

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

Is Peace a Possibility?

*PowerPoint notes are available at
www.unityofbakersfield.org*

Is Peace a Possibility?

“Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you. This is my commandment, that you love one another as I have loved you.” -Jesus (Book of John)

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The Questions:

If God is active in the world then why do we have all these wars?
Why does God allow bad things to happen to good people in these wars?
Why can't God just let us have the peace Jesus talked about?

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The Answer:

God is the active life force at work in all of creation as divine love, divine peace, divine order, divine harmony. As Jesus stated “not as the world gives...”
God has given us the power to create peace or war. The choice has always been ours.

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As the founder of Taoism put it:

If there is to be peace in the world,
There must be peace in the nations.
If there is to be peace in the nations,
There must be peace in the cities.
If there is to be peace in the cities,
There must be peace between neighbors.
If there is to be peace between neighbors,
There must be peace in the home.
If there is to be peace in the home,
There must be peace in the heart.
-Lao Tzu

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As the Peace song states, “Let there be peace on earth and let it begin with me.”

“I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there.”
-Mother Teresa

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“Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.” -Martin Luther King, Jr.

So how do we arrive at our goal of creating peace in our life and affairs? What steps can we take to make peace a possibility in our life time?

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Unity teaches a 7 step process to creating a lasting peace for ourselves:

Attitude of Mind

It is here the spiritual law of mind action works it wonders. As the old saying goes: “Attitude is everything!”

How we “see” things determines the emotional response that will create the action that will produce the cause.

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Embrace Spiritual Law

At some point in our lives we must come to the realization that what we put out into the world will come back. There are no exceptions to the universal rule of cause and effect for it works regardless of who you are. It is no respecter of persons.

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We Are All Players

Everyone has their place, their part to play in this activity, this drama, this adventure called life. When we come to understand that everyone is a vital part of the whole we begin to “see” life differently.

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Simplify Your Life

An exercise to simplify your life: list 10 things that are important to you. Now pick just five from that list. This exercise shows how the concept of peace can be fragile and hard to manifest.

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Relinquish all Attachments

What have you attached yourself to, what have you created as your god in your life? Is it to control an outcome? Is it to control someone else’s behavior? Are you in bondage to your job? In bondage to technology?

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To release attachments in our lives we must ask the question, "Do I really need this, will it create peace and harmony in my life and with others, or is it to satisfy an ego generated need. What is the attachment, or the addiction, I have to possessing that person or thing?

As someone once said, "What we give ourselves to, we become."

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Purify Your Intent

If we truly understood how powerful we are, how powerful our belief system is in the co-creation process in our life and affairs - we would never harbor bitterness or revenge again. Our intent, the reason we do things, will create for us a kingdom of heaven or a living hell.

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Unity teaches a 7 step process to creating a lasting peace for ourselves:

Practice Forgiveness

There can be no lasting peace within ourselves, or with others we share this world with without the activity of forgiveness.

When we begin to live life with the understanding that we are all connected to each other, that what we want for others is what we tell the universe we want for

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...ourselves, then living life from a forgiveness attitude of mind will go a long way in producing the kind of peace making we will need in order to create a lasting peace in our lives and affairs.

"If you yourself are at peace, then there is at least some peace in the world." -Thomas Merton

"What can you do to promote world peace? Go home and love your family." -Mother Teresa