

# **The Gospel On My Knees**



**Revealing the Presence  
of Christ in My Life**

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## Program

This booklet contains the principles, instructions and tools necessary to perform a high spiritual practice entitled: **"The Gospel On My Knees."** This process involves the daily reading of the Gospel of St. John *"aloud"* while on your knees in a devotional position of surrender. The purpose and the principles behind this practice are described below.

## Purpose

The purpose of the spiritual practice described in this booklet is to *realize* and *reveal* the presence of Christ in our lives. The full purpose, vision and intentions of this program of spiritual practice is described in the **"Sacred Covenant" (Page 4).**

## Principle

The best way to understand the practice of reading the Gospel on your knees is to use the analogy of the *"Vine and the Branch."* (See John 15) Christ is the *"Spirit of God"* and represents the *"Universal Vine of Life."* The branches represent our individual souls emanating from the One Life, or *"Vine of Christ."* Our physical flesh bodies, as well as the body of our affairs, are the *"Fruits of the Vine"* that get expressed through the branches. When the branch gives its attention only to the natural world, it falls into the illusion that it has created its own fruit. When this happens it disconnects itself from the Vine and becomes a *"Prodigal Son"* (or Daughter). At first all is well, until the branch has used up all of its fruits and must begin to rely on the fruits of other branches for its sustenance. Finally, when the branch realizes that it can produce no fruit on its own, it seeks to return to the source of its creative ability. It ultimately realizes that it is merely the vehicle through which the Universal Life of God embodies Itself in the world as the fruits of Spirit.

The purpose of the practice described in this booklet is to consciously reconnect ourselves to the source of our lives, which is the *"Vine of Christ."* This requires only that we recognize It as our source, and surrender to Its life giving essence. When we read the Gospel aloud in an attitude of surrender we are *keeping* the words of Jesus Christ and allowing them to *anoint* us with their life giving transmission.

The practice described on the following pages requires very little mental activity, and a lot of devotion and humility. It requires that we release our attachment to specific outcomes, and simply trust that a *good* vine will produce an abundance of *good* fruit in our lives. Ultimately, we must come to realize that it's not for us to use our mental powers for personal gain. It is for us to *understand* the workings of our minds as the reason why we must *devote* our lives to Love. When we do that, Christ will then use our minds to produce the highest possible good in our lives. The devotional practice outlined in this booklet will provide you with a practical process that you can use to invite the Christ into your experience of life.

The two most important aspects of this practice are the *kneeling* and the *reading aloud*. We often refer to performing an act of surrender as *"being brought to our knees."* Consequently, throughout this practice, kneeling becomes a posture of whole body surrender to Christ. The next thing to realize is that speaking is a physical act. So when we read the Gospel aloud, we are performing a physical act in alignment with Spiritual Truth. This is how we build our faith. To silently read the Gospel will change your *attitude* about the conditions of your life. However, reading the Gospel aloud will *physically* change the conditions of your life. This is the power of the spiritual practice described on the following page.

Following are instructions for performing the spiritual practice of reading the Gospel of St. John on your knees.

### Preparation

- Select a person or group that you are willing to perform this practice with. **You will not be performing your daily ritual in thier presence, but simply in spiritual partnership with them.** You can choose to do it on your own, if you so desire. However, the benefits will be greatly magnified if you engage this practice in partnership with others (See Page 8).
- Mutually select a 21 day period that you and your partner(s) are willing to devote to this practice. Each daily session should take about 20 to 30 minutes, **and should always be performed without fail.** However, if you miss a session for some unavoidable reason, simply read two chapters the following day to get yourself back “on track” and coordinated with your partner(s).
- Identify the place where you will perform this practice. Try to make this space as special and sacred as possible. It should include a burning candle and a picture or symbol of Jesus Christ that is meaningful to you. Both should be visible to you throughout each entire session of practice.
- Identify the time of day when you will perform this practice. It does not necessarily have to be the same time each day. However, you will probably find it easier to sustain your practice if it is done on a regular schedule.
- Thoroughly review the “**Sacred Covenant**” (Page 4). It contains the purpose, vision and intentions for this practice. Additionally, the last two intentions are left blank for you to claim whatever you want for yourself at this time. These may be intentions for personal healing or for some greater expression in your life. Fill in the blanks for these two intentions. Next, on the blanks provided indicate the time and place where you intend to perform this practice. Also, fill in the appropriate blank to indicate who your partner(s) will be in this process. If you can’t make a commitment to a time, place or partner, check off the little box which is entitled:  **Not Applicable.** Finally, sign and date the sheet. This document now becomes a “*Sacred Covenant*” with the “*divinity that is within you,*” which is Christ.

