it now. Pick up the phone and make an apology and voice your desire to be friendly; or write a note that conveys your cordiality; or go to the person who has been estranged and wipe out misunderstanding by a spirit of brotherly Love.

When there is nothing you can do about yesterday's sin of omission or commission, remember that God is willing to forgive anyone who is sincerely penitent. The Bible says: "As far as the east is from the west so far hath He removed our transgressions from us." (Psalm 103:12) Humbly ask God's pardon for your shortcomings and then accept the forgiveness that He offers.

Remember that the Heavenly Father's Love is so great that whenever you confess your failures and are determined, with God's help, not to repeat your error, He welcomes you with open arms. He is so gracious that He treats you as if you had never committed the wrong.

Peace comes into your mind and resurging power flows into your life as you first realize how magnanimous God is, and then you express His spirit in all your relationships at home, at school or business, and at social gatherings. The acceptance of God's forgiveness should prompt you to gladly forgive those who have offended you in any way. This is a stern duty, but it brings a joyous release from tension, and a sense of delight and well-being. When thoughts of aversion or disapproval have been supplanted by compassion, your heart will be lighter.

It is our privilege, as sons and daughters of God, to show others the same mercy that He shows to us. When we are charitable toward those who are blind and



foolish we not only ease their pain, we alleviate our own anguish. When we have a positive concern for those whose lives touch ours, we not only open new doors of opportunity for them, we claim more peace and power for ourselves. When we become channels for God's Redemptive Love we gain in spiritual strength. So say with the saintly Francis of Assisi:

"Lord, make me an instrument of Thy peace.

Where there is hate, may I bring love;

Where there is offense, may I bring pardon;

May I bring union in place of discord;

Truth, replacing error;

... ..

Make me not to so crave to be loved as to love.

Help me to learn that in giving I may receive;

In forgetting self, I may find life eternal."

Any struggle that you face may be in the realm of personal relationships, or it may be within yourself. A physical handicap, pain, or infirmity will toss you into a life of misery unless you are sustained by a Power greater than your own.

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Whatever challenge is yours you can meet it victoriously if you attempt - with God's help - to surmount the obstacles that are before you. Robert Louis Stevenson expressed this belief when he said: "Every man can win through till nightfall." When the famous author, stricken with tuberculosis, anchored his life in God's Love, he found that he was able to not only endure physical weakness and pain, but to heroically use his talents to bring inspiration to others.

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No doubt you can think of someone you know who is physically weak, but spiritually strong. I recall the courage of a young woman who was a cripple since birth and had spent most of her life in a wheel chair, yet she brought inspiration to everyone who came to see her. At eighteen she became one of the counselors for a Girl Scout troop. Her calm, cheerful spirit steadied and encouraged those who had put forth extra effort to pass their tests. At a party, which the troupe gave for her on the occasion of her twenty-first birthday, she said, "God has been so good to me and has given me so many kind friends that it doesn't matter if I can't walk like others do."



Wisdom and strength for one day at a time is all this young woman sought. It is all that you need. Accept the Love and support that God is giving you now and you will be prepared for the power that He will bring to you tomorrow. Every day make contact with the Reservoir of Divine Love and you will be able to transmit it to others. Through this experience you will find inner peace, and you will receive power sufficient to cope with all the issues that you face.



AFFIRMATION

I will not attempt to rely upon my own righteousness and strength, but will daily seek and accept God's redeeming Love.

I will gladly extend to others forgiveness, patience, and kindly concern.

Through Holy Love I will find peace and power. With God's help I will live triumphantly.

Blessings,

YOUR INSTRUCTOR.