

“The measure of the spiritual capacity of the evolving soul is your faith in truth and your love for man, but the measure of your human strength of character is your ability to resist the holding of grudges and your capacity to withstand brooding in the face of deep sorrow. Defeat is the true mirror in which you may honestly view your real self.” (P1740:4, 156:5.17)

“When the suffering servant obtains a vision of God, there follows a soul peace which passes all human understanding.” (P1663:1, 148:6.3)

“...the smile of fortune that bestows unearned leisure and undeserved wealth may be the greatest of human afflictions; the apparent cruelty of a perverse fate that heaps tribulation upon some suffering mortal may in reality be the tempering fire that is transmuting the soft iron of immature personality into the tempered steel of real character.” (P1305:4, 118:10.9)

“Even as mortals, so have these angels been father to many disappointments, and they will point out that sometimes your most disappointing disappointments have become your greatest blessings. Sometimes the planting of a seed necessitates its death, the death of your fondest hopes, before it can be reborn to bear the fruits of new life and new opportunity. And from them you will learn to suffer less through sorrow and disappointment, first, by making fewer personal plans concerning other personalities, and then, by accepting your lot when you have faithfully performed your duty.” (P555:4, 48:6.25)

“The bonds of time may seem to afflict you, but the God of eternity loves you. And when the time of judgment shall come, fear not, you shall all find, not only justice, but an abundance of mercy.” (P1649:3, 147:3.3)

“When you pass through the waters of affliction, I will be with you, and when the rivers of adversity overflow you, I will not forsake you.” (P1662:2, 148:5.5)

The Urantia Book offers a unique and uplifting look at the vicissitudes of life. It teaches how you can rise above your suffering, sorrow, defeat, failure, and loneliness. The following references will provide you with more information.

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“Real trouble, lasting disappointment, serious defeat, or inescapable death can come only after self-concepts presume fully to displace the governing power of the central spirit nucleus, thereby disrupting the cosmic scheme of personality identity.” (P142:1, 12:9.6)

“Failure of these diverse endowments to synchronize and co-ordinate may cause time delays, but if the individual really knows God and desires to find him and become like him, then survival is assured regardless of the handicaps of time. Physical status may handicap mind, and mental perversity may delay spiritual attainment, but none of these obstacles can defeat the whole-souled choice of will.” (P740:1, 65:8.5)

“All too often, when we battle for the right, it turns out that both the victor and the vanquished have sustained defeat. I heard the Master say only yesterday that ‘the wise man, when seeking entrance through the locked door, would not destroy the door but rather would seek for the key wherewith to unlock it.’ Too often we engage in a fight merely to convince ourselves that we are not afraid.” (P1778:2, 160:3.4)

“But life will become a burden of existence unless you learn how to fail gracefully. There is an art in defeat which noble souls always acquire; you must know how to lose cheerfully; you must be fearless of disappointment. Never hesitate to admit failure. Make no attempt to hide failure under deceptive smiles and beaming optimism. It sounds well always to claim success, but the end results are appalling. Such a technique leads directly to the creation of a world of unreality and to the inevitable crash of ultimate disillusionment.” (P1779:5, 160:4.7)

“Success may generate courage and promote confidence, but wisdom comes only

from the experiences of adjustment to the results of one's failures. Men who prefer optimistic illusions to reality can never become wise. Only those who face facts and adjust them to ideals can achieve wisdom. Wisdom embraces both the fact and the ideal and therefore saves its devotees from both of those barren extremes of philosophy—the man whose idealism excludes facts and the materialist who is devoid of spiritual outlook. Those timid souls who can only keep up the struggle of life by the aid of continuous false illusions of success are doomed to suffer failure and experience defeat as they ultimately awaken from the dream world of their own imaginations.”

(P1779:6, 160:4.8)

“And it is in this business of facing failure and adjusting to defeat that the far-reaching vision of religion exerts its supreme influence. Failure is simply an educational episode—a cultural experiment in the acquirement of wisdom—in the experience of the God-seeking man who has embarked on the eternal adventure of the exploration of a universe. To such men defeat is but a new tool for the achievement of higher levels of universe reality.”

(P1780:1, 160:4.9)

“The teachings of Jesus, even though greatly modified, survived the mystery cults of their birth time, the ignorance and superstition of the dark ages, and are even now slowly triumphing over the materialism, mechanism, and secularism of the twentieth century. And such times of great testing and threatened defeat are always times of great revelation.”

(P2082:9, 195:9.3)

The Urantia Book is a wake-up call to our planet from the rest of the inhabited universe, telling us where we are, who we are, and why we are, as individuals and as a collective human family. It is also the story of why up to now we have been largely ignorant of our origins, history, and destiny, and of our place in the vast universe that our small world has always had a beloved place in, no matter how blind we've been to that. We have never been alone, as individuals nor as a world, and now The Urantia Book is given us to reveal our true home—that of our world in space and that of our individual beings in the heart of the eternal Creator. The spirit of God lives within each of us, to guide us through the universe after this life to his presence at the Source and Center of all things. Finally, the book is also a year by year, day by day, even minute by minute account of the life and teachings of Joshua ben Joseph, Jesus of Nazareth, told by eyewitnesses to the events of the noblest and most selfless life ever lived, a story not limited by human vision and understanding that clarifies and illuminates the Biblical account.

You can find The Urantia Book in libraries and bookstores, or you can order it from the Urantia Book Club. There is a network of Urantia Book study groups all over the world and visitors are always welcome.

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Dealing with Defeat and Failure

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