

## [Organizing threads of understanding:

**Meditation** acknowledges consent and preparation for spiritual practice.

**Meditation** is inherently reliant on the progressive mastery of mind. "... It is to the mind of perfect poise, housed in a body of clean habits, stabilized neural energies, and balanced chemical function... that a maximum of light and truth can be imparted ...110:6.4 (1209.4)

**Prayer** initiates the development of an inner dialogue with our Heavenly Father through His Indwelling Presence in our mind. It represents the nescient actualization of personal spiritual growth.

**Prayer** is a petition for God's intercession. It always bears an element of self-interest. As the insight of universal truth evolves and expands in response to personal spiritual practice – doing God's will instead of self will –, wisdom discloses that the answers to **prayer** always contribute to the personal realization of divine perfection—spiritual values, spiritual growth. **Worship** is the "experience" of the presence of God and this is the true purpose and value of **prayer**.

**Pray** first and foremost for divine wisdom "'Nevertheless, your will be done.'" 146:2.12 (1640.1)) and next for divine guidance.

**Worship** recognizes the progressive augmentation of a personal relationship with our Heavenly Father through the ministry of our Thought Adjusters. The defining characteristic of worship is love.

It is through mind that personality interacts, achieves response recognition, with all aspects of creation:

- Causation – Matter/energy (the mathematical form of the cosmic discrimination)
- Duty – Personality relationship (the judicial form of the cosmic discrimination)
- **Worship** – the reality of spiritual experience (the worshipful form of cosmic discrimination)

Objective validity in the cosmic discrimination, reflective thinking, of man's experience of things, meanings, and values is fundamentally innate in the cosmic mind's self-realization of scientific, moral and spiritual insight. The sum total of these decision/actions, if "... illuminated by sincere **worship**, glorified by intelligent love, and consummated in brotherly service." eventuate in a "cosmically moral and divinely spiritual character" 117:5.13 (1287.4) This task is best illustrated in the Master's gospel message: "...sincere **worship** of the infinite Creator, the Paradise Father, and loving service bestowed upon one's fellow men..." 142:4.2 (1600.3)

“Worship is for its own sake; prayer embodies a self- or creature-interest element; that is the great difference between worship and prayer. There is absolutely no self-request or other element of personal interest in true worship; we simply worship...” 5:3.3 (65.5). Worship is the spiritual experience of divine fellowship, a form of cosmic discrimination, insight into the recognition of our divine heritage and destiny. “... worship illuminates destiny.” 102:4.5 (1123.5), “... worship is divinely creative.” 143:7.5 (1616.7)