

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

Living In Spiritual Integrity

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

Living In Spiritual Integrity



The thief comes to steal and destroy; I came so that they may have life and have it abundantly.

–Jesus (John 10:10)

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In their book *Spirituality and Self-Esteem* Leona Evans and Carol Keefer note that: *In the old theological paradigm, the human self is seen as an obstacle that must be transcended before we can experience our spirituality. It was believed that one could not give attention to human needs without taking away from spiritual pursuits.*

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Unity teaches that Jesus ushered in a whole new approach to claiming our spiritual uniqueness. Through his teachings we find that we can be fully human and fully divine. His edict to all was simply this: *If you believe in the works that I have done, then you will do them also, and greater ones will you do* (John 14:12).

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And what are those works?

Unconditional love.

Acceptance and compassion.

Forgiveness.

Manifestation of abundance.

Demonstrating a connection to God through prayer and meditation.

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One of the many challenges we have in accepting our spiritual nature is that embedded within the human condition is a belief that there is something intrinsically wrong with us.

God doesn’t “see” anything wrong with us. It is our belief and it can be changed by changing how we “see” ourselves.

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To practice living in spiritual integrity requires that we see ourselves as God sees us, spiritually connected through a physical body while learning how to put unconditional love and forgiveness to work our lives. All the great spiritual teachers have taught one or more of them at one time or another. They are:

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Practice being awake, alert, and aware. To being open to a greater knowledge of ourselves and the world around us. To staying in the present moment.

Practice self-acceptance by refusing to be in an adversarial relationship with ourselves. To be willing to move from self-deception (denial) to self-recognition (affirmation). To chose to value and respect who you are.

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Practice self-responsibility by taking charge of our choices and actions. Being responsible for choosing the values by which you live. Taking responsibility for our own happiness and achievements.

Practice self-assertiveness by living authentically and with self-respect. Honoring your wants, needs, and values. Expressing yourself in appropriate ways.

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Practice living purposefully by setting productive goals that are possible for you to achieve. Allow yourself to celebrate the effectiveness and competence of achieving those goals.

Practice personal integrity by perceiving yourself as trustworthy. By living in accordance with your personal values. By being honest with yourself and others about your motives.

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Learning to live in spiritual integrity won't keep you from experiencing the human condition. But it does come with benefits.

When obstacles block your way you will know how to remove them.

If a dream seems out of reach you will find a way to get there.

If you are afraid of losing something or someone you will find assurance.

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When you find yourself under pressure from outside sources you will find release and relaxation.

When you're in a difficult position or situation at work you'll find the answers and guidance to see you through.

When you're going through a dark night of the soul experience you will find comfort and assurance.

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When something awful happens you'll be able to find understanding, compassion, and greater awareness.

When blessings come your way you'll instantly share them with others knowing that as you give so do you receive.

Remember...*and greater will you do!* As you practice living in spiritual integrity.