

Chapter 21

A Most Excellent Way

BIBLE

On the first day of the week, when the disciples were gathered together to break bread, Paul talked with them, intending to depart on the next day, and continued his speech until midnight.¹

When they heard that he spoke to them in the Hebrew language, they were even more quiet. He said² “Yahweh, your word is settled in Heaven forever.³ So teach us to number our days, that we may gain a heart of wisdom.”⁴

“Wisdom is before the face of one who has understanding, but the eyes of a fool wander to the ends of the earth.”⁵

“But if any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach; and it will be given to him.”⁶

“Draw near to God, and he will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.”⁷ And when you turn to the right hand, and when you turn to the left, your ears will hear a voice behind you, saying, ‘This is the way. Walk in it.’⁸

COMMENTARY

¹ **Acts 20:7**

² **Acts 22:2**

³ **Psalm 119:89**

⁴ **Psalm 90:12** Paul is gaining a heart of wisdom in “Fixing A Hole”: “I’m taking the time for a number of things that weren’t important yesterday.”

⁵ **Proverbs 17:24** Paul: “All these years I’ve been wandering around, wondering how come nobody told me” (“I’ve Got A Feeling”)

⁶ **James 1:5** “Asking” God for wisdom is actually claiming the wisdom that is already ours.

⁷ **James 4:8** To draw near to God means to reach a higher state of consciousness, to gain wisdom and awareness. Paul uses the image of a leaky roof to describe how he is raising, restoring and repairing his consciousness in “Fixing A Hole”: “I’m fixing a hole where the rain gets in and stops my mind from wandering where it will go.”

⁸ **Isaiah 30:21** Once we have learned to draw near to God on a consistent basis, purifying our heart, the still small voice will quietly emerge, offering us wisdom and guidance. This voice always speaks the language of unconditional love.

“Don’t be deceived. God is not mocked, for whatever a man sows, that he will also reap.⁹ For he who sows to his own flesh will from the flesh reap corruption. But he who sows to the Spirit will from the Spirit reap eternal life.¹⁰

“It is an honor for a man to keep aloof from strife; but every fool will be quarreling.¹¹ So, then, my beloved brothers, let every man be swift to hear, slow to speak, and slow to anger;¹² for the anger of man doesn’t produce the righteousness of God.¹³

“Whoever guards his mouth and his tongue keeps his soul from troubles.¹⁴ The words of the wicked are about lying in wait for blood, but the speech of the upright rescues them.¹⁵ For the mind of the flesh is death, but the mind of the Spirit is life and peace.¹⁶

⁹ **Galatians 6:7**

¹⁰ **Galatians 6:8** The “flesh,” the ego, is a mental construct based on our personal and cultural conditioning. The “flesh” tells us that who we are is based on things like our reputation, on how much we have accumulated, or on the type of work we do. In “Penny Lane” Paul introduces us to the barber, the banker, the fireman, and finally the nurse, who “feels as if she is in a play, she is anyway,” a line similar to Shakespeare’s “all the world’s a stage, and all the men and women merely players.” We are not just actors in a play, going through the motions, doing our job and being identified by our job. We are spiritual beings. When we let the ego define us by our work, we limit ourselves and we limit God.

¹¹ **Proverbs 20:3** In “Fixing A Hole” Paul laments the “people standing there who disagree and never win.”

¹² **James 1:19** In “Getting Better,” Paul, with John, tells us he “used to be [an] angry young man,” but now he’s “doing the best that I can.”

¹³ **James 1:20**

¹⁴ **Proverbs 21:23**

¹⁵ **Proverbs 12:6** We use words to tell our story. Since our reality emanates from our consciousness, we want to be careful with the words we use.