### Daily Practice

- Begin each daily session by preparing your space and lighting your candle. Remove all visual and audible distractions from your immediate environment. Disconnect your phone or turn down the volume on your answering machine.
- Next, get down on your knees and perform several repetitions of the “**Surrender Prayer.**” (Page 5) You can simply speak the words of this “*posture prayer,*” or you can sing them as your musical talents allow.
- Next, remain on your knees and perform the “**Gospel Invocation**” (Page 6). As you complete your invocation begin reading just one chapter of the Gospel of St. John “*out loud*” to yourself. Begin with Chapter 1 on the first day and move consecutively through all 21 chapters of the entire Gospel. Perform your reading with as much integrity and authority as you can. Try to imagine that you are preaching to a group of people in much the same way that St. John was doing when he presented this Gospel to all who were drawn into his company so many years ago.
- At the conclusion of your reading recite the “**Lord’s Prayer**” (Page 6). As an option, you may wish to recite the prayer three times. First, perform it in your *normal* voice. Then, recite it again in a *louder* tone of voice. Finally, repeat the prayer in a *soft* whisper.

**Following are some additional comments and suggestions for performing the spiritual practice of reading the Gospel of St. John on your knees.**

- To perform all of the activities suggested in this booklet may seem a bit overwhelming to those who are not used to engaging in **"Daily Dedicated Spiritual Practice"** (Page 9). If this is the case, it may serve you to just do the bare minimum practice of reading the Gospel on your knees. Everything else is suggested for the purpose of expanding and deepening the effects of that primary practice.
- If you are already engaged in a **"Daily Dedicated Spiritual Practice"** (Page 9) use your own best judgment as to how to integrate the process described in this booklet into your daily routine. It is not intended to replace or compete with any program of meditation, prayer, or study that you may already be engaged in.
- If for some physical reason you cannot perform this practice on your knees, then assume whatever comfortable position that creates a *"felt sense"* within you of humility and surrender. **The purpose of this practice is *surrender*, not pain.**
- **Be sure to perform your reading of the Gospel without stopping to contemplate or ponder any particular verse or passage.** Pretend that you are being asked to read it out loud to an audience, and then act as if you were doing just that. Keep in mind that this process is intended to set the Truth of the Gospel into vibration in your life. This is accomplished by engaging in a process of *"active surrender."* It is not an intellectual exercise of seeking the *meaning* of what you are reading, *while you are reading*. The appropriate time for contemplation and analysis is when you are working with your journal. This is when you should revisit those verses that created a *"felt response"* in you while you were reading them.
- Keep a special diary, or journal, throughout this entire process. Follow the suggestions in the section entitled: **"Dear Diary"** (Page 7). If you are using a *red letter* edition of the Bible, you may want to consider using a red pen when you write out any of those *red letter* verses in your journal.
- At least once a week read your **Sacred Covenant** *"aloud"* to yourself at the beginning of your daily session. This can also be an opportunity to revise your personal intentions if it feels appropriate. It is perfectly acceptable to change your mind. In fact, this entire practice is dedicated to transforming your life by the *renewing* of your mind.
- At least once a week, communicate with your **"Prayer Partner"** (Page 8). Your Prayer Partner does not have to live in close proximity to you. Because the Truth of the Gospel is *omnipresent*, your Partner can live literally anywhere in the world. The only requirement is that you have a way to communicate with them on a regular basis.
- An excellent time to perform this practice would be during the period leading up to Christmas, or New Years, or Easter, or any other time that might be personally significant to you, such as your birthday.



# The Gospel On My Knees

Lord, how is it that you will manifest yourself to me, and not to the world? Jesus answered and said to him, "If you love me, you will keep my words; and my Father will love you, and we will come to you, and make our abode with you."

