These notes are printed as supplements to the oral discussions. They are neither manuscripts not proper booklets. It is only hoped that they will enrich the total ideas attempted in presentation.

The five steps suggested for this spiritual maintenance are:

- --Remembering the gift of God.
- --Not being ashamed of the Gospel
- --Honoring the purpose for which we are called
- --Living in a state of commitment.
  - -Holding fast the teachings of the Lord.

Bible citations are from the Authorized Version and occasionally implemented by the author's own translation ideas.