

## A Gratitude So Deep



**SHEILA KEENE-LUND** has just published her new book, *The Kingdom of God: How to Live and Build the Kingdom Jesus Taught*. At the same time, she released the second edition of *Awakening to the Spirit of the Father: The Divine Spark that Guides, Transforms, and Unites*, with expanded content. Here, Sheila shares some profound insights from her spiritual journey of writing the books.

As I was preparing the latest book releases, I realized something remarkable: together with the already published *The Original Teachings of Jesus*, my books form a transformative trilogy that reveals the progressive unfolding of divine truth.

*The Original Teachings of Jesus* restores the authentic message of Christ; *The Kingdom of God* explores how to live and build that message in our world; and *Awakening to the Spirit of the Father* brings it to fulfillment through personal communion with the indwelling spirit. Each book builds upon the last—guiding readers from rediscovering the gospel, to embodying it, and ultimately to living in intimate partnership with God.

Additionally, I completed and published *The Historical Roots of the Kingdom of God: How History Shaped Our Perceptions of Jesus' Message*, a companion monograph to *The Kingdom of God*. Originally, it was intended as the opening section of *The Kingdom of God*. However, I eventually recognized that beginning with historical context might overshadow the living message of Jesus—the very heart of the gospel I wanted to emphasize. Separating it into its own volume allowed me to honor both dimensions: the historical foundation and the living revelation. History truly matters, and understanding its progression deepens our appreciation for the divine preparation that led to Jesus's proclamation of the Kingdom.

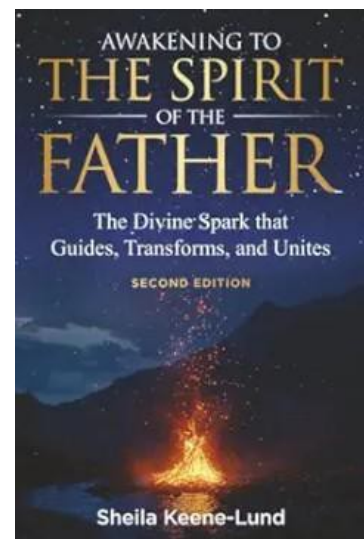
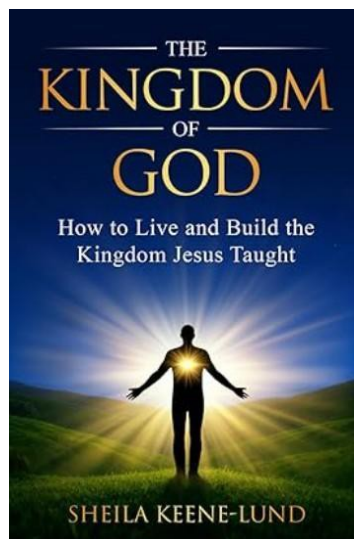
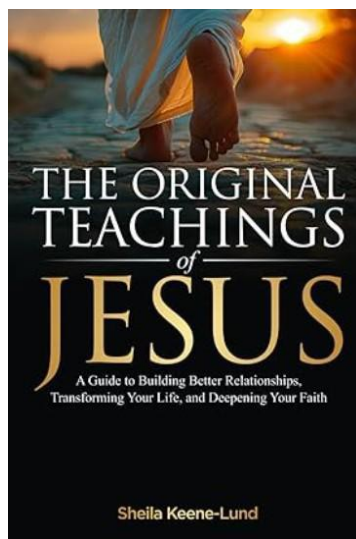
Coordinating these projects nearly simultaneously has been an intense and humbling experience. Yet now, stepping back, I'm filled with awe. I can see how decades of study, reflection, and prayer have converged—how insights gathered over a lifetime have found their rightful place within this unified vision. It feels less like my achievement and more like a divinely orchestrated unfolding, as though the Spirit of Truth conspired to weave these works together into one coherent revelation.

I've learned more through this process than I ever expected, and I'm profoundly grateful to witness how these books now stand as a living testament to faith, perseverance, and divine guidance.