¹⁶ **Romans 8:6**

“Death and life are in the power of the tongue; those who love it will eat its fruit.¹⁷ For by your words you will be justified, and by your words you will be condemned.¹⁸

“Where do wars and fightings among you come from? Don't they come from your pleasures that war in your members?¹⁹ According to what I have seen, those who plow iniquity, and sow trouble, reap the same.²⁰

“For when we were in the flesh, the sinful passions which were through the law worked in our members to bring forth fruit to death.²¹ But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faith,²² gentleness, and self-control. Against such things there is no law.²³

“Finally, be strong in the Lord, and in the strength of his might.²⁴ If you falter in the time of trouble, your strength is small.²⁵ But those who wait for Yahweh will renew their strength. They will mount up wings like eagles. They will run, and not be weary. They will walk, and not faint.²⁶

“For Yahweh God is a sun and a shield. Yahweh will give grace and glory. He withholds no good thing from those who walk blamelessly.²⁷ He will still fill your mouth with laughter, your lips with shouting.²⁸

¹⁷ **Proverbs 18:21** “Think of what you’re saying, you can get it wrong and still you think that it’s alright,” Paul reminds us in “We Can Work It Out.”

¹⁸ **Matthew 12:37**

¹⁹ **James 4:1**

²⁰ **Job 4:8**

²¹ **Romans 7:5**

²² **Galatians 5:22**

²³ **Galatians 5:23**

²⁴ **Ephesians 6:10**

²⁵ **Proverbs 24:10** Paul reminds us that there will be “times of trouble” in “Let It Be.”

²⁶ **Isaiah 40:31** In “Blackbird,” Paul encourages us to “take these broken wings and learn to fly.”

²⁷ **Psalms 84:11** “We take a walk, the sun is shining down,” Paul shares in “Good Day Sunshine.” The sun is a timeless metaphor for positive qualities such as love, light, spirit, happiness, and warmth. Other Beatle songs with *sun* in their titles are “I’ll Follow The Sun,” “Sun King,” and “Here Comes The Sun.” In the lyrics to “The Word,” the Beatles equate love with the warmth of the sun: “It’s so fine, it’s sunshine, it’s the word love.”

²⁸ **Job 8:21** The simple gift of sunshine is all that Paul needs in order to be happy in “Good Day Sunshine”: “I need to laugh, and when the sun is out I’ve got something I can laugh about.”

“He who follows after righteousness and kindness finds life, righteousness, and honor.²⁹ Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time;³⁰ casting all your worries on him, because he cares for you.³¹

“We are courageous, I say, and are willing rather to be absent from the body, and to be at home with the Lord.³² For we know that if the earthly house of our tent is dissolved, we have a building from God, a house not made with hands, eternal, in the heavens.³³

“In my Father’s house are many homes. If it were not so, I would have told you. I am going to prepare a place for you.³⁴

“Yahweh is good to all. His tender mercies are over all his works.³⁵ If we are faithless, he remains faithful. He can’t deny himself.³⁶

“Therefore don’t be anxious for tomorrow, for tomorrow will be anxious for itself. Each day’s own evil is sufficient.³⁷

“But earnestly desire the best gifts. Moreover, I show a most excellent way to you:³⁸ Let all that you do be done in love.”³⁹

²⁹ **Proverbs 21:21** Plato: “Be kind, for everyone you meet is fighting a hard battle.”

³⁰ **1 Peter 5:6**

³¹ **1 Peter 5:7**

³² **2 Corinthians 5:8** We are not a body. Our home is in God. Jesus demonstrated for us through his death and resurrection that we need not fear physical death.

³³ **2 Corinthians 5:1** “We’re on our way home,” Paul reminds us in “Two Of Us.” *Home* represents a place of safety and rest, a destination. Like the sun, it is a metaphor for the Divine. We all yearn for our spiritual home, our true nature, “a building from God, a house not made with hands.” At birth, we leave *home* to experience the contrast that Earth offers. The way we “get back home” (“Get Back”) while in a body is to make the right spiritual choices on a consistent basis.

³⁴ **John 14:2** “When I’m home everything seems to be right,” the Beatles share in “A Hard Day’s Night.”

³⁵ **Psalms 145:9**

³⁶ **2 Timothy 2:13**

³⁷ **Matthew 6:34** In “I’ll Follow The Sun,” Paul is living for today: “Tomorrow may rain, so I’ll follow the sun.”

³⁸ **1 Corinthians 12:31**

³⁹ **1 Corinthians 16:14** The Beatles: “All you need is love.”