



Urantia University Institute

Actualizing personal potentials of mind, matter and spirit
through enlightened study, service and experience

UUI online Café

Wednesday, May 6, 2020

2:00-3:30 pm Mountain time USA

1:00 pm PDT/ 3:00 pm CDT/ 4:00 pm EDT

Attaining “Unbroken Communion with God”

Marvin Gawryn

196:0.10 (2088.5) ...The secret of his unparalleled religious life was this consciousness of the presence of God; and he attained it by intelligent prayer and sincere worship —unbroken communion with God —...

110:7.6 (1213.1) But with the vast majority of Urantians the Adjuster must patiently await the arrival of death deliverance; must await the liberation of the emerging soul from the well-nigh complete domination of the energy patterns and chemical forces inherent in your material order of existence. The chief difficulty you experience in contacting with your Adjusters consists in this very inherent material nature. So few mortals are real thinkers; you do not spiritually develop and discipline your minds to the point of favorable liaison with the divine Adjusters. The ear of the human mind is almost deaf to the spiritual pleas (of) the Adjuster...

100:1.8 (1095.3) Religious habits of thinking and acting are contributory to the economy of spiritual growth. One can develop religious predispositions toward favorable reaction to spiritual stimuli, a sort of conditioned spiritual reflex.

160:3.2 (1777.3) When these experiences are frequently repeated, they crystallize into habits, strength-giving and worshipful habits.... These practices are difficult and time-consuming at first, but when they become habitual, they are at once restful and timesaving.

“The Practice of the Presence of God” (prayer) — Brother Lawrence

“Open Mind, Open Heart” (divine union) — Thomas Keating

“Invitation to Love”

“Intimacy with God”

Have you ever experimented with developing the “prayer habit” of a “constant inner conversation” with your Indwelling Spirit, endlessly varied, and incorporating flashes of “adoration” (worship)? If so, what did you experience?

Are you currently engaged (or previously) in a daily practice of deep worship? What cumulative changes in thinking and feeling have you experienced as a result?

What steps could you take to establish (or increase) these spiritual habits?