Several questions have now arisen. Why did I feel that the Spirit of Truth had been involved in my writing? And why, after years of indifference toward Jesus, do I now feel such deep passion for him and his message?

To better understand what happened, I revisited *The Urantia Book* to study the Spirit of Truth more closely. What stood out most to me were these revelations:

- The purpose of the Spirit of Truth is to make us more aware of Jesus. The true sign of communion with the Spirit of Truth is a deeper, living connection with Jesus.
- This Spirit helps us remember and understand the Master's words, illuminating our minds to discover new meanings in his life and teachings.
- He empowers believers to express and share his message, his earthly example, and his continued life within the hearts of all who are filled with the Spirit, generation after generation.
- The gift of the Spirit of Truth ensures that Jesus' gospel—and the religion he lived—will continue to grow and unfold forever.



When I first received the call to write three books—*The Teachings of Jesus*, *The Kingdom of God*, and *The Spirit of the Father*—I was both surprised and confused about why I was being prompted to do so. I had already found great satisfaction in what I had learned about God and the universe through *The Urantia Book* and felt I had a fairly comprehensive understanding

of my place within creation. My recognition of the Thought Adjuster had moved me beyond the belief in reincarnation, and my clearer understanding of the doctrines surrounding Jesus seemed to complete my intellectual interest in him.

Yet, as I began writing these three books, something unexpected happened. The knowledge and insights I had gathered through years of seeking began to come together in a new and living way—no longer as abstract ideas, but as truths yearning for expression. Though I felt unqualified to write on such sacred subjects, my willingness to try became an act of faith. I was no longer content to let truth remain on the “dead levels” of theory; I wanted it to become alive within me—to be felt, embodied, and shared as love-inspired wisdom.

All knowledge about God, the universe, and Jesus can inform us *how* to ascend toward divine likeness. But that truth cannot truly be lived until it reaches the *heart*, where we feel a profound appreciation for the human Jesus—the man who, through his own moral courage and unwavering living faith, achieved the highest level of contact with his Thought Adjuster. His devotion to humanity was so great that he revealed the path by which we, too, might follow.

When you feel this deep appreciation for Jesus—not as a distant savior, but as a brother who sanctified human struggle—you become forever committed to his mission. His victory makes our potential sacred. He demonstrated how we can rise from animal origin to spirit destiny, from self-consciousness to God-consciousness. The enormity of deeply grasping that revelation eclipses every lesser form of spirituality that seeks comfort or inspiration. It awakens a reverence that quiets the intellect and fills the soul with profound thankfulness.

In that light, everything I have studied and written over the past fifteen years now culminates in a single luminous realization: all the learning, all the searching, and all the striving were preparing my heart to feel the immensity of divine generosity. I see now that our very existence is an invitation to cultivate gratitude so deep that it permeates every thought, word, and action. When that awareness awakens—when gratitude saturates your being—effort dissolves into wonder, and wonder matures into worshipful joy.

And now, looking back, I have no doubt that the writing of my books was orchestrated by the Spirit of Truth. When I opened myself to its quiet guidance, it led me into a deeper realization and a living experience of truth—one that fills my heart and soul with new levels of peace, devotion, and awe. I have no doubt that this same Spirit continues to illuminate my path ahead, transforming what I once sought to understand into what I now *know* by experience: that divine truth is not merely to be learned—it is to be felt and lived, as it forever expands within the soul that dares to receive it.

*Sheila Keene-Lund's books can be purchased from Amazon by clicking here:*

[\*The Original Teachings of Jesus: A Guide to Building Better Relationships, Transforming Your Life, and Deepening Your Faith\*](#)

[\*The Kingdom of God: How to Live and Build the Kingdom Jesus Taught\*](#)

[\*Awakening to the Spirit of the Father: The Divine Spark that Guides, Transforms, and Unites\*](#)

[\*The Historical Roots of the Kingdom of God\*](#)