

The Urantia Book offers many practical solutions for religious living and solving our problems. Rodan, the philosopher of Alexandria, stuns us with this simple wisdom:

*But the greatest of all methods of problem solving I have learned from Jesus, your Master. I refer to that which he so consistently practices, and which he has so faithfully taught you, the isolation of **worshipful meditation**. In this habit of Jesus' going off so frequently by himself to commune with the Father in heaven is to be found the technique, not only of gathering strength and wisdom for the ordinary conflicts of living, but also of appropriating the energy for the solution of the higher problems of a moral and spiritual nature.* [Paper 160:1.10, page 1774:2; emphasis added]



URANTIA ASSOCIATION INTERNATIONAL

True Worship

Lessons
from
a Revelation

Now we understand that **true worship** is not the rigid ritual of ancient belief systems. This new definition radically transcends current notions and brings a vital message to our anxious world. When we make the decision to share divine companionship with God, our communion elevates life in every way.

*The strain of living — the time tension of personality — should be relaxed by the **restfulness of worship**.* [Paper 143:7.3, page 1616:5; emphasis added]

*This **worshipful practice** of your Master brings that relaxation which renews the mind; that illumination which inspires the soul; that courage which enables one bravely to face one's problems; that self-understanding which obliterates debilitating fear; and that consciousness of union with divinity which equips man with the assurance that enables him to dare to be Godlike. The **relaxation of worship**, or spiritual communion as practiced by the Master, relieves tension, removes conflicts, and mightily augments the total resources of the personality.* [Paper 160:1.12, page 1774:4; emphasis added]

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Lessons from a Revelation #2: True Worship.

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Worship is the highest privilege and the first duty of all created intelligences.

[The Urantia Book, Paper 27:7.1, page 303:5]



The worship of God and the service of man became the sum and substance of [Jesus'] religion." [Paper 159:5.7, page 1769:9]

The Father desires all his creatures to be in personal communion with him. [Paper 5:1.8, page 63:6]

Believers must increasingly learn how to step aside from the rush of life—escape the harassments of material existence—while they refresh the soul, inspire the mind, and renew the spirit by worshipful communion. [Paper 156:5.12, page 1739:7]

Throughout *The Urantia Book* our wise teachers are redefining very important words like religion, spirit, morality, and worship. To gain our attention they often designate these advanced definitions as true religion, or **true worship**. This is how the teachings illuminate higher spiritual realities.

True worship, in the last analysis, becomes an experience realized on four cosmic levels: the intellectual, the morontial, the spiritual, and the personal—the consciousness of mind, soul, and spirit, and their unification in personality. [Paper 5:3.8, page 66:4; emphasis added]

The mind of material limitations can never become highly conscious of the real significance of **true worship**. [Paper 5:3.7, page 66:3; emphasis added]

Mortal man secures three great satisfactions from religious experience, even in the days of his temporal sojourn on earth:

1. **Intellectually** he acquires the satisfactions of a more unified human consciousness.
2. **Philosophically** he enjoys the substantiation of his ideals of moral values.
3. **Spiritually** he thrives in the experience of divine companionship, in the spiritual satisfactions of **true worship**. [Paper 5:5.10, page 69:2 emphasis added]



1621:3; emphasis added]

Prayer led Jesus up to the supercommunion of his soul with the Supreme Rulers of the universe of universes. Prayer will lead the mortals of earth up to the communion of **true worship**. [Paper 144:4.4, page

One of humanity's most cherished ideals is to thrive in the experience of *divine companionship*. But how do we do that in our lives? We recall that Jesus lived this religious ideal by remaining in unbroken communion with his Heavenly Father, and he instructed his followers to pray and worship daily.

Yet even today there remains confusion about the meaning of prayer and worship, and so *The Urantia Book* offers us this divine distinction:

Prayer is indeed a part of religious experience, but it has been wrongly emphasized by modern religions, much to the neglect of the more **essential communion of worship**. The reflective powers of the mind are deepened and broadened by worship. Prayer may enrich the life, but worship illuminates destiny. [Paper 102:4.5, page 1123:5; emphasis added]

To further clarify these two essential practices we discover more valuable lessons:

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 God for what we comprehend him to be. [Paper 5:3.3, page 65:5; emphasis added]

Prayer is self-reminding—sublime thinking; worship is self-forgetting—superthinking. Worship is effortless attention, true and ideal soul rest, a form of restful spiritual exertion.

[Paper 143:7.7, page 1616:9]

It has been said that we think too much, but maybe we're just not doing it right... Before the fifth epochal revelation we never knew that **true worship** is a technique for superthinking. Are the superhuman teachers encouraging us to do something super, like they do?



And here is something completely new... worship is not only restful and joyful, it is how we will eventually play with God on Paradise!

Worship is the highest joy of Paradise existence; it is the refreshing play of Paradise. What play does for your jaded minds on earth, worship will do for your perfected souls on Paradise. The mode of worship on Paradise is utterly beyond mortal comprehension, but the spirit of it you can begin to appreciate even down here on Urantia, for the spirits of the Gods even now indwell you, hover over you, and inspire you to **true worship**. [Paper 27:7.5, page 304:3; emphasis added]