... John 14:22, 23

Purpose: **Christ Consciousness**

Vision: **Revealing the Presence of Christ in My Life**

My *intentions* for performing this practice are:

1. To surrender into the *mystery* of Jesus Christ by reading the Gospel of St. John on my knees.
2. To deepen my devotion to the "*divinity within me*" by evoking the Presence of Christ into my life.
3. To have a meaningful personal experience of Christ Consciousness, which is the realization of the "*divinity within me.*"

4. To \_\_\_\_\_  
\_\_\_\_\_

5. To \_\_\_\_\_  
\_\_\_\_\_

I *intend* to perform this practice at the following time and place:  Not Applicable

Time \_\_\_\_\_ Place \_\_\_\_\_

I *intend* to perform this practice in partnership with:  Not Applicable

\_\_\_\_\_

\_\_\_\_\_  
Signed Date

This is a "Posture Prayer/Chanting Hymn" designed to create a mood of devotion and surrender prior to performing your reading of the Gospel. With a little practice you should be able to coordinate the bodily postures shown with the lyrics of the chant. This process is highly effective even without the music. So if you are unable to read the musical score below, simply perform the postures and speak the lyrics out loud in a chant like manner.

Oh... Ra-di-ant Christ, Oh Gi-ver of Life

I Sur-ren-der to You.

\* This chanting hymn was inspired by a similar process known as the "Easy Prayer of Surrender" created by the western born spiritual adept Sri Da Avabhasa.

Following are three prayers that can be used as part of your daily practice. You can use the **Gospel Invocation** "as is" throughout the entire process, or you can use it as a guide to spontaneously create an invocation in your own words, or you may wish to use the **Lord's Prayer** as an invocation and the **Serenity Prayer** as an ending, or benediction. However you decide to utilize these prayers, it would be preferable to use the same prayers in the same order every day. Avoid excessive changes in the pattern of your practice.

### **The Gospel Invocation**

In this most holy and sacred moment, I willingly set my human personality aside, as I invoke the Power and the Presence of the Living God that is Christ.

I invite this Presence to come forth and express the Truth that it knows Itself to be, through that which I am.

So come forth now, Oh, High and Mighty I Am Presence, and speak the Truth through me. Speak the Truth that Glorifies God and serves Humanity from the highest level of my being. Speak the Truth that has been so graciously given through this blessed Gospel.

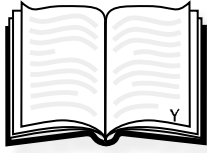
**(Begin your reading of the Gospel.)**

### **The Lord's Prayer** ...Matthew 6:9-13

Our Father which art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil; For thine is the kingdom, and the power, and the glory, forever. Amen.

### **The Serenity Prayer**

God, grant me the serenity to accept the things I cannot change; the courage to change the things I can, and the wisdom to know the difference.



**Purpose:** Christ-Realization

**Intention:** To expand your *“self-awareness”* by keeping a written record of your experiences during the process of this spiritual practice.

### Process:

1. Select a suitable journal which can be hardbound, spiral bound or you may even choose to use a three ring binder in which you can also keep this booklet and other related materials. This journal should be dedicated exclusively for the purpose of this practice.
2. At the beginning of your journal, copy your entire **Un-Hidden Agenda (Page 4)** so that it is written out in your own hand. In writing this out, try to personalize it in whatever way is meaningful to you so that it is presented as your own expression. Be sure to sign and date this entry at the bottom of the page.
3. Next, write a prayer that will express your personal intentions for the highest outcome of this spiritual practice.
4. **Each and every day:**
  - Record the date and the number of the Chapter that you read that day. Then then write a brief statement of one or two sentences that captures its essence.
  - Write out at least one verse from each Chapter that is meaningful to you.
  - Make an entry by writing the following statement:  
**I am grateful God is Gracious. I am grateful for...**  
Write down one or more things that you’re grateful for on that particular day.
- 👉 **Don’t forget to date your entries.**
5. Additionally, you can use your journal to record the following:
  - Questions and ponderings that arise.
  - Important incidents that occur in your life.
  - Realizations, insights and breakthroughs in understanding.
  - Events that demonstrate the presence of Christ in your life.
  - Written prayers to express gratitude for the presence of Christ.
  - Significant issues that arise in your life during this period.
  - Written prayers to address issues that arise.
  - Significant dreams that you might have.
  - Mysterious coincidences that occur.

