

Optional Study Suggestions for Our Study of The Sermon on the Mount

These optional study suggestions will remain the same throughout the program, although from time to time, we will post additional recordings for further optional study.

Read Different Translations of The Sermon on the Mount

Joel has said that it can be helpful to read several different translations of any Bible text because they can elicit new insights for you. On the [Introduction page](#) for this study program, we quote Joel on this topic and provide information about ways to access multiple Bible translations.

Write Your Own Version

As you study the Sermon on the Mount, you might enjoy paraphrasing the Bible text in your own words, keeping your interpretations and notes in a special journal. One way to approach this activity is to take one section of the Sermon, read and contemplate it, and then listen in receptivity, asking for light and wisdom. Then write what comes to you. As you write, often you will find that more and more insight comes to you.

As we suggested for an earlier study program, if writing is not something you enjoy, you can work in a different medium, capturing your interpretations in paintings or drawings, sculpture, poetry, music, or any art form.

Practice the Teachings

Each week, you might choose one thing from the Sermon and focus on practicing that for the entire week. It might be one of the beatitudes, or some other instruction given by Jesus, such as “judge not” or “pray for your enemies” or “take no thought.” Contemplate your selection to understand what it means. What would it look like to practice it in your own life? Then watch yourself throughout the day and see how you do. If you go off the beam, what pulled you off? How did you (or could you) get back on track? Reminder cards placed around your home or workspace, or reminders kept on your smartphone can be very helpful with this type of practice.

Use the Electronic Search Tool

As you hear the recordings and read Part 3 of [The Thunder of Silence](#), if you feel that you don’t quite understand something that Joel teaches, the electronic search tool can help clarify his meaning. You can search for the topic or term you want to understand better and find many different places where Joel addresses that topic or term. As you read the excerpts provided by the search tool, you will gain a clearer understanding. To access the search tool and the instructions for using it, [click/tap here](#).

Additional Reading

Seek Ye First by Joel S. Goldsmith

The title of Joel's book [*Seek Ye First*](#) comes from the passage in the Sermon on the Mount where Jesus says, *"Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But **seek ye first** the kingdom of God, and his righteousness; and all these things shall be added unto you."* (Matthew 6:31-33)

In the book, Joel elaborates on the meaning of that passage and relates it directly to The Infinite Way principles. You might enjoy reading the book, or some excerpts from it, in connection with this study program.

The Sermon on the Mount by Emmet Fox

Joel had high praise for Emmet Fox as a great mystic. So we are comfortable recommending the book [*The Sermon on the Mount*](#) by Emmet Fox. The book may be particularly helpful to those who do not have a deep knowledge of the Sermon, because Fox takes the reader passage by passage through the entire text, offering his enlightened interpretations and insights along the way.