### Comments:

Try to keep this process brief and simple. If it becomes overly complex, you will tend to find excuses for not doing it. Remember it doesn’t have to make sense to anyone but yourself. It will be far more productive to jot down a few meaningful lines each day than to try to write a twenty page masterpiece at the end of the week.





### Purpose: Christ-Revelation

**Intention:** To fulfill the scriptural promise:  
*"For where two or three are gathered together in my name, there am I in the midst of them."* ...Matthew 18:20

### Process:

1. Select someone to be your **"Prayer Partner"** throughout this program of practice.
2. Exchange pertinent personal information and set up a regular schedule for your sessions. **You should be contacting your Prayer Partner at least once a week.**
3. On a daily basis, pray for your *Prayer Partner* to experience a greater realization of Christ in their lives. Additionally, pray for them to *realize* divine support in whatever issue that they may be dealing with at the time.
4. Use your *Prayer Partner* communication sessions as follows:
  - Share your progress in developing a deeper sense of understanding about the mystery of Jesus Christ. Also, share your progress in developing greater spiritual devotion and awareness of oneness with God through this program of practice.
  - Request prayer support in dealing with current issues in your life *without* getting into long detailed stories. **Do not try to solve each others problems. Avoid asking for, or giving advice. Always turn everything over to God, and support each other in doing that.**
  - Take turns praying for each other to realize the presence of Christ in your lives. If you are uncomfortable performing a spontaneous prayer, you can simply respond to your partner's request for support in the following manner:
 

**" \_\_\_\_\_ (Partner's Name) \_\_\_\_\_, I hear you, I see you, I agree with you; and I support your request with Love, in the name of Jesus Christ. Amen!"**

*(If you are working on the phone, simply close your eyes and visualize your Partner surrounded by the light of Christ as you make this affirmation.)*
  - Be open to any additional activities that may spontaneously arise that are mutually beneficial and consistent with your overall *"spiritual practice."* Include them in your sessions by *"mutual consent."*
5. Be sure to record your *Prayer Partner* interactions in your journal.

### Comments:

Try to keep your sessions short and to the point (10 to 20 minutes). If they become too lengthy or involved you will begin to find reasons for avoiding them.

Once this program of practice is completed, it is highly suggested that you find a permanent *Prayer Partner*. This should be a *"like minded"* individual with whom you share a strong personal rapport and deep level of trust. It can be a family member, friend or fellow church member.

Following are a number of "frequently asked questions" (FAQ's) about "Spiritual Practice."

### What is "daily dedicated spiritual practice"?

"Daily dedicated spiritual practice" is the time that is spent each day exclusively devoted to developing a greater awareness of God in your life. It is a time spent in meditation, prayer and *spiritual study*. Although it is desirable to bring a spiritual perspective into every activity that you engage in, **dedicated practice has no other activity mixed in with it.** Don't delude yourself with rationalizations such as, "I kind of meditate while I'm mowing the lawn." While that may be true, mowing the lawn is not "dedicated spiritual practice."

### Why do I need to study?

Ideally meditation and prayer should be all that you need for a successful dedicated spiritual practice. However, when you *study* the Principles of Truth your prayer and meditation will become more productive. This is because the essence of productivity is to apply knowledge to whatever it is that you are doing. Spiritual Practice is no exception to that principle. Additionally, whenever you read "*sacred scriptures*" or the teachings of enlightened masters, you mysteriously connect with a universal *transmission* of Truth emanating from higher spiritual sources.

### How much time should I spend each day?

Whatever amount of time that you are willing to spend on a daily basis is the right amount. It is better to start with a few minutes a day on a regular and consistent basis than to attempt to spend a large amount of time that will be difficult to sustain. The ideal would be to spend 10% of your day in dedicated spiritual practice. However, if you are willing to begin with a few minutes a day on a regular and consistent basis, your practice will grow naturally over time into a longer session that will be easy to sustain.

### Does it all have to be at the same time?

Your total daily practice can be broken up into two or three sessions throughout the day. An early morning and an evening session would be highly desirable. However, all sessions should be scheduled at fairly regular and consistent times.

Additionally, it is advisable to designate one of those sessions as your "*anchor practice*" that you never miss without fail.

### Where's the best place to practice?

Any place that is quiet, comfortable and relatively free of distractions. The actual location is not as important as the fact that you consistently go to the same place. It would be best if you could set a place aside that is used for no other purpose. Consider it to be your "*sacred space*." What you will find after a time is that simply going to that place will immediately draw you into a higher state of consciousness. It is generally recommended that you do not attempt to perform spiritual practice in your bed, which is place of *sleep*. Spiritual practice is about "*waking up*."

### Do I need any special materials or apparatus?

Not really, although you may find it beneficial to furnish you sacred space with various "*forms of remembrance*" of the Divine, such as sacred images, flowers, candles, incense, etc. However, it is important to remember that these objects have no power in and of themselves except to remind you of the "*divinity that is within you*," which is Christ.

### Are there any special techniques involved?

There is no one perfect technique or practice that is right for everyone. A wide variety of specific techniques are available through the many excellent spiritual texts that are available to us today in almost any bookstore. Ask your "*Higher Wisdom Self*" for guidance and select those practices that *feel* right for you. Never do anything that seems excessively bizarre or unusual. Look for ways to practice that are both challenging and productive. Be prepared to expand and modify your practice as you spiritually evolve and mature.

### What's the most important aspect of practice?

The single most important thing is to just "*show up*" each day and practice. This will demonstrate your intention and willingness to be changed. God will do the rest.

A house is often considered to be an esoteric symbol for consciousness. Just as a single photograph could not show you every possible view of a house, likewise a single description could hardly capture the whole essence of a universal consciousness such as Christ. Therefore, we can only come to understand the Christ by looking at Its Presence from as many different views as possible. Following is a short collection of quotes about the Christ. By considering how each one of these individuals "sees" the Christ, you will begin to develop a more holistic view, and a "felt sense," of the nature of Christ.

## David Spangler

*"Potentially, we have everything that Jesus or any other great person has ever had. This greatness is called the Christ. The Christ is the urge within each of us to fulfill our potential."*

## Ernest Holmes

*"Christ is the presence of God within the human soul. ...Christ is the truth about ourselves."*

## Charles Fillmore

*"Let us remember that in declaring Jesus to be present with us, we are placing ourselves in a thought atmosphere that will help us to quicken our own Christ Mind."*

*"Christ existed long before Jesus... Christ abides in each person as his potential perfection."*

## Paul Barrett

*"Yes, Jesus was our way-shower; now Christ within Jesus is our way...We all can speak the word Christ and yet everybody focuses on the man, Jesus. We are speaking of the Spirit of God that dwelled in the man Jesus. We are speaking of the Divine Spirit that is within all men. There is Christ in you, as there is Christ in me, as there was Christ in Jesus. The difference between ourselves and Jesus is that He reached a point in his unfoldment where he relied wholly upon Christ."*

## Emma Curtis Hopkins

*"Perfect conditions are Jesus Christ come again. So I bring forth Jesus Christ to this age. My Jesus Christ is a whole world in the same estate of power and life and understanding as Jesus Christ had and does have and forevermore shall have."*

## Jesus Christ (John 14:6)

*"I am the way, the truth and the life; no one comes to the Father except through me."*

## Joel Goldsmith

*"You can see that there never was a time when the Christ was not present awaiting your recognition, and there will never be a time when that Christ will not be present as individual consciousness."*

## Ravi Ravindra

*"The teaching of Jesus Christ exists for exactly the same purpose as do all other authentic teachings: to show mankind a way of transformation of being so that one may live not self centered, as one normally does, but God centered."*

## Jacob Boehme

*"The seed of Christ has been planted in every human heart."*

## Reshad Feild

*"The eternal messenger is always within, waiting to unfold the moment through the Word, and one day when Mary is recognized again, there will be a reappearance of the Christ, manifested in the outer world."*

## Sri Da Avabhasa

*The love of Christ is the support and source of bliss, the conscious energy of spiritual existence, under all conditions. It makes life madly joyful, even on the cross. Under the worst trials, it does not guarantee a mood of playful happiness, but it supports the deep joy of faith and mystical communion. This love is the internal condition of our souls, whereby the eternally present Christ draws us to himself.*